

UNIVERSITY OF CALICUT

BEST PRACTICES - II

1. TITLE OF THE PRACTICE

'SCHEME LADDER' of Department of Physical Education, University of Calicut

2. OBJECTIVES OF THE PROJECT

Major objective of SCHEME LADDER is to identify young talented athletes at an earlier stage and to provide scientific and systematic training so as to develop them as athletes of international standards, in cooperation with the University academia and neighbouring communities. This also aims to establish a physically fit society in Malabar region and to provide advanced training in all areas of Physical Education.

1. To identify talented students in sports by conducting summer coaching/selection camps and to provide orientation to different areas of sports.
2. To provide scientific and systematic training for identified students in the different areas of interests in athletics as per aptitude/talent.
3. To conduct advance training in all areas of athletics and sports as per the need of the students.
4. To identify students for advanced training and provide specialized training for suitable aspects of the events selected.
5. To conduct physical fitness program in the campus and in the neighboring society through awareness programs and extension of facilities available in the campus and in collaboration with local agencies

3. THE CONTEXT

Malabar is well known for its passion and spirit for sports and has produced many sports personalities of National & International repute like Padma Shri P T Usha, Arjuna Awardee Shri. Jimmy George, Olympian K T Irfan, to a name a few. To nurture the innate talent, they have to be identified at an earlier stage and promoted through scientific and systematic training. Coaches with the department of physical education, not only identify the talents, but also provide the best hands on training.

Calicut University which is better known for its sports legacy since its inception in 1968, has been offering various talent scouting sports programs. The prime objective is to

build-up a productive sports person performing at elite level. The programs like summer coaching camp, Sports academy, Promising Youngster's camp and College Camps are offered to meet these objectives. The programs offered are designed by Department of Physical Education. These programs are held in different stages of School and College education.

4. THE PRACTICE

Stage 1 Talent Identification: Here, the grooming of an individual takes place in summer coaching camp. The training from grass root level begins in the camp where the talents are observed and identified. Training for fundamental skills are given. Summer camp is held for the school students till 12th class with a minimal fee for 30 to 45 days.

Stage 2 Training Programme: This stage is focused on perfection and constant up gradation of skills: Here, those identified talents are given training throughout the year in the university academy centres. The players up to sub-junior category (U-15, U-17) competitions are groomed at intermediate level. The players of the University academies are encouraged to join the colleges under the Calicut University. At present, sports academies for Badminton, Swimming, Judo and Athletics are functioning.

Additionally, focus is placed on training 12th class and college students. Here, those intermediate level players are trained under the scheme of Promising Youngster's camp. The camp is conducted for the new admissions to colleges of Calicut University as well. During this camp, players selected after screening are given 7 days training under a University Coach or under the Coach appointed by the University.

Further, the training of college students are also focused upon. Here, those intermediate level players are trained under two different stages. During the first stage of camp, players are selected after screening and are given 8 days training under a University coach or a coach appointed by the University. During the second stage of the Promising Youngster's camp, the best probable players of university are given training for 10 days to prepare better and improve their performance before the inter-collegiate championship

Finally, the focus is placed on training University Team. Here, those best selected professional players are trained vigorously for 12 days to meet the all-important goal of attaining inter-university title.

Further training for outstanding students that are conducted free of cost include-

- Badminton academy
- Athletics Academy

- Judo Academy
- Swimming Academy- Training on swimming- All age categories, staff and students

Other activities offered for general public consist of -

- Adopting 10 outstanding students of neighbouring Panchayaths and training them free of cost
- Differently-abled- free of cost training
- Project submitted in collaboration with CDMRP
- Aquatic therapy for differently-abled
- Transgenders' competition - inter collegiate level
- College fitness education programme - events for fitness - grace marks

Activity 3 Research programme: The training-based research is also facilitated. It is in terms of designing new techniques, relating with the overall development of the athletes, and their performances are scientifically evaluated at various stages.

Activity 4 Research on Disability based intervention: For bringing the differently-abled to the mainstream and with a focus on inclusion, new interventions and activities are arranged for such group. Specialised interventions are also tried out using Judo training and aquatic interventions.

5. EVIDENCE OF SUCCESS

Evidences are abundant, in comprehensive and in subtle manner. The following evidences of success are witnessed in the University as a result of these best practices.

- Unique Physical Education curriculum that incorporates theory along with practice
- Women's Fitness programmes including physical exercises, Aerobics, Yoga etc.
- Monitoring sports activities of all affiliated colleges under the University, and conducting inter collegiate competitions. This consists of team selection, coaching camps, and training for both male and female athletes. The program coordination also consists of financial support for all the events.
- Fund allocation for all sports related activities in the University.
- Sports Convocation to distribute cash awards, incentives, scholarships, sports kit for the winners of inter university competitions. Rs. 15000, Rs. 10000, and Rs. 5000 cash awards are presented to candidates who won the best three positions in every competition, and Rupees 1 lakh, Rs. 50,000, and Rs. 25,000 are awarded to colleges with most wins in the competitions.
- 18 athletes from the University represented the Nation at various Olympic meets.

- Candidates from the University has received 15 Arjuna Awards, 3 Padmasree Awards, 1 Rajiv Gandhi Khel Rathna Award, 1 Dhyaan Chand Award, and 1 Dronacharya Award.
- The following infrastructural facilities were added to the University to improve the physical fitness of all community members: Aquatic complex with 15 meters and 25 meters sized swimming pools, synthetic athletic track, 400 m mud track, largest natural stadium in Asia, 2 turfed Football fields, synthetic floored Indoor stadium, gymnasium and fitness centre, roofed Kho-Kho courts, chain linked fenced handball and tennis court (2 each), Multipurpose indoor stadium, courts for volleyball, basketball, badminton, etc.
- India's largest alumni sports team for football, athletics, volley ball and kho-kho. CUEFA- Calicut University ex-football association has also made considerable contributions to the sports field in communities across Northern Kerala.

Future plans: The latest projects from the department include an international sport pavilion and flood lights (expenditure 25 crores), turfed Hockey stadium (with Central Govt. funding), shooting range, and skating track.

6. PROBLEM ENCOUNTERED AND RESOURCE REQUIRED

- The lack of importance given to physical education in schools
- Negative attitude of school and college teachers toward physical education
- Lack of choice to physical education from high scoring students of graduation
- Limited research and laboratory facilities for extensive research on sports