

**DEPARTMENT OF PHYSICAL EDUCATION**  
**NATIONAL INSTITUTE OF TECHNOLOGY ANDHRA PRADESH**

**SCHEDULE OF SPORTS ACTIVITY FOR NIT STUDENTS**

**Timing of Morning & Evening Sports Activities: -**

**Morning Session: -**

5.30 a.m. to 7.30 a.m. or

6.00 a.m. to 8 a.m.

**Note: -** Timing can vary as per weather and academic classes.

**Schedule of Activity: -**

1. General Physical Activity - **35 Min.** (One General Physical Fitness Component in This Activity)
  2. Specializations Game Practice – **60 Min.** (As Per Screening of Students, interest and Performance Basis)
  3. Warm-Down – **25 Min.** (Stretching Exercise)
- ❖ (Drawn General Physical Activity Training Schedule by Coaches Weekly and Execute Accordingly)

**Evening Session: -**

4.00 p.m. to 6.30 p.m. or

5.00 p.m. to 7.30 p.m.

**Note: -** Timing can vary as per weather and academic classes.

**Schedule of Activity: -**

1. Specific Warm-up - **20 Min.** (According to the Game)
2. Specializations Game Skills Practice - **45 Min.**
3. Practice Match/Recreation Activity- **30 Min.**
4. Warm-Down – **25 Min.** (Stretching Exercise)