

**YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI-35**

**TWO INSTITUTIONAL BEST PRACTICES 2017-18**

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**Best Practice-I**

**1. Title of the Practice: HIGH ACADEMIC ACQUAINTANCE**

2. **Goal:** The College is established against the strong demand of the student, guardian educationists with a view to provide physical education as compulsory education in all the educational institutions.

3. **The Context:** The large numbers of students come from the poor and middle class family whose income is very low. After tough selection trials in practical, theory and interview the top students seek admission in the college and the meritorious students are selected after proper verification and with authentic proof. This becomes a challenging job and the college has to provide a 100% secure job with a high package of salary to all the outgoing students.

4. **The Practice:** In 2017-18 the syllabus in each course is well supported by the practical and theoretical knowledge. The curriculum is vast and covers a long range of activities which can help prospective teachers (who undergo various courses offered at the college) to be confident of taking up any sports related vocation like Personal training, Gym instructor course, and event management. Theory and practical go hand in hand and are well supported in subjects. Computer education offered as theory is assisted with the 'hands on experience' at the Computer laboratory.

5. **Evidence of Success:** The teacher trainees who are completing their courses of study and seeking jobs as Physical Education Teachers and Physical Directors at schools and colleges organize Sports Meet carry out good teaching and coaching, relate their knowledge gained at theory with practical.

**6. Problems encountered and Resources required**

The college authority and the teachers have to face great problems in generating funds to meet the demands of getting into the organization of sports to meet up to the desired level. This is a challenging task and still great effort is necessary to give more support to the poor and meritorious students.

7. **Note:** After passing the different courses in physical education and sports sciences and hailing from a poor family the salary provided by the schools are very meager. It is hoped for more financial support after successfully passing out with good salary packages which can be fixed in schools and institutions that absorb the trained teachers.

## **BEST PRACTICE-II**

### **1. Title of the Practice: ORGANISATION OF SPORTS MEET**

Project sports meet, Play day, Intramural competition, Buck sports festival and organization of inter Collegiate Tournament at the campus give ample opportunity to put them into practice.

2. **The Context:** It is necessary to give regular exposure to students to organize the sports meet. But the busy schedule of the semester system provides less time for such activities

3. **The Practice:** As per the calendar schedule each class has to conduct the sports meet under the leadership of their Mentor. Who leads them for one or two day's clinics on Rules of Tack-Field. They are tuned to measure the ground and draw a standard track and mark the field events, prepare booklets, allocate officials among their class members and finally fix the chief guest, print invitations, and invite everybody who is an elite athlete for the inaugural and closing ceremony. The students purchase prizes, prepare certificates, learn to announce in the mike, put up a physical display and close the meet at the end of day.

4. **Evidence of Success:** The students at the end of the academic year come out with great experience and this programme has made awareness about the importance of organizing a standard sports meet. The student will be able to technically prepare to conduct/ organize tournaments, sports meet and related events and event management. They are trained to be very good leaders.

5. **Problems encountered and Resources required:** This practice required a lot of time and money. It requires great patience to work in team for almost a week

6. **Notes:** To keep practicing this type of awareness and organization of a standard sports meet, the students should have keen interest in order to develop their ability in officiating and later they undergo examinations and to qualify as State and National Officials in Athletics. This gives them self-confidence and provides a kind of bravery and motivates them to do well in the coming days.