



Dr. N.G.P. ARTS AND SCIENCE COLLEGE

(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)

Approved by Government of Tamil Nadu and Accredited by NAAC with "A" Grade (2nd Cycle)

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SPORTS AS CAREER

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Coimbatore, Tamil Nadu, India

STAGE: 1 SELECTION TRIALS METHODS

Identification

- Advertisement through newspapers / media
- Participation trails - State / National / International Level
- On campus selection trails
- Selection through Professional experts



Assessment & Selection

- Verification of testimonials
- Scholarship Category
 - I : 100% Free Education
 - II: Tuition Fees only
- Extra Motivates to potential players



STAGE: 2 TRAINING METHODS

Training Activities

- On and off campus coaching / training
- Well qualified coaches / Trainers
- Advanced Sports techniques and Skills
- Psychology lecture
- Professional motivational
- Practice matches



Fitness Training

- Health and Fitness Plans
- Gym training
- Components of skill-related fitness

Food Management

- Nutritious food diet
- Sports diet

STAGE: 3 REPRESENTATION IN SPORTS AND GAMES

Intramural & Extramural

- Intercollegiate
- South Zone / All India Inter University
- District / State Level
- Open / Invitation Matches
- National / International Level Competition

Sports Day

- House Matches
- Athletics Events
- Staff Events