

**Calling for Applications for Sports Education Courses - 2023****Coaches Advanced Course (NVQ - 06) - Strength and Conditioning**

This course is held with the aim of providing new technical knowledge for sports coaches who have experience in the field of sports. It is expected to provide the investigative knowledge needed to win the international competition as a professional sports coach.

Duration : 12 months (Contains 6 months of theoretical and practical course and 6 months of research, and the course is held on weekdays from 9.00 am to 4.00 pm.)

Medium of Instruction : Sinhala/ English

Course Fee : Rs. 50,000.00

Eligibility for admission to the course :

1. Shall have passed the Sports Diploma at National Institute of Sports Science and served as a coach in an event that has won at least provincial and national school competitions.
- or
2. Shall have passed caste Sports Diploma at 03 sports education Science and served as a coach in an event that has won at least provincial and national school competitions.

Physical Fitness Instructor Training Course (NVQ - 04)

This course is conducted with the aim of training physical fitness instructors with scientific knowledge and practical skills who can give correct instructions for exercising in order to control the non-communicable diseases that is common among the Sri Lankan people at present.

This course is conducted in accordance with National Vocational Qualification Level 04 (NVQ-04), and by taking the course, you can start your career as a fitness instructor in an exercise center.

Duration : 12 Months, From 9.00 a.m. to 4.00 p.m. On Saturdays and Sundays

Medium of Instruction : Sinhala/ English

Course Fee : Rs. 30,000.00

Eligibility for admission to the course :

Shall have appeared from G.C.E. Ordinary Level and having a Sports Background.

Certificate course in Sports Injury Management

This course is conducted targeting sports coaches and fitness instructors with the aim of preventing athletes from experiencing sports injuries and providing basic knowledge about sports injury management.

Duration : 100 Hours, (From 9.00 a.m. to 4.00 p.m. On two week days)

Medium of Instruction : Sinhala/ English

Course Fee : Rs. 20,000.00.

Eligibility for admission to the course :

Work experience as a sports coach or fitness instructor.

Certificate Course in Sport Science - Level I

This course is held with the aim of providing modern technical knowledge related to sports to the coaches (institutional and voluntary coaches) who wish to achieve success as professional sports coaches. Applications are invited for courses related to netball, swimming, cycling and weight lifting.

Duration : 06 Weeks, (60 hours From 9.00 a.m. to 4.00 p.m. Two days a week)

Medium of Instruction : Sinhala/ English

Course Fee : Rs. 7,000.00.

Eligibility for admission to the course :

1. In case of open level, athletes who won the first and second places at district competitions and athletes who won first, second or third places in national competitions or those who have trained such athletes.
- or
2. In case of school level, athletes who won the first and second places at zone competitions and athletes who won first, second or third places in national competitions or those who have trained such athletes.
- or
3. Shall have passed the sports science diploma course offered by the National Institute of Sports Science.

Certificate Course in Sports Science - Level II

As a further step to provide correct modern technical knowledge for sports coaches, courses related to Taekwondo and Volleyball are to be conducted.

Duration : 12 Weeks, (120 hours From 9.00 a.m. to 4.00 p.m. two days a week)

Medium of Instruction : Sinhala/ English

Course Fee : Rs. 10,000.00.

Eligibility for admission to the course :

1. Having passed Sports Science Certificate Course - Level I (Taekwondo and Volleyball),
- or
2. Shall have passed the sports science diploma course offered by the National Institute of Sports Science.
- and
3. Having coached athletes who have achieved success at National/Provincial/District level.

Certificate Course in Coaches Skills Development

This course is conducted to develop the sports knowledge and skills of the coaches in Sri Lanka, and this year applications are invited for the courses for the sports of chess, football, karate and athletics. Coaches who successfully complete this course will be considered as qualified sports coaches for coaching relevant sport in Sri Lanka, and those coaches will be registered under this ministry and issued a "Coach Registration Certificate".

Duration : 03 Months, (From 9.00 a.m. to 4.00 p.m. On Saturdays or Sundays)

Medium of Instruction : Sinhala/ English

Course Fee : Rs. 8,000.00.

Eligibility for admission to the course :

1. Having 03 years of experience as a trainer/coach
2. Having coached athletes who have achieved success at National/Provincial/District level.

Aerobics Instructor Training Course

This course provides the necessary knowledge to work as a professional aerobic exercise instructor, and this also provides the necessary skills to prepare exercise programs to control non-communicable diseases that are common nowadays, as well as exercise for physical fitness and entertainment.

Duration : 100 hours (Sunday / Monday)

Medium of Instruction : Sinhala

Course Fee : Rs. 20,000.00.

Eligibility for admission to the course: Shall have passed G.C.E. Ordinary Level and have a Sports Background.

Important: In addition to the qualifications required for in admission to these courses, priority will be given to high talent and sports education qualifications.

How to send applications:

Applications for all courses can be obtained through the website www.niss.gov.lk, **National Institute of Sports Science Facebook Page** or by visiting National Institute of Sports Science on weekdays from 9.00 a.m. to 4.00 pm. **Completed applications should be sent by registered mail to the Director, National Institute of Sports Science, 100/7, Freeway Mawatha, Colombo 07 on or before 27 January 2023.**

NB: You should mention the course you are applying for on the top left corner of the application envelope, .



Director

**National Institute of Sports Science,
100/7, Independence Avenue, Colombo 07**

Telephone: 011 2684921 Fax : 011 2667709 Website: www.niss.gov.lk