BLOCK AND DETAILED SYLLABUS

REGRADING COURSE
(MALE/FEMALE)

GENERAL

1.   Regrading course (Male & Female) is design to foundry courage with all subjects, which is related to advance physical training instructor and convert them as qualified grading.

AIM

2.   To provide further training for the assistant physical training instructors (they have not obtained the relevant marks to follow the advance physical training instructor course during their basic training.) in order to reconsider them to follow the advance physical training instructor course.

OBJECTIVES

3.   The scope of training for the Regarding 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 of strength and conditions.

   d.   To upgrade the level of gymnastic techniques and skills for select to advance PTI course.

STUDENTS
4.   50 Male and Female soldiers allocated for the course.

ALLOCATION OF VACANCIES

 5.   ACCORDING TO THE REGIMENTS

1.	Support Arms	-
2.	Infantry	-
3.	Services	-
4.	SL Navy	- no
5.	SL Air force	- no
6.	Foreign Students	- no

   According to the grading of the basic course, vacancies can be changed, but there are only 50 vacancies are allocated to this course.

DURATION

6. includes following facts under this heading.

Opening and Closing Dates of the Course	- 02 Jun 2018 to 25 Jun 2018
Total Number of working days	- 18 days
Number of periods per day	- 9
Periods per Saturday	- 5
Number of week days periods	- 162
Number of weekend periods	- 10
Total periods of Course	- 172

- 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

2

SUBJECTS AND DISTRIBUTION OF PERIODS

8.

SER	SUBJECT	CODE	PERIODS
01	Static Stretching Exercises	STRETCH	15
02	Recruit Physical Training Table	RPT	12
03	Battle Physical Training Table	BPT	10
04	Gymnastic	GYM	20
05	Endurance Training	ET	18
06	Obstacle Training	OT	08
07	Method Of Instruction	MOI	01
08	Physical Training Theory	PTT	05
09	Anatomy and Physiology	A&P	05
10	Advance First Aid	A&F	09
11	Diet and nutrition	D&N	02
12	Recreation Training	RT	26
13	**Total pds**		**131**
14	**Extra pds (for final test, visiting lecture)**		**41**
15	**Periods available**		**172**

DETAILED SYLLABUS
09.
(01) STATIC STRETCHING EXERCSE

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	STRETCH	Static Stretching Exercises	Schedule 1 Demonstration	01
2.			Practical	12
3.			Schedule	02
TOTAL				**15**

(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	04
2.			RPT Practical	08
TOTAL				**12**

(03)   BATTLE PHYSICAL TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	BPT	Battle Physical Training	Instruction by Demonstration	04
2.			BPT Practical	06
TOTAL				**10**

(04)   GYMNASTIC

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	GYM	Gymnastic	Test Practical	20
TOTAL				**20**

(05) ENDURANCE TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	ET	Endurance Training	Walk & Run	02
2.			Endurance Training Test	04
3.			8 Mile Run	06
4.			BPET Final Test training	06
TOTAL				**18**

(06)   OBSTACLE TRAINING

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	OT	Obstacle Training	Introduction Demo & Practical	01
2.			Obstacle Practical	07
TOTAL				**08**

(07)   METHOD OF INSTRUCTION (MOI)

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	MOI	Method of Instruction	Revision	01
TOTAL				**01**

(08) PHYSICAL TRAINING THEORY

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	PTT	Physical Training Theory	Lecture	02
2.			Practical	03
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
5.			Ddigestive System	01
TOTAL				**05**

(10)   FIRST AID

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)

1.	AF	Advance First Aid	Lecture	02
2.			practical	07
TOTAL				**09**

(11)   DIET AND NUTRITION

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.	D&N	Diet and Nutrition	Lecture	02
TOTAL				**02**

(12) RECREATION TRAINING

Ser	Subject	Mode	Periods
(a)	(c)	(d)	(e)
	Game Practical		
1.		Hand Ball/ Boxing	02
2.		Wrestling/ Volley Ball	02
3.		Basket Ball/ Rugby	02
4.		Foot Ball/ Hockey	02
5.		Athletics/ Elle	04
6.		Swimming/ Badminton	04
7.		Table Tennis / Squash	02
8.		Cricket/ Kabbadi	06
9.		Net Ball	02
TOTAL			**26**

(13) MISCELLANEOUS

Ser	Code	Subject	Mode	Periods
(a)	(b)	(c)	(d)	(e)
1.		Miscellaneous	Opening Address	01
2.			Final Test	39
3.			Closing Address	01
TOTAL				**41**

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%
4.	Written test	200	20%
5.	**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.