

Process for Enhancing Student Participation - Sports & Games

The importance of sports in the life of a young student is invaluable and goes much further than the basic answer that “it keeps youth off the streets.” It does in fact keep youth off the streets, but it also instils lessons that are essential in the life of an athlete. Sports play a pivotal role in the makeup of a young athlete, especially in the middle school to high school years where student athletes are much more mature and mentally developed. Where else can a young, impressionable youth learn values like discipline, responsibility, self-confidence, sacrifice, and accountability?

The first thing they need is a good coach that understand the great responsibility that is placed upon their shoulders to help shape and prepare these student athletes not only in sports, but in their everyday lives. So Physical Director of the institution has a great responsibility of strengthening the youth in learning values like discipline, responsibility, self -confidence, sacrifice and accountability.

The second component also involves the coaches: It is the ability to capture the admiration and the trust of the young athletes. This is crucial because if you can capture a person’s admiration and trust you can motivate them to perform at a higher level not only in sports, but also in their own lives. If you can get the young students to believe in you and your philosophies you can begin to see significant changes in grades and behaviour

The third most crucial of all is the support that comes from the community, and administration. This is very important because student athletes need to know they are appreciated and there is no greater way than for the community and the institutional administration to accomplish this.

The fourth reason is that sports and games are the ways of enhancing the students mental and physical growth. Sports help them in character building and provides them energy and strength. A healthy diet and an active lifestyle will bring good results in the student’s lifestyle, minds and bodies. The recreational activities eliminate the unhealthy habits of the children that may lead them to diabetes, high cholesterol, high blood pressure, heart disease, joint pain, strokes and other serious diseases. When students are physically fit, they will achieve more academically.

Sport develops a sense of friendliness among the students and develop their team spirit. Sport shapes their body and make it strong and active. students should actively participate in sports to avoid being tired and lethargy. This is because sports improve their blood circulation and their physical well-being.

College sports are also a part of academic curricula. Research has shown that in a public school classroom, half of the students are overweight. There is a lot of improvement in poor food quality, culture of over-eating, and inactive lifestyles. Hence sports education is very much essential for today’s youthful generation. Running, walking and talking throughout the day make the children physically active. Sports infrastructure in villages are being developed everywhere to have great value in life of people.

Institutional Process for enhancing student participation in sports and games

So, Institution Physical director has responsibility of scheduling the sports activities spread over the year and should see that more number of students involve in sports and games activities.

Two to four teams should be selected at the beginning of the academic year from all the sections at the institution level for all the below mentioned events for both boys and girls.

Volley Ball
Cricket
Hand Ball
Throw Ball
Coco
Ball Badminton
Basket Ball

Regular practice matches shall be conducted in between the teams to enhance their skills and getting them involved in developing their physical and mental strength.

At least one sports hour should be allotted for every section in the institution and the physical director should plan an activity and see that all students shall participate in the sports and games activities in the said hour.

Physical director should plan and motivate the students to attend inter college and university tournaments at local and national level and should form a team unbiased by conducting trials among the preidentified students.

Physical director or representation shall proceed along with the team on OD while attending inter college events at local or national level.

Travel allowance and actual expenses shall be borne by the institution for both the student participants and the teacher accompanying the team at local and national level other than the JNTUK sponsored events.

Student should be motivated by the physical director to attend the selection trials of JNTUK teams and see that the students gets selected and participate in inter university tournaments.

Annual sports and games must be planned and conducted by the institutional physical director without / less disturbance to the scheduled class work.

Attendance shall be considered for such students who attend inter college events and college level events with prior approval from the principal through proper channel.

Awards of all the intra college events shall be presented to the respective events on the college annual day.

Sports and Games committee consisting of teaching staff representation from all the departments shall be formed and the team shall take responsibility for proper planning and conduct of annual events and should maintain record.

Fifty percent of the students should involve in the sports and games activities at the institution level or at national level sports and games.



PRINCIPAL