

# **R. B. ATTAL COLLEGE OF ARTS, SCIENCE AND COMMERCE,**

## **GEORAI**

### **ABOUT DEPARTMENT OF PHYSICAL EDUCATION**

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#### **Introduction**

In last few decades sports have gained tremendous popularity all over the globe. The popularity of the sports is still increasing at a fast pace and this happy trend is likely to continue in the future also. As Sports serves vital social and cultural functions the importance of this can hardly be exaggerated. The contribution of sports towards the overall welfare of the human society is through all round development of human personality. Keeping in mind the aims, organizations and means of sports activities the sports are classified into several areas e.g. performance sports, physical education, rehabilitation sports, fitness and leisure sports, adventure sports etc. Each area of sports caters to the requirements and demands of a particular section of the society. The area of performance sports has gained much more publicity and importance than the other areas. It has its own structure and organization, cadre of functionaries and a science which exclusively deals with this area.

Physical Education is accepted worldwide in education curriculum starting from play group to P.G. Physical Education is one of the optional subjects in social science faculty. Physical Education not only helps in achieving physical fitness but it also helps in the emotional and social development of the individual.

### **Scope of Physical Education and Sports:**

The areas of specialization in Physical Education are Sports Training, Sports Psychology, Sports Management, Sports Marketing, Sports Event Management, Sports Writing, Sports Journalism, Sports Goods production, Sports Anthropometry, Sports Biomechanics, Sports Law, Sports And Nutrition, Sports Physiotherapy, Sports Masseurs, Sports Publishing, Health and Physical fitness, Yoga education, Physiology and Exercise, Sport doping, Sports Administration, Sports engineering etc.

### **Introduction of the Department of Physical Education**

R.B. ATTAL College of Arts, Science and Commerce were established in the Year 1971. The Department of Physical Education was established at the same time. Since then department of Physical Education is catering the needs of the college students in the field of sports. Department provides indoor sports facilities like, Table-Tennis, Chess, Badminton, Carom and Gymnastics and outdoor sports facilities like, Cricket, Volleyball, Athletics, Football, Kabbadi, Kho-Kho.

To promote the sports awareness in the college Department conducts Intramural competition every year. Various indoor games like Table-Tennis, Chess, Badminton, Carom and outdoor games like Cricket, Volleyball, Athletics, Football, Kabbadi, and Kho-Kho are conducted for the college students.

To motivate the players who participate in various Inter-collegiate and Inter-University competition department felicitate the elite sportspersons in the Annual social gathering.

A faculty of the department imparts technical sports training to the college players to nurture their sporting talent. Department encourages the college players by offering T.A. and D.A, sports kit to participate in the inter-collegiate competition every year.

## **Objectives of the Department**

1. To involve college student in sports activities.
2. To promote the sports awareness in the college students.
3. To identify the sporting talent.
4. To nurture the sports talent.
5. To motivate the student to participate in competitive sports.
6. To propagate the message of importance of physical fitness and healthy life style.

## **Achievement of the Department:**

Department of Physical Education is one of the happening departments of the college. Faculty of the department constantly encourages the players of the college to participate in the sports competition. As a result of which college participate in maximum sports competition organized by Dr.B.A.M.University and District Sports Office Aurangabad.

Department takes every possible initiative to motivate the players to participate in sports competition. To name a few, T.A and D.A, Sports uniform, Sports kit, Academic support, Track-Suit, coaching, Intra-Mural sports competitions.

The outcome of these efforts carried out by the department is, every year college players Participate in National, state and Inter-University level competition

## **Management of Physical Education and Sports Programmes for students**

- Selection trial of the college team for various Inter-Collegiate competitions
- Coaching and training to the college players
- Remedial coaching and training is offered to slow learners in Sports. Details of the remedial measures undertaken:
  - Technical skill correction through extra practice.
  - Personal counseling.
  - Special conditioning exercises.
  - Rehabilitation exercises for the injured sports person.
- Participation in the Inter-Collegiate sports competition
- Evaluation on the basis of field performance
- Remedial coaching

**DEPT. OF PHYSICAL EDUCATION**  
**INFRASTRUCTURE, EQUIPMENTS AND INSTRUMENTS**

**Civil:**

<b>Sr.No.</b>	<b>Particulars</b>	<b>Quantity</b>	<b>Area in Sq.Ft.</b>
1	Staff Room	01	20 x 10sq.ft
2	Indoor Hall	01	6000 sq.ft
3	Wash rooms(gents)	01	18 x 12 sq.ft
4	Wash room (ladies)	01	25 x 13 sq. ft
5	Changing room(men& women )	04	13 x12 sq.ft.

**Furniture:**

<b>Sr. No.</b>	<b>Particulars</b>	<b>Quantity</b>
1	Wooden table	02
2	Chairs Fiber	10
3	Cupboards	03
4	Rack	01
05	Cane/ Cushion chair	03/03
06	Wooden stool / Tea pie	02/01
07	Wooden Notice Board	01
08	Table Mirror	01

## OUT DOOR GAME FACILITIES

<b>Sr. No</b>	<b>Ground</b>	<b>Number</b>	<b>Size In Meter</b>	<b>Area ( Sqm)</b>
1	8 lane Running Track	One	400 meter	16387.35
2	Kho –Kho	One	27x16 meter	432.00
3	Kabbadi	One	13x10m	130.00
4	Volleyball	One	18x9m	324.00
5	Handball	One	40x20m	800.00
6	Cricket	One	68.58m	14768.10
7	Football	One	115x75m	4050.00
8	Archery	One	50m	

## INDOOR GAME FACILITIES

Sr. No	Game	Quantity
1	Chess	02
2	Table Tennis	01
3	Carom	02
4	Weight Lifting Hall	01
5	Multi Gym	10 Stations
6	Wrestling	01
7	Judo	01
8	Taekwondo	01
9	Yoga	01