

Perspective Plan of Physical Education Department

Our world is facing with a variety of significant and complex challenges, from rising inequality and the mass displacement of people, to climate change and the emergence of artificial intelligence. Established ways of thinking must be challenged, and as a College, we are reflecting on what needs to change (and what does not) as we move forward.

To respond to these challenges and do justice to future generations, we need to adapt and work in new ways. We will work through new partnerships (private –public) with local authorities and private sector both nationally and internationally.

This is a strategy for the next decade. In a fast-changing world it is difficult to plan much further ahead than that. By focusing on our values, on the civic purpose for which we were founded, and the changes we want to deliver, we can provide a rationale for the future of the College, and financial sustainability

Our mission

- To generate the idea of spreading the values of Physical and sports culture among the public.
- To establish a vibrant gathering place for athletes, sports researchers, education and advocacy that strives to influence and make a difference, not just the world of sports but the challenges and issues that humanities face.
- To be a gathering place for the exchange of ideas and sporting enlightenment.
- To establish excellent academies in Sports and Games

The Department of Physical Education draws together significant expertise in sport-related studies and is concerned with all levels of education and all forms of research and knowledge exchange that inform and enhance physical education, physical activity, health and well-being; sport and recreation development, coaching.

Our College provides specialist expertise in a range of programme at undergraduate and postgraduate level, including routes to qualified teaching or progression to higher study.

Centenary Year plans (2020-2021)

Physical Activity for Health

This programme is designed for degree student to tackle the physical inactivity, enhancing knowledge and understanding of the global issues pertinent to physical activity for health. Insufficient physical activity is the major leading risk factor for premature mortality. It has recently been recognized as a global public health issue. The Graduate Physical Activity for Health is designed to provide academic training at a graduate level from a range of disciplines (including sport and exercise sciences, health sciences, and psychology).

This programme draws expertise from the renowned Institute for Sport and Physical Education. Basic fitness parameters are taken at the beginning (height, weight, BMI etc) and at constant intervals.

Activities to the community

A weekend of yoga, mindfulness & outdoor activities, Health club, workshops and courses on a range of activities from yoga to self-defense will be offered to the community. The department also takes steps to promote physical activity among the nearby Government and aided schools by sending student volunteers from the Physical Education Department in weekends.

Intramural and Recreational sport

The department will take initiative to enhance the students in sports participation by increasing intramural sports competitions in interdepartmental level.

Recreational sport is for all students, teachers and non teaching staff regardless of their previous relationship to sport.

There is no pressure to compete and one can participate as per their choice.

Sports Clubs

The Physical Education Department has 12 sports clubs in the College and those who wish to join in the competitive sports can join the club and take up their carrier in that sport. We are ranked top position in the overall achievements at the University level we aim to become the champion college at the university level by 2025. Students of BSM are encouraged to lead the clubs, as this is an opportunity to improve their organizational power as well as leadership qualities.

Plan to be executed by 2025

Research Centre

Our research vision is to create, disseminate and curate world-leading knowledge in Sport, Physical Education and Health Sciences. Our research addresses these main themes:

- Human performance science
- Physical activity for health and physical education

Research Centre will undertake research in:

- The promotion of walking
- Reducing sedentary time
- Physical activity in young people
- Sports Psychology

Students are encouraged to participate in current research taking place in this active research centre.

Sports Academies

Our vision is a worldwide recognized academy for sports and games by producing athletes of international quality, providing systematic and quality coaching along with infrastructure and equip the athlete to be exceptional in their skills. Quality biomechanical equipment to be installed to uplift the standard of the college teams.

Facilities and services overview

The UCC's sport and exercise facilities are ranked among the very best in the state.

Catering to a diverse range of users from occasional exercisers to national athletes our state-of-the-art gym and sport facilities should improve drastically to enable the athlete to stay active, have fun, try new things and feel their best.

Necessary conditions for community sport to be a lever for health promotion. Identify few schools nearby who are less fortunate to the sports facilities to use our infrastructure on a regular basis.

Facilities needed

Apart from the existing Sport and Exercise facilities we must construct:

- world-class gyms (2025)
 - A 25m swimming pool (2025)
 - A climbing wall (2022)
 - Modernizing the indoor and outdoor sport facilities (2025)
 - A full time medical doctor on campus and a Physiotherapy centre (2022)
 - Developing walkways in college with an awareness for orienteering (2022)
 - Amphitheater (2025)
 - A multipurpose hall with dedicated use for sports and games (2024)
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- ✓ **Aim to create by 2025 an additional 10 graduate scholarships.**
 - ✓ **To start a Physical Education graduate college in the campus.**