

<b>FDP-136</b>	<b>MODERN TRENDS IN PHYSICAL EDUCATION AND SPORTS SCIENCE</b>	<b>12.11.2018 To 16.11.2018</b>
<p><b>OBJECTIVES:</b></p> <p>Participants will be able:</p> <ul style="list-style-type: none"> <li>➤ To Motivate themselves towards being active and eating right</li> <li>➤ To Identify the importance of maintaining a healthy weight</li> <li>➤ To Demonstrate benefits of regular exercise</li> <li>➤ To Develop and exercise plan</li> <li>➤ To Identify barriers for exercise</li> <li>➤ To Identify the importance of prioritizing a healthy lifestyle</li> <li>➤ To Identify sources of stress</li> <li>➤ To Identify ongoing challenges to a healthy life style</li> </ul> <p><b>PARTICIPANTS:</b></p> <p>Physical Directors or In-charge Physical Directors</p> <p><b>INPUT:</b></p> <p>Discuss the importance of nutrition in your fitness plan - Discuss Sports Science Advancement - Present Status and Requirements – Infrastructure Facilities Required - Exercise Physiology training modules for physical directors and coaches</p> <p><b>PROCESS:</b></p> <ul style="list-style-type: none"> <li>➤ Lecture - cum - demonstration</li> <li>➤ Outdoor Activities</li> </ul> <p><b>OUTPUT:</b></p> <p>Improving knowledge and skills of physical directors on latest trends in physical fitness</p> <p><b>RESOURCE PERSONS:</b></p> <ul style="list-style-type: none"> <li>➤ Guest Faculty</li> </ul>		
<b>COORDINATOR</b>	<b>VENUE</b>	<b>LAST DATE FOR RECEIPT OF APPLICATIONS</b>
Dr. R. Ravichandran	NITTTR, Chennai	15 days prior to the start of the programme