

# ST THOMAS COLLEGE PALA



PROSPECTUS FOR ADMISSION TO UNDERGRADUATE B.Sc DEGREE  
PROGRAMME IN RECREATION LEISURE AND SPORTS STUDIES 2015-16

## SCHEDULE FOR ADMISSION TO UG PROGRAMME BRLSS (2015-16) THROUGH ONLINE

1	Online availability of Application forms and Online Candidate Registration	:	15.06.2015
2	Last date for submission of hard copy of application form with all necessary supporting	:	15.06.2015
3	Data modification, if any, by applicants / Rearrangement/addition/deletion of options	:	15.06.2015
4	Entrance examination:		20.06.2015
5	Publication of rank list :		23.06.2015
6	Reporting for admission in Colleges :		29.06.2015
7	Commencement of classes:		02.07.2015

### STEPS FOR ON-LINE REGISTRATION

1. Take a DD of Rs250/- in favour of Principal, St Thomas college Pala, payable at Pala and note the DD number.
2. For online registration of personal and academic data, the candidates must visit the web site [www.stcp.ac.in](http://www.stcp.ac.in), and click on the link "Admission to B.Sc Recreation leisure and Sports Studies 2015-2016".
3. Follow the online instructions and fill in the personal details in the relevant fields provided.
4. Login id and password will be send to your email id submitted in the application form. The password created by the candidate should not be disclosed to others who may misuse it. This may result in tampering the college will not be responsible for any such eventuality.
5. Verify with the relevant documents and confirm the details entered on-line.
6. After satisfying himself/herself that the details entered are correct, the applicants shall press the Final Submission Button.
7. Take the print out of filled up application for final submission to the college along with the DD.
8. The applicant can check his/her application status online using their User id (application number) and password at any stage after online registration.

### CLASSIFICATION/CATEGORIZATION OF SEATS

Total seats available for the programme are 30.

Seats available in college are mainly classified as Merit seats, SC/ST seats, Community seats and Management seats. The seats will be filled as per Govt. / university rules.

## ELIGIBILITY FOR ADMISSION

A pass in plus two or equivalent examinations recognized by the University, irrespective of the streams/subjects

Applicants should appear for an entrance examination comprising of a) General aptitude test and Comprehension in English and General knowledge in sports , conducted by the college\* b) Physical fitness test conducted by the College, including – 50 meter dash, sit ups, shuttle run, standing broad jump, 600 meter race.

- \* Candidate should score at least 45% of mark for fitness test eligibility.

The merit list will be drawn on the basis of the marks secured for the qualifying examinations and the entrance test at a ratio of 1:1 respectively.

Academic eligibility should be satisfied as on the last date of submission of academic data.

In the case of candidates who have passed examinations of other Boards/Institutes/Governments, except CBSE/CISCE, they shall be admitted only if these examinations have been declared equivalent to the qualifying examinations of MG University.

If an applicant for admission is found to have indulged in ragging in the past or if it is noticed later that he/she had indulged in ragging, admissions shall be denied or he/she shall be expelled from the educational institution.

No candidate shall be admitted to the degree programme unless he/she possess the qualifications and minimum requirements thereof.

## JOB PROSPECT

The potential employment opportunities are as:

Recreation manager in hospitality/ tourism industry  
Adventure Sport coordinator/ Facility manager  
Amusement/Theme Parks Management  
Sports Event Management  
Personal Fitness Trainer  
Athlete management  
Spa Manager  
Camping and Outdoor/Wilderness Education, Tours and Adventures  
Recreation Manager with Youth Correction Agencies  
Golf Course Manager  
High profile Fitness Centre/ health club Manager  
Senior/Aging Adults fitness, recreation Programming  
Recreational/Fitness Facility Manager  
Institutional Employment (Senior Homes, Hospitals, Correctional Facilities, Rehabilitation Centres, Research Centres)  
Commercial Recreation (Corporate, Hotel, Casino, Golf Course, Cruise Ship, etc.)  
Services/Programs for Individuals with Disabilities

#### NATURE OF PROGRAMME

This will be a Aided programme of three year duration, six semester with 30 seats and the degree programme will affiliated to Mahatma Gandhi University. This will be activity oriented programme. Only minimum university prescribed fee will be levied. Examination and certificate will be provided by the University. The best available experts will be handling the classes in theory and practical.

## **COURSE SUMMARY**

### COMMON COURSE

1. English- I Communication skills in English
2. English II - Critical thinking, Academic writing & presentation

### CORE COURSE

3. Foundations of Recreation, Leisure and Sports Services
4. Basic and systemic Human Anatomy
5. Scientific Principles and Practices of Health & Fitness Training
6. Science of Sports Training
7. First Aid, Doping, Sports Medicine and Nutritional Supplements
8. Recreation and sports event planning & facility management
9. Adventure sports management ( T+P)
10. Spa therapy ( T+P)
11. Applied Physiology of Sport/Exercise
12. Sports Massage technique ( T+P)
13. Tests and Measurements ( T+P)
14. Teaching Methodology & Practice ( T+P)
15. Applied Psychology of sports learning and performance
16. Marketing of Recreation & sports Services
17. Therapeutic Recreation and adapted physical education
18. Management concept in sports & recreation
19. Managerial accounting for Sports, leisure and recreation
20. Research Methods in Physical Activity & recreation
21. Human resource management in Sports, recreation and leisure
22. Economics for recreation and leisure management
23. Choice based course (sport specialization)\*
24. Introduction to fundamental skills of major sports\*\*
25. Entrepreneurship development
26. Open course\*\*\*
27. Performance Portfolio/ Case study/Internship
28. Project

### COMPLEMENTARY COURSE

29. Introduction to Sports tourism

- 30. Use of Information & communication technology
- 31. Kinesiology
- 32. Disaster Management
- 33. Sports Physiotherapy (T+P)
- 34. Advertising and Public Relation
- 35. Sports, Recreation & Leisure Law and Risk Management

\*CHOICE BASED COURSE

Sport Specialization - (Volleyball, Athletics, Swimming, Tennis, Basketball, Football, Cricket).

\*\*INTRODUCTION FUNDAMENTAL SKILLS OF VARIOUS SPORTS

Soccer	Yoga
Cricket	Basketball
Weight training	Swimming
Indoor recreational games,	Baseball
Table Tennis	Tennis
Aerobics	Volleyball & Beach Volleyball
Track and Field	Badminton
General conditioning, Cross-Country Running / Nordic walking	Creative and cultural activities - (Magic, origami, caricature, juggling, musical instrument, dance)
Adventure & Leadership camps	

OPEN COURSE (ELECTIVE)\*\*\*

Ecotourism,

Fundamentals of accounting,

Fundamental of Journalism,

Ornamental fish breeding,

German

English for career

