



PRATHYUSHA ENGINEERING COLLEGE

Affiliated to Anna University/ Approved by AICTE, Accredited by NBA/NAAC
- 'A' Grade and a recipient of ISO certification

Criteria : 5.1.3 capacity building and skills enhancement initiatives taken by the institution include the following(10) 1.soft skills , 2.language and communication skills,3.life skills (yoga, Physical Fitness health and hygiene) 4.ICT/Computing skills.

Regular Sports Training and Fitness at Prathyusha Engineering College:

Department of Physical Education use to conduct **Coaching camps** and regular **fitness trainings** to the students in the Evening Session of every day after college hours upto 6.00 pm. and it will be useful to maintain the fitness of the students and sports Teams as well , Exercise and physical activity are great ways to feel better, boost your health and have fun. For most healthy adults, the Department of Health and Human Services recommends:

- At least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity. The guidelines suggest that you spread this exercise throughout the week. Examples include running, walking or swimming. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.
- Strength training exercises for all major muscle groups at least two times a week. Examples include lifting free weights, using weight machines or doing body-weight training.
- Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.
- Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

and some of the pictures shown the regular sports trainings and fitness.



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Step work out improve your balance, coordination, and agility. and leg strength



Squat jump: Strengthens your core, reduces the risk of injury, crushes calories, Strengthens the muscles of your lower body.



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Cone workout reduced the risk of chronic diseases like Type 2 diabetes



The **zigzag** test is a fitness test of agility. This test requires the athlete to **run** a course around cones in the shortest possible time



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Leg swing Exercise and it's mainly for Football Players Specific Skills



Stairs Climbing Exercise and Stairs Run



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High Knee run **High Knees** are a cardio-intensive exercise performed at a fast pace. It engages your core, strengthens all the muscles in your legs,



Backward Running makes calf **muscles**, Quadriceps and shins more balanced as you reach greater muscle strength.



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Galloping: The galloping drill increases elasticity in the legs which helps improve foot strike mechanics

