

SASJ GOVERNAMANT DEGREE COLLEGE, NARAYANAPURAM

(AFFILIATED TO ADI KAVI NANNAYYA UNIVERSITY)
NARAYANAPURAM, UNGUTURU MANDAL, ELURU DIST,
ANDHRA PRADESH-534406

**“THERE MAY BE PEOPLE THAT HAVE MORE TALENT THAN YOU,
BUT THERE'S NO EXCUSE FOR ANYONE TO WORK HARDER THAN
YOU DO.”**

“The institute provides ample avenues for the development and nurturing of creative and other talents in the students through department of physical education. The prime bodies under physical education is activity centre and GYM, which provide avenues for various sports events, indoor and out outdoor games. Students are also encouraged and facilitated to take part in similar events in other institution the prime objective of inducting games and sports in our institution of repute is to provide ample facilities to the students to pursue at least one game of his/her choice and attain proficiency, derive and relax through this healthy medium, enabling competitive world of today.”

Why is physical education important for youth?

Research shows that increasing circulation and blood flow to the brain can improve concentration and performance.

1. Teach youth the health benefits and importance of regular physical activity
2. Help youth develop the knowledge, attitudes, and skills they need to adopt and maintain a physically active life style.

Benefits of Physical Activity for Students

Regular physical activity can help adolescents:-

- ✓ Sports help in the all-round development of human personality.
- ✓ Improve cardio respiratory fitness
- ✓ Stronger bones. Children need to exercise to avoid losing bone density through inactivity.
- ✓ Reduced risk of becoming overweight or obese
- ✓ Reduced risk of Type 2 diabetes.
- ✓ Lower blood pressure.
- ✓ A healthier heart.
- ✓ Reduced risk of cancer.
- ✓ Better emotional health.
- ✓ More energy
- ✓ Reduce symptoms of anxiety and depression.

"EXERCISE TO STIMULcate, NOT TO ANNIHILATE"

Tips to exercise safely:-

Exercising regularly has wide-ranging physical emotional and social health benefits. You need to exercise safely to remain health and injury-free. If it's safe and painless, you're more likely to stick to it! Safety is about using common sense, understanding basic techniques and listening to your body.

Here are some tips to stay safe and injury-free:

- **Be aware of your body.** Think about how the particular exercise is making you feel.. If something doesn't feel right, stop immediately and seek medical advice.
- **Warm up and cool down.** Try slow stretches and go through the motions of your sport or activity before starting, cool down with slow stretching.
- **Pace yourself.** Have at least one recovery day experiencing, rest until the pain has gone.
- **Mix it up.** Try other sports and exercises to reduce the risk of overtraining.
- **Strap or tape.** If a joint is prone to injury, consider strapping or taping it before exercising. Even better, see an exercising physiologist or physiotherapist to abstain a program to strengthen the injured area and get advice on proper taping techniques.
- **Stay hydrated.** You can lose around one and a half litres of fluid for every hour of exercise: so, drink water before, during and after a session.
- **Be weather aware.** Take it easier in hot weather and wear clothing and sunscreen to protect yourself from the elements.
- **Do it Right.** Try to get the technique right from the beginning to ensure you are using your muscles correctly.
- **Check your gear:** Make sure your shoes and equipment fit properly and are right for the activity. Look after your equipment and check it regularly for safety.

GAMES & SPORTS COMMITTEE

Convener **Sri.Dr.P.S.R.M.Babu** Lecturer in Physical Education

Members: **Sri.Dr.K.Ravi** Lecturer in Telugu

Sri.K.Uma Shankar Lecturer in Politics

Sri.B.Raju lecturer in Zoology

Sri.G.Kalyani Sr. Assistant

Students **C.H.Vasu, 1st B.Com**

D.Varaprasad, 1st B.A

J.Kalyani, 1st B.A

DEPARTMENT DETAILS

Name of the Department: Physical Education

Details

NAME OF THE POST	SANCTIONED	WORKING	VACANT
Physical director	1	1	0
Asst. physical director	0	0	0
Marker/ ground man	1	1	0

WEAKNESSES

- Leak of ground for laying out running track for carrying out athletic events.
- Insufficient playground for improving the infrastructure facilities in the games and sports
- There is only one post of physical director for entire student strength.
- There is no supporting staff for laying out of courts and maintenance of play grounds.
- Since participation in physical education, games and sports activities is optional there is lack of seriousness among the students.
- Nutrition and diet play a major role in performance in games and sports activities, almost all the students come from the rural background and lower income group and hence there is a hindrance.

CONSTRAINTS

- After the college timing being 9.30 am to 4.00pm most of the students coming from nearby village are generally in a hurry to catch their buses to reach their homes, hence very few are taking part in games and sports with real competitive spirit.
- The college has no further laying out of play grounds.
- The sports culture at the junior college level is almost nil due to lack of development of physical education staff in junior colleges, who are the major source of admissions to our college.
- The age and physiological growth of women coming from rural areas is also inhibiting them from taking part in game and sports.
- Most of the students take part in the games and sports only for time pass and recreational purpose. Hence the process of preparation of teams is rather more difficult in most of the games.
- For better performance in games and sports the students need a very good balanced diet which they can neither afford nor be provided by the college for training.

OPPORTUNITIES

- ✓ The department plays a major role providing the available infrastructure free of cost to the students.
- ✓ The students who show interest in activities of physical education inclusive of games and sports are given special guidance.
- ✓ The students who are good in sports and games are encouraged to take up professional courses in physical education like U.G.D.P.Ed and B.P.Ed.
- ✓ The students who have good physique and physical fitness are encouraged to take up career in department of home probation & excise, railways, CSIF,BSF, Soldier in defence services. Training in physical events to be qualified is also given.
- ✓ The college being affiliated to Adikavi Nannayya University sends players in various games and sports to take part in university team selections.