

BLOCK AND DETAILED SYLLABUS

ASSISTANT PHYSICAL TRAINING INSTRUCTOR COURSE (MALE/FEMALE)

GENERAL

1. Assistant PTI course (Male & Female) is design to improve the basic knowledge of physical training and games. Further, make the soldiers in order to grow as physical training instructors in the Army.

AIM

2. The aim of this course is to train the physically and mentally efficient male and female soldiers as physical training instructors.

OBJECTIVES

3. The scope of training for the Assistant PTI course (Male & Female) at the APTS will be as follows:

- a. To improve knowledge of the physical standard and conditions.
- b. To improve agility and endurance.
- c. To improve the knowledge regarding Games organization, functions and rules.
- d. To maintain physical fitness.
- e. To improve the knowledge of strength and conditions.
- f. To train techniques and skills of gymnastic.

STUDENTS

4. 150 Male Soldiers, 30 Female Soldiers Allocated For The Course.

ALLOCATION OF VACANCIES

- 5.
- a. ACCORDING TO THE REGIMENTS
 - 1. Support Arms -
 - 2. Infantry -
 - 3. Services -
 - 4. SL Navy -
 - 5. SL Air force -
 - 6. Foreign Students -
- } Instructions about vacancies given by Directorate of Training

DURATION

6. It includes following facts under this heading.

- Opening and Closing Dates of the Course - 08 Jan 2018 to 05 Apr 2018 / 30Apr 2018 to 30 Jul 2018 /
22 Sep 2018 to 21 Dec 2018)
- Total Number of working days - 60 days (per one Course)
- Number of periods per day - 9
- Periods per Saturday - 5
- Number of week days periods - 540
- Number of weekend periods - 50
- Total periods of Course - 590 (per one Course)
- Night Periods added as appropriately
 - Time allocated for self studies
 - Number of periods per day adjusted appropriately
 - Saturdays will be considered as half day (0545 hrs to 1215 hrs) except days on which, the exercises are conducted.

HOURS OF WORK

7. Number of periods per day is as follows:

0545-0645	Morning PT sessions
0700-0800	Breakfast
0815- 0855	Period -1
0900 - 0940	Period -2
0945 - 1025	Period -3
1025 - 1045	Tea Break
1050 - 1130	Period- 4
1135 - 1215	Period -5
1220 - 1300	Period -6
1300 - 1400	Lunch Break
1400 - 1440	Period -7
1445 - 1525	Period -8
1525 - 1545	Tea Break
1550 - 1630	Period -9
1645 - 1800	Evening PT session

SUBJECTS AND DISTRIBUTION OF PERIODS**8.**

SER	SUBJECT	CODE	PERIODS
01	Static Stretching Exercises	STRETCH	43
02	Recruit Physical Training Table	RPT	41
03	Battle Physical Training Table	BPT	32
04	Gymnastic	GYM	49
05	Embussing & Debussing	ED	10
06	Unarm Combat	UC	09
07	Obstacle Training	OT	15
08	Method Of Instruction	MOI	05
09	Anatomy and Physiology	A&P	11
10	Advance First Aid	AF	10
11	Diet and nutrition	D&N	08
12	Beach Training	BT	10
13	General Theory of Training.	GTT	04
14	Strength & Conditioning	S&C	10
15	Weight Training	WT	43
16	Hand Ball	HB	05
17	Boxing	BOX	05
18	Wrestling	WREST	04
19	Volley Ball	VB	05
20	Basket Ball	BB	08
21	Rugby	RUG	05
22	Foot Ball	FB	05
23	Hockey	HOCK	05
24	Athletics	ATH	05
25	Swimming	SWIM	04
26	Badminton	BAD	05
27	Table Tennis	TT	04
28	Squash	SQU	05
29	Cricket	CRI	09
33	Elle	ELLE	04
31	Kabbadi	KAB	04
32	Net Ball	NT	05
33	Games Practical	GP	45
34	Judging and Refereeing	J & R	04
35	Preparation of training schedule	PTS	04
36	Total pds		440
37	Extra pds (for final test, visiting lecture)		150
38	Periods available		590

DETAILED SYLLABUS**(01) STATIC STRETCHING EXERCISE**

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	STRETCH	Static Stretching Exercises	Schedule 1 Demonstration	01
2.			Practical	33
3.			Schedule	09
TOTAL				43

