

TPET



TRAIN THE PHYSICAL EDUCATION TEACHERS

From The Founder & Managing Director

Raise the bar!



It gives me great pleasure to introduce **Sportsa's Train the Physical Education Teachers (TPET) Program**, a purpose-built initiative designed to support schools like yours in building a robust and future-ready physical education ecosystem.

In today's academic landscape, Physical Education is more than a supplementary subject. It is a crucial platform for fostering resilience, discipline, teamwork, and lifelong fitness habits in students. Yet, in many institutions, PE remains under-prioritized. Educators often lack access to structured curriculum, capacity-building opportunities, and contemporary tools needed to fully realize the athletic and holistic development potential of their students.

TPET offers a strategic and scalable solution. Our program blends classroom instruction with practical, on-field training to upskill your PE faculty. Teachers are introduced to Sportsa's internationally aligned curriculum, gaining knowledge in applied sports science, performance analysis, talent identification, injury prevention, coaching methodologies, and child and sports psychology, among other modules. Progression is assessment-based, and successful completion of the course awards learners with a Certificate as a recognized PE professional.

Our blended delivery model combines a structured, video-based digital learning course with immersive 2-day OJT workshops to ensure sustained and experiential learning. What sets TPET apart is our commitment to long-term impact through continuous engagement and implementation support across the academic year.

TPET is aligned with NEP 2020's requirement of 50 hours of mandated Continuous Professional Development for teachers. The curriculum is internationally recognized, rigorously researched, and thoughtfully developed by a panel of specialists in Physical Education, Sports Biomechanics, Child & Sports Psychology, and Soft Skills Training.

By investing in your faculty's professional development, TPET enhances instructional quality, nurtures a performance-driven culture, and strengthens your school's ability to identify and develop young sports talent. Empowered educators lead to empowered students on the field and beyond.

We look forward to collaborating with your institution in this transformative journey.

Sincerely

Sooria James

TPET Program Structure & Implementation Plan

Digital Module LMS Access

Each teacher is enrolled in a structured, certificate-based online course hosted on our Learning Management System (LMS), designed for flexible, self-paced learning.

Orientation & Capacity Building

- 3-Day Introductory Digital Module
- 2-Day On-the-Job Training (OJT) conducted by the Sportsa Master Trainer Team
- 10 Specialized Modules
- Chapter-wise Assessments using Multiple Choice Questions (MCQs) to reinforce learning
- Certificate on Completion

Course Modules Include:

1. Essential Soft Skills for Sports Educators
2. Understanding Child Psychology
3. Basics of Sports Psychology
4. Exercise Physiology & Sports Nutrition
5. Recreational Activities in Physical Education
6. Managing Emergencies, Sports Injuries & First Aid
7. Talent Identification & Team Building Techniques
8. Fundamentals of Biomechanics & Sports Science
9. Athletics Rules, Technical Updates & Coaching Techniques
10. Yoga, Holistic Health & Physical Education

Refresher Training & Ongoing Mentorship (Add-On)

- 2-Day Refresher Workshop at the start of every academic term (3 terms/year)
- Year-Round In-School Mentoring by Sportsa professionals
- Regular Feedback on lesson plans, monitoring visits, and performance evaluations to ensure consistent improvement

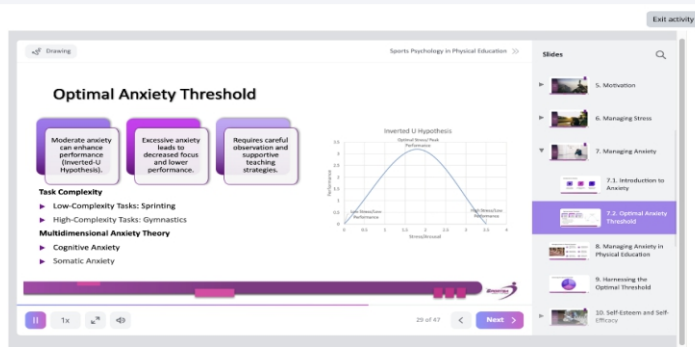
Key Benefits to Schools

- Aligned with NEP 2020's requirement of 50 hours of mandated Continuous Professional Development for teachers
- Systematic and measurable PE curriculum implementation across all grades
- Certified and confident PE faculty with enhanced instructional capacity
- Higher student participation and engagement in physical activities
- Early identification of student talent with development pathways
- Fitness tracking tools for measurable student progress
- Enhanced parental satisfaction and improved institutional reputation



Sports Psychology in Physical Education

Dashboard > My courses > Sports Training > Train the Physical Education Teachers > Chapter 5: Sports Psychology > Sports Psychology in Physical Education



Talent Identification and Team Building Development in Sports and Games - Assessment

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Question 1

Not yet answered

Marked out of 1.00

Flag question

What are the four progressive stages in Russell's model?

- ☐ a. Planning, Selection, Evaluation, Specialization
- ☐ b. Detection, Evaluation, Performance, Mastery
- ☐ c. Detection, Selection, Identification, Development
- ☐ d. Practice, Participation, Performance, Perfection

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Talent Identification in Sports and Games - Unit II

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