



## Calling applications for Sports Education Courses – 2022

### Advanced Course of Sports Coaches – Strength and Fitness Training (NVQ 6)

This Course is conducted with the aim of providing latest technical knowledge to the coaches who possess experience in the field of sports. The objective is to provide the exploratory knowledge needed to succeed in international context as a professional Sports Coach.

**Duration** : 12 months (This includes theoretical training and practical sessions of 06 months and another 06 month period of research. The course will be conducted on weekdays from 09.00 a.m. to 04.00 p.m.)

**Medium** : Sinhala/English

**Course Fee** : Rs. 45,000.00

#### Eligibility :

1. Should have passed Sports Diploma conducted by the National Institute of Sports Science and should have performed as a Coach of an event that has at least secured a winning at the Provincial, National School tournaments of National Sports Festival
- Or
2. Should have passed the 03-year Diploma in Physical Education course (College of Education) and should have performed as a coach at least in an event that has won in the Provincial, National School tournaments of National Sports Festival.

### Diploma in Sports (NVQ 5)

Applications are invited for the one and only Sports Diploma Course as prescribed by the National Sports Act No. 25 of 1973 on delivering scientific sports training for persons seeking employment in the field of Sports and Physical Education. The objective of this course is to equip the trainees with theoretical and practical knowledge of numerous sport events and sports science.

**Upon the successful completion of the course, a Certificate of NVQ Level 05 will be awarded with local and international recognition.**

**Duration** : 12 months (Full Time)

**Medium** : Sinhala / English

**Fee** : Rs. 60,000.00

#### Age limit for the enrolment :

18 - 35 years (Age limit for public servants shall not exceed 45 years)

#### Eligibility :

1. Should have passed the GCE (Ordinary Level) Examination with three Credit passes out of 06 subjects including Sinhala / Tamil Language and Mathematics / Arithmetic, in not more than two sittings.
- And
2. Should have successfully completed a 6-month course in a recognized sports or physical education school.
- Or
3. Should have successfully completed a basic and an advanced course not less than 06 months as a physical training instructor in an institution or school of Armed Forces, Police or Civil Security sector.
- Or
4. Should have demonstrated a special skill in sports with at least 05 years of experience as a school sports teacher or as a sports ground instructor in a local government authority.
- Or
5. Should be a member of a national sports team in a particular sport and should have participated in any international competition.

6. Should have won the first or second place in a district level competition at the National Sports Festival organized by the Ministry of Sports; Or should have won first, second or third place in a national level competition held by a national sports association.

**NB** : Applications of the officers working in the government, Provincial Councils and Institutions, Corporations and Statutory Boards should be sent through the Head of the relevant Department / Institution. Applications sent otherwise will be rejected.

### Aerobics Instructor Training Course - 2022

This course delivers the knowledge required in working as a professional Aerobic Exercise Instructor and the skills to exercise for fitness and recreation, and the skills to develop exercise programmes for controlling non-communicable diseases which are very common today.

**Duration** : 100 hours (Sunday / Monday)

**Fee** : Rs. 20,000.00

**Medium** : Sinhala

#### Eligibility :

Should have passed the GCE (Ordinary Level) Examination and should have a sports background

### Certificate Course in Sports Injury Management

This course is offered for sports coaches and fitness instructors with the view of imparting basic knowledge on sports injury prevention and sports injury management to prevent athletes from injuries.

**Duration** : 100 hours (two days per week from 9.00 am to 4.00 pm)

**Medium** : Sinhala / English

**Fee** : Rs. 17,250.00

#### Eligibility :

Should have work experience as a Sports Coach or Fitness Instructor

### Certificate Course in Sports Science - Level I

Applications are invited for courses related to the sports of Kabaddi, Wrestling and Taekwondo, as this course aims that the coaches (institutional and volunteer coaches) aspiring to be successful professional sports coaches are instilled with the latest technical knowledge in the field of sports.

**Duration** : 06 Weeks (60 hours - 02 days per week from 9.00 am to 4.00 pm)

**Medium** : Sinhala / English

**Course Fees**: Rs. 7,000.00

#### Eligibility :

1. If in the open level, to be the first or second place winner; if in the district or national level, be the first, second or third place winner; or to have coached players with said achievements;
- or
2. If in the school level, be the zonal first or second place winner; if in the district or national level, be the first, second or third place winner; or to have coached players with said achievements;
- or
3. Should have passed the Diploma in Sports Science offered by the National Institutes of Sports.

### Certificate Course in Sports Science - Level II

Further to the imparting the sports coaches with correct and up-to-date technical knowledge, applications are invited for courses related to the sports of Judo, Badminton and Volleyball.

**Duration** : 12 weeks (120 hours - 02 days per week from 9.00 am to 4.00 pm)

**Medium** : Sinhala / English

**Fees** : Rs. 10,000.00

#### Eligibility :

1. Sports Science Certificate Course - Should have passed Level I (Judo, Badminton and Volleyball)
- or
2. Should have passed the Diploma in Sports Science offered by the National Institutes of Sports.
- and
3. Should have coached national / provincial / district level achievers.

### Certificate Course in Coaches Skills Development

This course is conducted with the view of developing the sports knowledge and skills of the coaches in Sri Lanka. Applications are invited for the sports in Basketball and Karate in this year. Coaches who will successfully complete this course will be recognized as qualified sports coaches for the relevant sport in Sri Lanka, and they will be registered under this Ministry and a "Coach Registration Certificate" will be awarded to them.

**Duration** : 03 months (Saturdays or Sundays from 9.00 am to 4.00 pm)

**Fee** : Rs. 8,000.00

**Medium** : Sinhala / English

#### Eligibility :

1. Experience of 05 years as a coach
- Or
2. Should have coached players with international / national / provincial / district level achievements.

**Important** : Priority will be given to the advanced skills and sports educational qualifications, in addition to the qualifications hereby mentioned for admission to these courses.

### Method of sending applications

Applications for all the courses are available on the [www.niss.gov.lk](http://www.niss.gov.lk) website or can be obtained from the National Institute of Sports Science from **9.00 p.m. to 4.00 p.m.** Completed applications should be sent by registered post on or before **January 27, 2022** to the address of Director, National Institute of Sports Science, 100/7, Nidahas Mawatha, Colombo 07.

**NB** : The course / Sport should be mentioned in the top left corner of the envelope.

Director,

National Institute of Sports Science

100/7, Independence Avenue, Colombo 07

Telephone : 011-2 684 921 Fax : 011-2 674 033 Website : [www.niss.gov.lk](http://www.niss.gov.lk)