

Sports Studies			
Course Title	Introduction to sport and physical activity		
Course Code	SPS1101	Notional hours	150
No. of Credits	3	Lectures, practicum, tutorials, self-learning	
Pre-requisites Course Codes	None		
Course Type	<i>Optional</i>		
Course Description			
<p>Sport and physical-activity associated with physical literacy are an integral part of the community building process. The aim of this sports and physical activity course is to increase the University of Colombo undergraduate students' understanding on the community wellness which are based on the biological, behavioral, historical, and socio-cultural perspectives on physical activity. This sports and physical activity course achieves this aim by developing comprehensive understanding in theoretical and technical knowledge and skills associated with physical literacy, exercise and sports studies disciplines and the advanced specialist competencies related to various sports practice.</p>			