

BLOCK AND DETAILED SYLLABUS

OFFICER ADVANCE PHYSICAL TRAINING INSTRUCTOR COURSE

GENERAL

1. Officer advance physical training instructor course (male & female) is designed to improve the knowledge of physical standard, conduct of game, act as coaches and officials for all games. It gives a comprehensive awareness in proper application of physical training as well as game Organizing.

AIM

2. The aim of the course is to train efficient Officers as a physical training instructors who will produce physically fit military Officers, conduct and organize games while they act as coaches, officials for the all sports in the Army who will be a valuable investment to the Army

OBJECTIVES

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

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

STUDENTS

4. 25 Male and Female Officers are allocated for the course

ALLOCATION OF VACANCIES

5. a ACCORDING TO THE REGIMENTS

- | | | |
|---------------------|---|--|
| 1. Support Arms | - | } Instructions about vacancies given by
Directorate of Training |
| 2. Infantry | - | |
| 3. Service | - | |
| 4. SL Navy | - | |
| 5. SL Air force | - | |
| 6. Foreign Students | - | |

DURATION

6. It includes following facts under this heading.

Opening and Closing Dates of the Course	- 10 August 2018 to 21 December 2018
Total Number of working days	- 90
Number of periods per day	- 9
Periods per Saturday	- 5
Number of week days periods	- 810
Number of weekend periods	- 120
Total periods of Course	- 930

- 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	82
02	Recruit Physical Training Table	RPT	85
03	Battle Physical Training	BPT	77
04	Gymnastic	GYM	109
05	Embussing & Debussing	ED	18
06	Un Arm Combat	UC	27
07	Obstacle Training	OT	33
08	Method Of Instruction	MOI	07
09	Anatomy and Physiology	A&P	10
10	Advance First Aid	AF	10
11	Diet and nutrition	D&N	10
12	Beach Training	BT	10
13	General Theory of Training.	GTT	02
14	Strength and Conditioning	S&C	10
15	Weight Training	WT	81
16	Hand Ball	HB	10
17	Boxing	BOX	06
18	Wrestling	WREST	08
19	Volley Ball	VB	10
20	Basket Ball	BB	10
21	Rugby	RUG	08
22	Foot Ball	FB	10
23	Hockey	HOCK	06
24	Athletics	ATH	10
23	Swimming	SWIM	06
25	Badminton	BAD	08
26	Table Tennis	TT	08
27	Squash	SQU	07
28	Cricket	CRI	08
29	Elle	ELLE	08
30	Kabbadi	KAB	08
31	Net Ball	NT	06
32	Games Practical	GP	104
33	Total pds		812
34	Extra pds (for final test, visiting lecture)		118
35	Periods available		930

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	60
3.			Schedule	21
TOTAL				82

(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.			Practical	79
TOTAL				85

(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	20
3.			BPT Practical	51
TOTAL				77

(04) GYMNASTIC

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	GYM	Gymnastic	Gym Demonstration	01
2.			Practical	20
3.			Test Practical	88
TOTAL				109

(05) EMBUSSING & DEBUSSING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ED	Embussing & Debussing	Introduction	01
2.			Forward & Backward Jump	01
3.			Left & Right Jump	01
4.			Practical	15
TOTAL				18

(06) UN ARM COMBAT

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	UC	Un Arm Combat	Vulnerable Parts of the (Body)	01
2.			Break Falls	01
3.			Attack	02
4.			Counter Attack	01
5.			Practical	22
TOTAL				27

(07) OBSTACLE TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	OT	Obstacle Training	Introduction Demo & Practical	01
2.			Arial Rope Demo & Practical	02
3.			Obstacle Practical	30
TOTAL				33

(08) METHOD OF INSTRUCTION (MOI)

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	MOI	Method Of Instruction	Aim and Value of PT	01
2.			The Principles of Instruction	01
3.			Aim Plan & Preparation	01
4.			Instruction & Enthusiasm	02
5.			UFT of the & Max Activity	02
TOTAL				07

(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
5.			Ddigestive System	01
6.			Lecture	05
TOTAL				10

(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	02
6.			Lecture	04
TOTAL				10

(12) BEACH TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BT	Beach Training	Planning	01
			Beach training practical	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
TOTAL				02