(02) RECRUIT PHYSICAL TRAINING TABLE - (1958/P/NO/02)

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	RPT	Recruit Physical Training Table	Instruction by Demonstration	06
2.			RPT Practical	35
TOTAL				41

(03) BATTLE PHYSICAL TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BPT	Battle Physical Training	Instruction by Demonstration	06
2.			Demonstration/Practical	14
3.			BPT Practical	12
TOTAL				32

(04) GYMNASTIC

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	GYM	Gymnastic	3 rd Class Test Demonstration	02
2.			Test Practical	47
TOTAL				49

(05) EMBUSSING & DEBUSSING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ED	Embussing & Debussing	Introduction	01
2.			Forward & Backward Jump	02
3.			Left & Right Jump	01
4.			Practical	06
TOTAL				10

(06) UN ARM COMBAT

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	UC	Unarm Combat	Vulnerable Parts of the (Body)	01
2.			Break Falls Practical	01
3.			Attack	01
4.			Counter Attack	01
5.			Practical	05
TOTAL				09

(07) OBSTACLE TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	OT	Obstacle Training	Introduction Demo & Practical	01
2.			Obstacle Practical	02
3.			Arial Rope Demo & Practical	02
4.			Night Training	01
5.			Obstacle Practical	09
TOTAL				15

(08) METHOD OF INSTRUCTION (MOI)

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	MOI	Method of Instruction	Aim and Values of PT.	01
2.			The Principles of Instruction	01
3.			Aim Plan & Preparation	01
4.			Instruction & Enthusiasm	01
5.			UFT of the & Max Activity	01
TOTAL				05

(09) ANATOMY AND PHYSIOLOGY

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	A&P	Anatomy and Physiology	Skeleton System	01
2.			Muscular System	01
3.			Respiratory System	01
4.			Blood Circulatory System	01

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5.			Digestive System	01
6.			Lecture	06
TOTAL				11

(10) FIRST AID

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	AF	Advance First Aid	What is first aid	02
2.			Cardio pulmonary Resuscitation	03
3.			Heat Stroke & Cramp & Exhaustion	03
4.			Lecture	02
TOTAL				10

(11) DIET AND NUTRITION

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	D&N	Diet and Nutrition	What is sport nutrition	01
2.			Calculate nutrition level	01
3.			Measuring energy values	01
4.			Classification of nutrient	01
5.			Preparation of sports related foods and drinks	01
			Lecture	03
TOTAL				08

(12) BEACH TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BT	Beach Training	Beach Training planning	01
2.			Beach Training	09
TOTAL				10

(13) GENERAL THEORY OF TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	GTT	General Theory of Training.	Training principles	01
2.			Energy system	01
3.			Lecture	01
4.			Trainings methods	01

TOTAL	04
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(14) STRENGTH & CONDITIONING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	S&C	Strength & Conditioning	Physical Qualities	05
2.			Resistance and strength training	05
TOTAL				10

(15) WEIGHT TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	WT	Weight Training	Theory	40
2.			Practical	03
TOTAL				43

(16) HAND BALL

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	HB	Hand Ball	Theory	03
			Practical	02
TOTAL				05

(17) BOXING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BOX	Boxing	Revision – Introduction, dress & Equipment	01
2.			Rules & regulation	01
3.			Score Sheet marking & signal	01
4.			Practical	02
TOTAL				05

(18) WRESTLING

Ser	Code	Subject	Mode	Periods
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(a)	(b)	(c)	(d)	(e)
1.	WREST	Wrestling	Revision- Introduction mat, dress & Equipment	01
2.			Rules & regulation	01
3.			Score Sheet marking & signal	01
4.			Practical	01
TOTAL				04

(19) VOLLEY BALL

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	VB	Volley ball	Revision- Introduction mat, dress & Equipment	01
2.			The Ground/ Score System	01
3.			Refereeing & Linesman Duty	01
4.			Match Organization	02
TOTAL				05

(20) BASKET BALL

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BB	Basket ball	Revision- Introduction, Military Value & dimension/ Dress & Equipment/ Rules & Regulation	02
2.			Referee & score sheet marking	02
3.			Referee & Judging	02
4.			Official power / Coaching Practical	02
TOTAL				08

