

## ABOUT HITS

Hindustan Institute of Technology and Science (HITS), established in 1985, is a Deemed to be University is offering a wide spectrum of Undergraduate Programs, Post Graduate Programs, Diploma Programs, Research and Doctoral Programs in diverse fields of Engineering, Technology, Management, Architecture, Liberal Arts, Applied Sciences, Design, Allied Health Sciences and Law. The Institution is part of the most reputed Hindustan Group of Institutions which caters to the academic needs of over 18,000 students from India and overseas.

HITS has the distinction of being accredited with an "A" Grade by the National Assessment & Accreditation Council (NAAC), Govt. of India and is a Category 2 Institution, accredited by National Board of Accreditation (NBA). HITS is also ranked in the 107<sup>th</sup> Position in India under Engineering category and ranked 20<sup>th</sup> in Architecture in the NIRF Rankings 2020.



## CAREER PROSPECTS

- Fitness Trainer
- Health Consultant
- School, College, University Physical Instructor/ Director
- Sports Club Consultant
- Sports Manager
- Physical Therapist
- Physical Education Trainer
- Health Educator
- Coach
- Gym Instructor
- Sports Journalist
- Physical Education Teacher

TOLL FREE

1800 425 4438

### ADMINISTRATIVE OFFICE

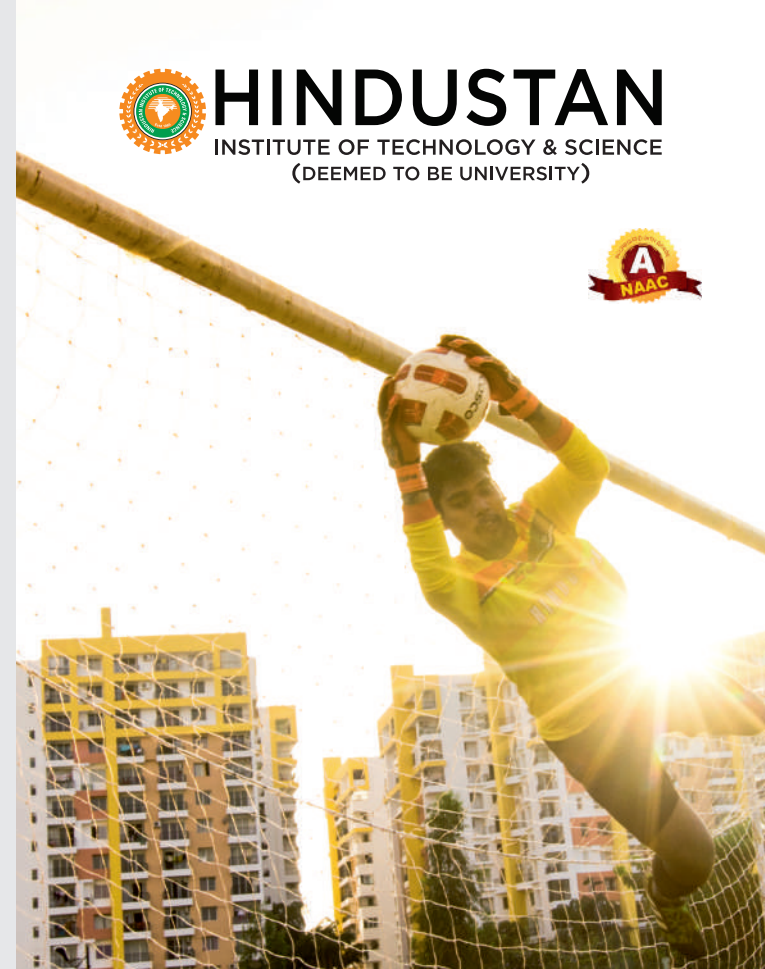
- No.40, GST Road, St. Thomas Mount, Chennai - 600 016
- +91 44 2234 2155/0980/1389/2508

### CAMPUS ADDRESS

- Hindustan Institute of Technology & Science (HITS) Padur, Kelambakkam, Chennai - 603 103
- +91 44 2747 4262
- info@hindustanuniv.ac.in
- www.hindustanuniv.ac.in



**HINDUSTAN**  
INSTITUTE OF TECHNOLOGY & SCIENCE  
(DEEMED TO BE UNIVERSITY)



BACHELOR OF SCIENCE

**SPORTS, HEALTH  
& PHYSICAL EDUCATION**

**ACHIEVE SUCCESS THROUGH MOVEMENT**





## ABOUT THE DEPARTMENT

The B.Sc. Sports, Health & Physical Education programme aims to provide quality and professional training in physical education and promotes sports activities among students. The school provides well-equipped and maintained outdoor and indoor sports facilities. Students can choose from a number of available sports and games activities to pursue their interests including – Kabaddi, Tennis, Cricket, Football, Basketball, Cycling, Volleyball, Handball, Badminton, Snooker and Table Tennis.

## ELIGIBILITY

Students who complete their 12<sup>th</sup> standard under any board, under any stream, with a minimum of district representation in any sport and qualification in our fitness test (as detailed below in the Admission Procedure), would be eligible for the course.

**DURATION - 3 YEARS**

## ADMISSION PROCEDURE

Admission shall be made on the basis of marks scored for a total of 150 marks as detailed below:

- Qualifying Examination - 25 marks
- Participation in Sports and Games - 25 marks
- Games and Sports proficiency test - 50 marks
- Physical fitness test - 50 marks



**HORSE RIDING CLUB**

## COURSE FEATURES

- A unique learning environment featuring key elements such as problem-solving skills, teamwork, interpersonal skills and above all, true sportsmanship.
- Provide quality services to its athletes by enabling them to be well-rounded on and off the sporting field.
- Education in Anatomy, Physiology, Health Education, Safety Education, First Aid, Testing, Sports Psychology, Sports Management, Kinesiology, Biomechanics, Science of Sports Training, Exercise Physiology and modern trends in Physical Education.
- Training to perform sports related services like organising sports events, managing sports infrastructure, integrating various sports training methods, health care, fitness management and multi-disciplinary aspects.
- Opportunity to earn a degree with Honours & Add-on Minor Certificates.



**OUR CELEBRITY ALUMNI**

### ADMISSION PROCEDURE

#### PARTICIPATION IN SPORTS AND GAMES

(Maximum Marks: 25)

- |   |            |
|---|------------|
| ▪ Representation for the Country/National placing (I, II, III & IV)                         | - 25 marks |
| ▪ State Representation (Form II/IV in games/Sports)   | - 20 marks |
| ▪ Inter Division (Participation) BDS / RDS or Inter District (participation) / CBSC CLUSTER | - 15 marks |
| ▪ BDS / RDS   | - 10 marks |
| ▪ Inter-School Representation   | - 05 marks |

#### GAMES AND SPORTS PROFICIENCY TEST

(Maximum Marks: 50)

The applicant should choose any one of the following games (Badminton, Ball Badminton, Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho, Table Tennis, Tennis & Volleyball) for assessment.

#### PHYSICAL FITNESS TEST

(Maximum Marks: 50)

- |              |            |
|--------------|------------|
| ▪ 100 metres | – 20 marks |
| ▪ Short put  | – 15 marks |
| ▪ Long jump  | – 15 marks |