

(Submit the copy of the letter of promotion to Grade I certified to the effect that it is a true copy, as an attachment)

(b) If you are an officer in Grade II of Sri Lanka Technological Service,

(i) Date of promotion to Grade II :

Year :     Month :   Date :

(ii) Active service period in Grade II as at 08.04.2019 :

Years :   Months :   Days :

(iii) Date on which you passed the second efficiency bar examination :

Year :     Month :   Day :

(Submit the copy of the results sheet of the second efficiency bar examination issued by the Head of the Department, which has been certified by the candidate to the effect that it is a true copy, as an attachment.)

I declare that the foregoing particulars are correct and I am bound by the rules and regulations imposed by the Dean of the Faculty of Management Studies and Commerce, University of Sri Jayawardhanapura with regard to conducting the course, examination and issuing results and the rules and regulations specified in the Establishments Code and the application has been prepared in conformity with the specimen application.

\_\_\_\_\_  
Signature of the Candidate.

Date : \_\_\_\_\_.

*Attestation of the Signature*

I hereby certify that Mr./ Mrs./ Miss ..... who is an officer working at my office and is known to me personally placed his/ her signature before me on.....

\_\_\_\_\_  
Signature of the Attester and official stamp.

Date : \_\_\_\_\_.

*Certification of the Head of the Department*

I hereby certify that the particulars mentioned in paragraphs 01 to 12 are accurate and the candidate is an

officer in Sri Lanka Technological Service who is eligible to follow this course as per the note in paragraph 07 and subject to the provisions in para 08 and 09 and it is possible for the Department to pay the prescribed course fee.

\_\_\_\_\_  
Signature of the Head of the Department and  
Official Stamp

Date : \_\_\_\_\_.

**Check List**

1. A copy of the National Identity Card signed by the candidate to the effect that it is a true copy is attached.

2. A stamp size photograph is affixed on the top right hand corner of the application.

3. A stamp size photograph is attached with the application.

4. Copy of the letter of promotion to Grade I certified to the effect that it is a true copy is attached.

or

Submit the copy of the results sheet of the second efficiency bar examination issued by the Head of the Department, which has been certified by the candidate to the effect that it is a true copy is attached.

03-175

**MINISTRY OF TELECOMMUNICATION,  
FOREIGN EMPLOYMENT AND SPORTS**

**National Institute of Sports Science**

**DIPLOMA COURSE IN SPORTS 2019**

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 Telecommunication, Foreign Employment and Sports. The applicants should be between 18-35 years of age. (The upper age limit for those who are in government service should not exceed 45years)

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*

- (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 conform 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" x 13 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 01.04.2019.

- 2.2 "Application for the Course of Diploma in Sports 2019" 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 conform to this requirement will be rejected.

3. *Selection of Candidates.*– Out of the applications 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.

4. *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.

- 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 being paid by a cheque, it should be deposited in favour of the “Secretary, Ministry of Telecommunication, Foreign Employment and Sports” Please note that only those who paid 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”

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.

5. Other Conditions :-

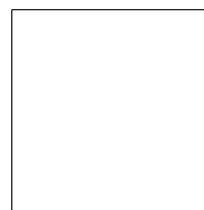
5.1 The Ministry does not hold responsibility to provide employment to those who complete the course.

100/7, Independence Avenue,  
Colombo 07.  
01st March, 2019.

SPECIMEN APPLICATION FORM

NATIONAL INSTITUTE OF SPORTS SCIENCE

*DIPLOMA IN SPORTS - 2019*



Passport size photo

01. (i) Full Name : Mr./Mrs./Miss : \_\_\_\_\_.  
(ii) Name with Initials : \_\_\_\_\_.  
(iii) Full Name (In English Block Capitals) :


(iv) National Identity Card No. : 

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02. Address :

- (i) Private : \_\_\_\_\_.  
(ii) Official : \_\_\_\_\_.  
(iii) Telephone Official : \_\_\_\_\_ . Telephone Private : \_\_\_\_\_.

03. Date of Birth : Year : 

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 Month : 

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 Date : 

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Age on 30.04.2019 : Years : 

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 Months : 

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 Days : 

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04. State whether a citizen of Sri Lanka :\_\_\_\_\_.  
(by descent or by registration) :\_\_\_\_\_.

05. (i) Sex :\_\_\_\_\_.  
(ii) Marital Status :\_\_\_\_\_.

06. Whether you are employed or not :\_\_\_\_\_.  
(i) Post :\_\_\_\_\_.  
(ii) Duration of the service :\_\_\_\_\_.  
(iii) Working Place :\_\_\_\_\_.

07. Educational Qualifications:-

(i) G.C.E. (Ordinary Level)

Year :

Exam No. : .....

<i>Subjects</i>	<i>Grade</i>	<i>Subjects</i>	<i>Grade</i>

(II) G.C.E. (Advanced Level) :

Year :

Exam No. : .....

<i>Subjects</i>	<i>Grade</i>

(III) Other Education Qualification (Highest Exam/Degree)

Year :

Exam No. : .....

<i>Subjects</i>	<i>Grade</i>

08. Achievements in Sports :-(Please include your Certificates of highest achievements and special abilities - Please attach the photo copies)

1. Performance over 16 years of age at National School Competitions :

.....  
.....

2. Performance at National Sports Festival District/Provincial/National :

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.....

3. Performance at National Competitions conducted by National Sports Associations :

.....  
.....

4. Participation in International Sports Competitions :

.....  
.....

09. (I) According to the *Gazette* notification, Please state, under which qualification category of 1.1 that you are eligible to apply for the course.

<i>a</i>	<i>b</i>	<i>c</i>	<i>d</i>	<i>e</i>

(II) Give details of qualifications relevant to the category stated above:

.....  
.....

10. Any other special remarks :\_\_\_\_\_.

12. Whether you are prepared to pay a course fee of Rs.60,000 if selected :\_\_\_\_\_.

I certify that the particulars given above are true and correct. I am aware that if the Particulars furnished by me are found to be false or incorrect, I am liable to be disqualified and removed from the course.

\_\_\_\_\_,  
Applicant's Signature.

Date :\_\_\_\_\_.

For Government / Local Government / Corporation Employees only :

Director,

National Institute of Sports Science:

I recommend herewith the application of Mr./Mrs./Miss .....employee of ..... working as ..... And I also agree to release him/her from the post he/she hold for the period of the course in the event of being selected.

Address :\_\_\_\_\_.

\_\_\_\_\_,  
Signature of the Certifying Officer.  
(Confirmation with the rubber frank)

Date :\_\_\_\_\_.

Name of the Certifying Officer :\_\_\_\_\_.

Designation :\_\_\_\_\_.