

SRR & CVR GOVERNMENT DEGREE COLLEGE

AUTONOMOUS With NAAC- B Grade, Estd:1937

Vijayawada, Krishna Dt., Andhra Pradesh-520004

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

“orandum est ut sit mens sana in corpore sano”- JUVENALthe Roman Poet

Thales (Miletus, 624 – 546 BC)

“A SOUND MIND IN A SOUND BODY IS A THING TO BE PRAYED FOR”

CREDENTIALS OF THE DEPARMENT (About)

The Department of Physical Education was established in 1937. Department has attained an Iconic Status having excelled over 80 years, and it is ‘Role Model’ for all Government Colleges and Departments in our Andhra Pradesh’s Higher Education realm. The department has grown into an outstanding campus of higher learning and dedicated to the growth of games in physical education from UG to PG, all in one campus in the heart of the city, Vijayawada. The Department is one among the pioneer Physical Education Departments in Andhra Pradesh Colleges, At the inception the Department was the part of the erstwhile Andhra University. Later it was affiliated to Acharya Nagarjuna University. At present our college is affiliated and functioning under the Krishna University. The Department has produced many outstanding Sports personalities who had brought laurels to the Nation and the State in National and International competitions. The Department has many distinctions to its credit; achieved laurels at all India levels and produced a good number of national & International players. The Department is dedicated to the cause of shaping young and promising sports persons in the coming years. The Department of Physical Education and Sports Science has been able to carve out a name for itself among the high achievers in the field of sports and games, mostly by the impressive support it has been enjoying from several quarters, the most important of them being the College Administration and Management. Periodically the Department comes up with a lot of well-meaning suggestions to be considered by the College authorities to foster sports talents, most of which have been well received.

Our department has very good track record not only in National level and International level achievements, but also in organization of tournaments.

OUR MOTTO

The Motto of the Department is **“Play well, live Well”** distinctively shows that the department is one of its kind that deal not only with a good citizen but also provides coaching & training to serve the society through sports, physical education.

OUR VISION

The department of Physical Education which was established in 1937, more than 8 decades is visualized as a 'Sports Coaching' which prepares full-fledged Sports Person in Physical education with over all development of physical, mental, moral, and spiritual values who can contribute to the nation in creating and sustaining fit citizens.

OUR MISSION

Striving for excellence in Physical Education profession and allied sciences through Sports, Games and Yoga activities and empower youth with increased responsibility of serving the community. To pursue global standard of excellence in teaching, learning, research and consultancy by self evaluation and continuous improvement. Provide, knowledge-based services' to the sports arena and to satisfy the needs of the society.

OBJECTIVES OF THE DEPARTMENT

- » To prepare sports personnel who can serve the community in the areas of yoga, health, physical education and sports.
- » To provide specific coaching in the area of sports and physical education with a strong scientific base & to conduct program of extension services to the physical education community.
- » To prepare young men and women as healthy citizens imbued with the zeal & to provide social and ethical aspects of personal development
- » To help, promote, advancement and sharing of scientific knowledge in the field of physical education by providing job opportunity to attain the skills and knowledge to have a healthy life Style.

PHYSICAL EDUCATION POLICY DOCUMENT

PLAYGROUND POLICY AND PROCEDURES PLAYGROUND USAGE

- Students are oriented and re-oriented about ground usage and safety precautions during the start of each academic year.
- Instructions regarding handling of Weightlifting equipment's, throwing equipment, cleaning up of sports equipment's and gym equipment are given.
- The instructions are reiterated through printed information in playground notice board.
- Students are oriented about the list of items in the first aid box and proper use of first aid items.

EQUIPMENT PURCHASE PROCEDURE AND ARRANGEMENTS

Department takes every possible opportunity to involve community in its activities. Walker's Association is formed. The faculty of and other games facilities are extended to the

local community. Wherever necessary, the department takes financial help and involves the people of the community, also conducting every day Yoga classes.

Our departmental activities are the best for the all round development of personality of the students. The sport participants develop honesty, learn to co-operate and co-ordinate with others, they develop sincerity and learn to control their emotions. They become reliable. They are not only sociable but also help others. They also learn to enjoy fully the activity they are participating in. No other department provides such an ample opportunity in every possible way for the all round development of the personality of the students.

- Director of Physical Education give sports equipment requirements every year based on the team players need and annual budget allotment. The ground marker and the faculty in-charge check availability and purchase of sports equipment is done as per the college's purchase guidelines, by calling for three quotations from vendors. (College Purchase Committee decides for equipment).
 - Equipment stock issue book is kept in sports room, in compliance with safety regulations, to ensure entry of usage.
 - Maintenance of equipment, like cleaning, adjustment and service is done at periodic intervals to keep it working and extending the life of the equipment.
 - Repairs are arranged for, to get the equipment working again.
 - Records of issues related to the sports equipment, if any, are maintained such as the date when a problem occurred, it being removed for service, reason for breakdown or failure, corrective actions taken, and date in which it is returned for use.
 - Equipment's are arranged in order, enabling easy retrieval and replacement. equipment is stored appropriately at proper place.
1. The department make out a list of the articles to be purchased depart depending on the need and necessity.
 2. The approvals of the games committee and purchase committee are taken.
 3. The quotations are called for.
 4. Comparative statements are prepared.
 5. Least quoted suppliers are listed out.
 6. Orders are placed for the supply of the equipment to the suppliers who scored the least prices.
 7. Material received is checked for quality.
 8. Defective and unserviceable articles are send back for replacement.
 9. They are entered in the stock register and the page number are noted against the names of the equipment.
 10. Bills are sent to the office for payment.

GENERAL SAFETY PRINCIPLES FOR STUDENTS

Students are to

- Show respect for others and follow instructions given by Director of Physical Education.
- Unsportsmanship behavior is not allowed.
- Follow the game rule.
- Use equipment safely, sensibly, and appropriately.
- Use only assigned restrooms opposite to GJ Indoor stadium cum Auditorium.
- Sportswear and shoes are must before entering a playground.
- Clean the hands and foots after use of sports equipment.
- Keep their playground clean.
- Players are responsible for their personal belongings.
- Store their bags, packs, and purses in appropriate places and off the ground.
- avoid handling electronic devices or phones while playing in the ground without the permission of their faculty and coach.

THE STANDARD OPERATING PROCEDURES INSISTED IN THE PLAYGROUNDS ARE:

- Keep the sports equipment safely after use.
- Never use harmful equipment in a playground.
- Ground marker is in-charge of keeping and issuing the sports equipment safely before and after use.
- Monitoring the players in all the times in the playground.
- Individual attendance is maintained during sports practice.

HEALTHY PRACTICES

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INJURY MANAGEMENT

The student participating in the sports activities are at the highest risk of having an injury. They require some sort of immediate attention and if necessary, some relief measures. The physical education personnel can manage the injuries, which have no structural deformity. For the effective treatment of such injuries, the department acquired the following important physiotherapy equipment. (First Aid Kit)

1. Infra-red Lamp
2. Shortwave Diathermy
3. Ultrasound Treatment Equipment.
4. Skinfold Calliper
5. Weighing Machine
6. Tape role
7. Cloth bandage
8. Cotton
9. Pincher
10. Sprays for Pain killers

Every institution must have the above instruments of electrotherapy of effective treatment of the many of the sports injuries we have mini first aid room.