(14) STRENGTH AND CONDITIONING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	S&C	Strength & Conditioning	Introduction of weight training	02
2.			Preparation of Training Schedules	04
3.			Lecture of Ployamatric training	03
4.			Lecture	01
TOTAL				10

(15) WEIGHT TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	WT	Weight Training	Theory	06
2.			Practical	75
TOTAL				81

(16) HAND BALL

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	HB	Hand Ball	Theory	02
2.			Practical	08
TOTAL				

(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	02
4.			Officials Powers/Refereeing/Judging & Coaching	02

RESTRICTED

TOTAL	06
--------------	----

(18) WRESTLING

Ser	Cod e	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	WRE ST	Wrestling	Revision- Introduction mat, dress & Equipment	02
2.			Rules & regulation	02
3.			Score Sheet marking & signal	02
4.			Officials Powers/Refereeing/Judging & Coaching	02
TOTAL				08

(19) VOLLEY BALL

Ser	Cod e	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	VB	Volley ball	Revision- Introduction mat, dress & Equipment	03
2.			The Ground/ Score System	02
3.			Refereeing & Linesman Duty	02
4.			Match Organizing	03
TOTAL				10

(20) BASKET BALL

Ser	Cod e	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	03
4.			Officials power / Coaching Practical	03
TOTAL				10

(21) RUGBY

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	RUG	Rugby	Revision- Introduction, dimension Dress & Equipment	02
2.			Referee & Lines man Duty	02
3.			Rules & regulation	02
4.			Signals / Match Organizing & Coaching	02
TOTAL				08

(22) FOOT BALL

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	FB	Foot Ball	Revision- Introduction, dimension Dress & Equipment	03
2.			Rules & regulation/ Signals	03
3.			Referee & Lines man Duty	02
4.			Referee & Judging/ Coaching Practical	02
TOTAL				10

(23) HOCKEY

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	HOCK	Hockey	Revision	01
2.			Match Organizing	01
3.			Refereeing & Judging	02
4.			Coaching Practical	02
TOTAL				06

(24) ATHLETIC

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ATHLE	Athletic	Track & field event theory	04
2.			Track & field event practical	06
TOTAL				10

(25) SWIMMING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SWIM	Swimming	Revision	01
2.			Officials	01
3.			Coaching Practical	02
4.			Meet Organizing	02
TOTAL				06

(26) BADMINTON

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BAD	Badminton	Revision	02
2.			Rules & Regulation	02
3.			Coaching Practical	02
4.			Meet Organizing	02
TOTAL				08

(27) TABLE TENNIS

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	TT	Table Tennis	Revision	02
2.			Ref & Judging	02
3.			Single Game	02
4.			Double Game/ Coaching Practical	02
TOTAL				08

(28) SQUASH

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	SQH	Squash	Revision	01
2.			Rules & Regulation	02
3.			Officials / Coaching Practical	02
4.			Match Organizing	02
TOTAL				07

(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 Organizing	02
TOTAL				08

(30) ELLE

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ELLE	Elle	Introduction, Dimension & places	02
2.			Dress & equipment	02
3.			Rules & Regulations	02
4.			Signals & Referee Duty/Match Organizing	02
TOTAL				08

(31) KABBADI

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	KAB	Kabbadi	Introduction, Dimension & places	02
2.			Dress & equipment	02
3.			Signals & scoring	02
4.			Referee Duty/ Rules & Regulations	02
TOTAL				08

(32) NET BALL

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	NB	Net Ball	Theory	03
2.			Practical	03
TOTAL				06

(33) GAME PRACTICAL

Ser	Subject	Mode	Periods
(a)	(b)	(c)	(d)
	Game Practical		
1.		Hand Ball	06
2.		Boxing	06
3.		Wrestling	06
4.		Volley Ball	07
5.		Basket Ball	06
6.		Rugby	06
7.		Foot Ball	07
8.		Hockey	06
9.		Athletics	06
10.		Swimming	06
11.		Badminton	06
12.		Table Tennis	06
13.		Squash	06
14.		Cricket	06
15.		Elle	06
16.		Kabbadi	06
17.		Net Ball	06
TOTAL			104

(34) 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	04
4.			Endurance march	06
5.			Final Test	58
6.			Revision Periods	44
TOTAL				118

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

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