



# MAR BASELIOS COLLEGE OF ENGINEERING AND TECHNOLOGY

## INSTITUTIONAL POLICIES

**Policy No. 08**

**Title: PHYSICAL EDUCATION POLICY**

**Date of Issue:01.05.2022**

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*The MBCET believes that Physical Education, experienced in a safe and supportive environment, is a unique and vital contributor to students and staffs physical, mental and social well being. A broad and balanced physical education is intended to provide opportunities for students to increase their self-confidence and to manage themselves and their bodies within a range of physical activities*

### 1. OBJECTIVES

- 1. To ensure the Physical Development of the students and staff** namely the advancement of motor skills or in other words, one's ability to use and control their bodies.
- 2. To achieve the Social Development of students and staff** through a balanced set of social skills and learned adaptive behavior that enable an individual to interact well with other people, react positively and avoid behavior that has negative consequences.
- 3. To ensure the Emotional Development of students and staff** by achieving the ability to recognize, express, and manage feelings at different stages.
- 4. To improve the Mental Development of students and staff** by enhancing the Brain power and Cognitive Ability through **physical activity**, which increases the flow of blood to the brain? It enhances the brain function, concentration, memory, thinking and cognitive skills.

### 2. SCOPE

Physical Activity aims to develop scientific knowledge about motor abilities, Cardio Vascular fitness , Physical and mental strength, and understanding to promote **physical** competence. To develop skills like Co-ordination, Co-operation, emotional stability and to enrich positive thoughts.

### 3. POLICY STATEMENT

The MBCET Physical Education Policy aims to provide adequate Physical Education facilities and opportunities that are wholesome so as to ensure a sound mind in a sound body in order to equip the students to cope with the pressures of studying making them mentally, physically and emotionally fit.

### 4. RESPONSIBILITY

Asst. Director of Physical Education

Sports Secretary

Nominated Sports Representatives from each Class (1Male & 1 Female).

Prepared By	Approved By	Issued By
<b>Name :</b>	<b>Name :</b>	<b>Name :</b>
<b>DSGN:</b>	<b>DSGN:</b>	<b>DSGN:</b>
<b>SIGN:</b>	<b>SIGN:</b>	<b>SIGN:</b>
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### MAJOR RESPONSIBILITIES

#### 1) Asst. Director of Physical Education: -

1. To advice on the development of a physical education program.
2. To supervise and coordinate all physical education activities.
3. Prepare, as required, the specifications for the purchase of physical education equipments.
4. Make all claims for damaged goods to the appropriate office.
5. Responsible for the storage and distribution of all Sports equipment.
6. Maintain departmental records.
7. Oversee of all student training programme.
8. Plan different recreational activities important for growth of students
9. Conduct selection trials and Prepare teams for the University competitions.
10. Responsible for conducting Intra-Mural and inter club.
11. Responsible for conducting Inter- Collegiate Tournaments hosted by MBCET such as South India Inter- Collegiate Mar Baselios Basketball Tournament, Mar Baselios All Kerala Inter- Collegiate Volleyball Championship.
12. Responsible to nominate students for Kayikaprathiba and Kalaprathibha award.

#### 2) Sports Secretary:-

1. To pass the message to Sports representatives elected from each branch.
2. To Co-ordinate all the Sports and Games activities as per the instruction given by the Dept. of Physical education.
3. He should facilitate the venue before each sport.
4. He should maintain all the records of intra mural events conducted by the department.
5. It is his duty to hand over the results of the events to the Department of physical Education Immediately after each events.

#### 3) Sports Representatives from each Class (1Male & 1 Female).

1. He/She should inform the message passed by the Sports Secretary.
2. They should collect the name list of the students participating in each event and handover to the Sports secretary.
3. They should assist Sports Secretary in the conduction of each event and helping him/her to maintain discipline for the entire event.

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### 6. RELATED PROCEDURES AND OTHER DOCUMENTS

NIL

### 7. POLICY HISTORY

This Policy was prepared by Ms. Christy and Mr Deepak. The 1st version of the draft was scrutinized by Dr. Joji, Physical Department.

Version/Date	Prepared by	Approved by	Remarks
V1.0/			Original Version.
V2.0/			Revised.

Prepared By	Approved By	Issued By
<b>Name :</b> <b>DSGN:</b> <b>SIGN:</b> <b>Date:</b>	<b>Name :</b> <b>DSGN:</b> <b>SIGN:</b> <b>Date:</b>	<b>Name :</b> <b>DSGN:</b> <b>SIGN:</b> <b>Date:</b>