(21) RUGBY

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	RUG	Rugby	Revision- Introduction, dimension Dress & Equipment	01
2.			Referee & Lines man Duty	01
3.			Rules & regulation	01
4.			Signals / Match Organization	02
TOTAL				05

(22) FOOT BALL

RESTRICTED

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	FB	Foot Ball	Revision- Introduction, dimension Dress & Equipment	01
2.			Rules & regulation/ Signals	01
3.			Referee & Lines man Duty	01
4.			Referee & Judging / Coaching Practical	02
TOTAL				05

(23) HOCKEY

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	HOC K	Hockey	Revision	01
2.			Match Organization	01
3.			Referee & Judging	01
4.			Coaching Practical	02
TOTAL				05

(24) ATHLETIC

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ATHLE	Athletic	Track & field event theory	02
2.			Track & field event practical	03
TOTAL				05

(25) SWIMMING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SWIM	Swimming	Revision	01
2.			Officials	01
3.			Coaching Practical	01
4.			Meet Organization	01
TOTAL				04

(26) BADMINTON

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BAD	Badminton	Revision	01

RESTRICTED

2.			Rules & Regulation	01
3.			Coaching Practical	01
4.			Meet Organization	02
TOTAL				05

(27) TABLE TENNIS

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	TT	Table Tennis	Revision	01
2.			Ref & Judging	01
3.			Single Game	01
4.			Double Game/ Coaching Practical	01
TOTAL				04

(28) SQUASH

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SQU	Squash	Revision	01
2.			Rules & Regulation	01
3.			Officials / Coaching Practical	01
4.			Match Organization	02
TOTAL				05

(29) CRICKET

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	CRI	Cricket	Revision	02
2.			Rules & Regulation	02
3.			Umpire Duties/ Coaching Practical	02
4.			Match Organization	03
TOTAL				09

(30) ELLE

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ELLE	Elle	Introduction, Dimension & places	01
1.			Dress & equipment	01
2.			Rules & Regulations	01
3.			Signals & Referee Duty/Match Organization	01
TOTAL				04

(31) KABBADI

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	KAB	Kabbadi	Introduction, Dimension & places	01
1.			Dress & equipment / Signals & scoring	01
2.			Referee Duty/ Rules & Regulations	01
3.			Coaching Practical and Practical	01
TOTAL				04

(32) NET BALL

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	NB	Net Ball	Theory	03
2.			Practical	02
TOTAL				05

(33) GAME PRACTICAL

Ser	Subject	Mode	Periods
(a)	(b)	(c)	(d)
	Game Practical		
1.		Hand Ball	02
2.		Boxing	03
3.		Wrestling	02
4.		Volley Ball	03
5.		Basket Ball	03
6.		Rugby	02
7.		Foot Ball	03
8.		Hockey	02
9.		Athletics	04
10.		Swimming	04
11.		Badminton	03
12.		Table Tennis	03
13.		Squash	03
14.		Cricket	02
15.		Elle	02
16.		Kabbadi	02
17.		Net Ball	02
TOTAL			45

(34) JUDGING AND REFREEING

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Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.			Duties of Reference and Judge	02
2.			Duties of Reference	02
TOTAL				04

(35) PREPARATION OF TRAINING SCHEDULES

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.			Preparation of Training Schedules	02
2.			Lecture	02
TOTAL				04

(36) MISCELLANEOUS

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.		Miscellaneous	Opening Address	01
2.			Mental Health and abnormal Sexual behaviours Lecture	05
3.			Prevention of drug addiction	05
4.			Method of Instruction	08
5.			Endurance march	06
6.			Final Test	125
TOTAL				150

ASSESSMENT CRITERIYA

10.

Ser	Subject	Marks	Percentage
(a)	(b)	(c)	(d)
1	Gym test	400	40%
2	Bpet	100	10%
3	Rpt/Bpt (mutual)	300	30%
5	Viva test	100	10%
6	Written test	100	10%
TOTAL		1000	100%

GRADING SYSTEM

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11. By considering the assessment criteria following grading system to be adopted.

- a. 90 - 100 -(A)Excellent
- b. 80 - 89.9 - (B) Good
- c. 60 - 79.9 - (C) Above Average.
- d. 50 - 59.9 - (D) Average.
- e. 40 - 49.9 - (E) Below Average.
- f. 39.9 Below - (F) Fail.