



**Certificate Course on Sports Awareness for Athlete Students
20th to 27th January, 2023.**

ABOUT GNLU

Gujarat National Law University (GNLU) is the statutory university established by the Govt. of Gujarat under the Gujarat National Law University Act, 2003. The University is recognized by the Bar Council of India (BCI) and the University Grants Commission (UGC) (2f & 12B). The GNLU Act 2003 proclaims that GNLU, "shall be to advance and disseminate learning and knowledge of law and legal processes and their role in national development: to develop in the students and the research scholars sense of responsibility to serve society in the field of law by developing skills in regard to advocacy, legal services, legislation, parliamentary practice, law reforms and such other matters; to make law and legal processes efficient instruments of social development; and to promote inter-disciplinary study of law in relation to management, technology, international cooperation and development."

With the aim of overall development of each member of the university the university sports committee works tirelessly through the year by organising many events, for the Students, Faculty-staff and visitors also. The sports committee hosted many National /International events.

ABOUT THE COURSE

The 7-day course is designed to impart theoretical and practical knowledge about sports awareness for amateur and student-athletes. Keeping in mind student-athlete needs, the course will discuss pertinent topics like sports psychology, obesity and weight-related health problems and also impart training that reduces the risk of injuries. In this one-of-a-kind course, the participants will be introduced to the importance of mental health and be trained to utilise Yoga and sports as antidepressants.

OBJECTIVES

1. To impart the importance of Sports in daily life.
2. Develop self- pride.
3. Identify with the team members and the school/institution/organization.
4. Learn teamwork.
5. Learn self-discipline in the acquiring of skills necessary to the sport.
6. Learn to make decisions and operate under pressure.
7. Respect the necessity for authority and the needs of the group.
8. Impart the importance of Training, Relaxation, Diet etc.

THE OUTCOME OF THE COURSE

After attending the course, the participants will be able to appreciate the importance of sports in their student life. The participants will be able to identify how sports not just lead to the development of a healthy body and mind but also builds character and qualities like teamwork, discipline and unity. The course will be able to train the students to be better athletes and inculcate sporting values in their day-to-day lives.

TARGET GROUP

Students, Academicians, Professionals & Research Scholars



DURATION & MODE OF THE COURSE

The duration of the Certificate course is of 7 days. It will start on 20th January 2023 (Friday) and will complete on 27th January 2023 (Friday). The mode of the Course is offline and it will take place on the campus of Gujarat National Law University, Gandhinagar.

METHODOLOGY

Lecture, Discussion and Practical

COURSE MATERIAL

Reading / Reference material will be provided to the participants.

COURSE STRUCTURE

1. Introduction of Sports
2. Sports Psychology :
 - ❖ Motivation in sports
 - ❖ Types of Motivation
 - ❖ Leadership
 - ❖ Spectators and sports performance.
3. Health and Nutrition
 - ❖ Obesity related health problems.
 - ❖ Body weight control
 - ❖ Role of exercise and dieting
 - ❖ Nutrition- Balanced diet and its components
4. Types of Training
 - ❖ Types of Training (Only Few)
 - ❖ It's Importance
 - ❖ Important of Warm-up, cooling down.
5. Yoga



EXAMINATION

Evaluation :

Multiple Choice Questions - There will be written examination for Thirty (30) marks. The participants shall score minimum Fifteen (15) marks to successfully complete the training programme and successful candidates will be given the Certificate of Participation.



REGISTRATION FEE : Rs. 300/-

LINK FOR THE PAYMENT

<https://gnlu.servergi.com:8071/SIMWEBGNLU/Utilities/opendataform>

Resource Person:

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