

SPORTS FITNESS ACTION PLAN 2019-2020
CENTRAL UNIVERSITY OF TAMIL NADU

THE DAILY PHYSICAL ACTIVITY PROGRAM

The daily Physical Activity program has started for the students (men and women) under the supervision of physical instructors. The program starts with the morning activity at 6.00 AM consisting of warm up session followed by different types of physical fitness variables oriented training, aerobic and yoga activities. The session ends with lead up activities and warm down exercises. The evening sports activities start from 5.30 PM till 8.30 PM.

GYMS

CUTN is equipped with three gyms separately for boys, girls and faculty. All the gyms are equipped with advanced fitness training equipment's including Treadmills, Multi station gym etc. The gyms are open on all week days 6.00 am – 9.00 am and from 4.00 pm to 8.00 pm.

TRAINING THE STUDENTS FOR VARIOUS SOUTH ZONE TOURNAMENTS

The Sports CUTN is motivating and training the students to participate in different inter-university sports tournaments. The training and selection processes start well ahead of the actual competition dates. The teams and individual participants were selected based on their performance in selection trails.

WALKING CLUB

To ensure the daily physical activity, a walking club is planned to be started for the CUTN community to safeguard health.

WORKSHOPS AND SEMINARS ON YOGA

To create awareness on the importance of Yoga for healthy wellbeing, sports CUTN is planning to conduct workshops, seminars along with practice sessions on Yoga on monthly basis.

AEROBICS CLASSES FOR WOMEN

To enhance the physical fitness in girl students and women, aerobic and zumba classes will be started. Forty five minutes of workout will gradually improve the motor fitness.

INVITATION MATCHES WITH NEARBY CLUBS

Invitation matches in Cricket, Football, Badminton and Basketball are planned to be conducted to enhance the sports skills among the CUTN students. The clubs and teams from nearby colleges will be invited to participate in the matches. These kind of activities are useful to improvement of skills and for getting match experience.

INTRAMURAL COMPETITIONS DURING THE ACADEMIC YEAR.

Intramural competitions will be conducted every year in Sports and games. This will be helpful to identify the talented and outstanding players in different events. This can also be a way to improve the quality of leisure time activity.

MARATHON AND WALKATHON

To increase awareness of the importance of daily physical activity, we are planning to conduct different marathon and walkathon competitions around the campus. It will create awareness in the general public to become fit and lead a healthier life.
