

# MINISTRY OF SPORTS AND YOUTH AFFAIRS

## National Institute of Sports Science

### Diploma in Sports - 2024/2025

APPLICATIONS are invited from suitably qualified candidates to follow the Diploma Course in Sports conducted in Sinhala medium by the National Institute of Sports Science of the Ministry of Sports and Youth Affairs. The applicants should be between 18-35 years of age (The upper age limit for those who are in government service should not exceed 45 years)

#### 01. Educational and Other Qualifications :

- 1.1. Should have passed G.C.E. Ordinary Level Examination in six (6) subjects with three (03) credits in not more than two sittings and two of the six subjects should be Sinhala or Tamil Language and Arithmetic or Mathematics.

In addition to the above, the applicants should have obtained :

- (a) Should have successfully completed a course in Sports or Physical Education which is not less than six (06) months from a recognized school.  
*or*
- (b) Should have successfully completed a course in sports or Physical Education in a Training Institute or school of the Police, Armed Forces or Civil Defense Service ;  
*or*

- 2.2. "Application for the Course of Diploma in Sports 2024/2025" should be written at the top left corner of the envelope containing the application.

- 2.3. Applicants from the government Service, Provincial Government Service, and Corporations should send their applications through the heads of their respective Departments/Institutions/ The applications which do not confirm to this requirement will be rejected.

#### 03. Selection of Candidates :

Out of the application received, all candidates who have fulfilled required qualifications will be called for a written examination. The candidates who are successful at the examination will be called for an interview and a physical fitness practical examination. Those who are successful will be selected to follow the course.

- (c) Should have served as a Teacher in Sports or Ground Instructor in a local government body or should have shown special performance in the field of sports with at least five (05) years experience.

*or*

- (d) Should be a member of a National Sports Team in any sports and should have participated in an International Competition.

*or*

- (e) Should have obtained first or second place of a District Level Competition in National Sports Festival conducted by the Ministry of Sports or first, second or third place in a National level competition conducted by a National Sports Association.

- 1.2. Applications which do not confirm to the specimen form will be rejected.

#### 02. Preparation of Application :

- 2.1. Candidates possessing the necessary qualifications mentioned above should submit their applications in a paper of 8" x13 1/2" in size as per specimen application form appearing at the end of this notice. Applications should be completed in applicant's own handwriting and sent by registered post to reach the Director, National Institute of Sports Science, 100/7, Independence Avenue, Colombo 07, on or before **31/10/2023**.

- 4.2. The duration of the course is 12 months.

- 4.3. Those who are selected to follow the course should pay a Course Fee of Rs. 60,000/- before commencement of the course which is not refundable by any means. In the event the Course fee is paid by a cheque, it should be deposited in favour of the "**Ministry of Sports and Youth Affairs, Infrastructure Improvement Division**". Please note that only those who pay the Course fee in full prior to the commencement of the Course will be enrolled to follow the Course.

- 4.4. The selected candidates are bound to follow the rules and regulations of the National Institute of Sports Science.

- 4.5. Candidates who complete the course successfully will be awarded with a certificate of "Diploma in Sports".

#### 04. Details of the Course :

4.1. Syllabus contains five sections as follows :

- (a) General Theory of Training :- Study of Physical Qualities, Skill Development Techniques & Strategies, Training Methods, Aspects of Planning, Principles of Training Load and Tests and a Viva voce examination.
- (b) Theory and Practical of at least ten major sports.
- (c) Specialization in Track and Field Athletics.
- (d) Within the duration of the Diploma course, specialization is required in one of sports for male and female candidates depending on the situation in addition to track and field athletics.
- (e) Knowledge of general subjects such as Sports Physiology, Sports Sociology, Sports Administration, Sports Statistics, Organizing Methods of Sports Festivals, Sports Medicine Sports Biochemistry, Sports Nutrition and Sports Psychology.

#### 05. Other Conditions :

- 5.1. The Ministry does not hold responsibility to provide employment to those who complete the course.
- 5.2. However if the Ministry requires, those who are following this Course should enter into an agreement with the Director of the National Institute of Sports Science, they should do so accordingly.
- 5.3. Highest qualifications or required qualifications should be stated in the application and any data/details provided thereafter will not be entertained.
- 5.4. Any matter which is not specified in this notice will be decided at the discretion of the Director of the National Institute of Sports Science.

Director,  
National Institute of Sports Science,

No. 100/7, Independence Avenue,  
Colombo 07.

11th September, 2023