

1. PHYSICAL EDUCATION AND SPORTS PLAN

In modern times, Physical Education is one of the most exciting and dynamic subjects. According to the Central Advisory Board of Physical Education and Recreation, “Physical education is the process of education through physical activities. It is the development of the total personality of the child to its fullness and perfection in body, mind and spirit.” This subject has changed dramatically during the last 50 years. It has expanded in different areas, from school to non-school setting and people of all ages. Physical Education is an education which brings improvement in human performance with the help of physical activities. Physical activities range from simple walking to jogging, running, sprinting, hopping, jumping, climbing, throwing, pushing, pulling, kicking, etc. Education without physical activities is like body without soul. All teachings in human education begin with physical education. Physical education is also considered as movement education as the life begins from movement only. In general, Life is characterised by movement. The movement starts from the birth of a child, till the end of life. Mental, Intellectual, Emotional and Social development of each and every student is dependent and closely related to physical development. A Physically fit individual possesses a well-balanced personality which is, mentally sharp, emotionally stable and socially well-adjusted. (NCERT Health & Physical Education XI).

The objectives of physical Education can be achieved through improved Sports Infrastructure facilities and by upgrading the available facilities. Available open spaces in the campus can be used for this purpose. As a government institution in rural Malabar, our

college aims to develop the sporting and athletic facilities that are available to our students.

Facilities available in the department

- i. Football play field (110X70)
- ii. Mini Multi Gym
- iii. Volley ball court
- iv. Table Tennis Board (2 nos.)
- v. Judo Training Mats
- vi. Badminton equipment and field
- vii. 200m Athletic Track
- viii. Basketball Court(Under Construction)
- ix. Basketballs
- x. Volleyballs
- xi. Kalaripayattu Equipment's
- xii. Cricket Mat &Kit
- xiii. Hurdles
- xiv. Track and Field Equipment's

3. Courses Offered & Outcome of the Course

SI No	Courses Offered	Outcome of the Course
1	Physical Activity Health & Wellness	1.Calicut University Open course 2.Creating awareness about Physical Education 3.Understanding the importance of Physical Fitness 4. To Know more about Wellbeing 5.For a healthy and balanced life



4. Programmes Offered & Outcome of the Programme

SI No	Programmes Offered	Outcome of the Programme
1.	General Fitness Sessions	To create a fit campus
2.	Physical Literacy Programmes	To build a physically literate community
3.	Specialized Coaching in Various Sports and Games	For university ,State/National level Competitions
4.	Inter Department Competitions	For fitness and sportsmanship
5.	Athletic Meet	To provide opportunity for the students to exhibit their talents
6.	Community Outreach Programmes	Extension activity
7.	Webinars and awareness Programmes	Enrich Knowledge on a specific areas
8.	Fit India Programmes	To joint hands with Fit India Movement.

Projects Completed /Work in Progress.

Sl No	Name	Amount	Fund	Status
1.	Football Ground with Pavilion	1.4 Core	MLA Fund 2016-17	Completed
2.	Basketball Court	7 Lakhs	Plan Fund	Work in Progress

Physical Literacy Movement

Physical literacy is a fundamental and valuable human capability that can be described as a disposition acquired by human individuals encompassing the motivation, confidence, physical competence, knowledge and understanding that establishes purposeful physical pursuits as an integral part of their lifestyle. Physical literacy is a multidimensional concept that describes a holistic foundation for physical activity engagement.

The need to promote physical literacy is largely due to the increase in lifestyle diseases like Obesity in India. Excessive use of devices, an addition to gaming consoles, and endless time spent on social media, has left a scar on our physical health. This can be filled by becoming physically literate and taking steps towards making the below exercises routine.

To make physically literate campus and also to enable the students to enjoy the benefits of good physical fitness, Physical Education Department has a plan to set up the following facilities in the campus

Open Gym and Fitness Park

Walking Circle

Meditation zone

Indoor Stadium

Renovation of Gym

Plan of Action

As part of our infrastructure development project the department would like to complete the following projects as a part of infrastructure development. Details are as follows:

Sl. No.	Description	Status
1	Indoor stadium with a total budget of 14 Crore	Proposal submitted NABARD
2	Extension of Stadium Pavilion	Proposal Prepared
3	Cricket Nets	Proposal Prepared
4	Volleyball Court with Fencing	Proposal Prepared
5	Outdoor Fitness & Wellness park (Fitness Park)	Using plan Fund for sports for the year 2022,2023, 2024.
6.	Walking Circle	
7.	Renovation of Multi Gym	-do-
8.	New Department Block(Multi gym, Guest Room,Mini Indoor Hall,Aerobic & Yoga Centre, Department	In existing Library block by 2022.

To Promote good health and to create health centered physically literate student community it is necessary to provide a campus atmosphere which enable every students to do fitness activities in a stress free atmosphere . For this purpose the Department of Physical Education would like to establish an outdoor fitness and wellness park. It will be beneficial for the student community for better sports achievement and maintain health & physical fitness. Infrastructure and better sports facilities are absolute necessities for a proper physical culture. With the establishment of the above-proposed facilities, it is hoped that talented students would seek admission in our college and that would add to the further realisation of our dream to become a sports hub. This would also motivate students to stay with the institution and invest their time and energy in the development of their potential.