

GOUR MAHAVIDYALAYA,MANGALBARI,MALDA

DEPARTMENT: PHYSICAL EDUCATION

ONLINE CLASS:02.04.2020 to 28.5.2021

DOCUMENTS/WEB PAGE



CLASS ROUTINE

1	Day	Year	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:00	1:00-2:00	2:00-3:00	3:00-4:00	4:00-5:00	5:00-6:00	Teachers's Name	Alt
2	M o n d a y	General Sem-I	1	2	3	4	5	6	7	8	9	AFULKA KUMAR SINGH ANUPODHA SINGH PAMBAK JOYITA SINGHA	*AB *AS *BS
3		General Sem-I	Course-CCLAB Teacher:AS	Course-CCLAB Teacher:ASD									
4		General 2nd Year	Paper-V Teacher:ASD	Paper-IV Teacher:JS									
5		General 2nd Year	Paper-VI Teacher:ASD	Paper-VII Teacher:AS									
6		General 3rd Year	Paper-VIII Teacher:AS	Paper-IX Teacher:AS									
7		Honours Sem-I				Course	Course	Course	Course	Course	Course		
8		Honours Sem-I				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		
9		Honours 2nd Year				Course	Course	Course	Course	Course	Course		
10		Honours 2nd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		
11		Honours 3rd Year				Course	Course	Course	Course	Course	Course		
12	Honours 3rd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher			
13	Total Class												
14	T u e s d a y	General Sem-I	1	2	3	4	5	6	7	8	9		
15		General Sem-I	Course-CCLAB Teacher:JS	Course-CCLAB Teacher:AS									
16		General 2nd Year	Paper-IV Teacher:AS	Paper-V Teacher:ASD									
17		General 2nd Year	Paper-VI Teacher:ASD	Paper-VII Teacher:AS									
18		General 3rd Year	Paper-VIII Teacher:ASD	Paper-IX Teacher:JS									
19		Honours Sem-I				Course	Course	Course	Course	Course	Course		
20		Honours Sem-I				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		
21		Honours 2nd Year				Course	Course	Course	Course	Course	Course		
22		Honours 2nd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		
23		Honours 3rd Year				Course	Course	Course	Course	Course	Course		
24	Honours 3rd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher			
25	W e d n e s d a y	General Sem-I	1	2	3	4	5	6	7	8	9		
26		General Sem-I	Course-CCLAB Teacher:JS	Course-CCLAB Teacher:AS				Course-CCLAB Teacher:ASD	Course-CCLAB Teacher:ASD	Course-CCLAB Teacher:ASD			
27		General 2nd Year	Paper-IV Teacher:AS	Paper-V Teacher:ASD	Course			Warm up	Paper-IV Teacher:ASD	Paper-IV Teacher:ASD			
28		General 2nd Year	Paper-VI Teacher:ASD	Paper-VII Teacher:AS	Course			Warm up	Paper-VI Teacher:ASD	Paper-VI Teacher:ASD			
29		General 3rd Year	Paper-VIII Teacher:ASD	Paper-IX Teacher:JS	Course			Warm up	Paper-VIII Teacher:ASD	Paper-VIII Teacher:ASD			
30		Honours Sem-I						Teacher	Teacher	Teacher			
31		Honours Sem-I						Teacher	Teacher	Teacher			
32		Honours 2nd Year				Course	Course	Course	Course	Course	Course		
33		Honours 2nd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		
34		Honours 3rd Year				Course	Course	Course	Course	Course	Course		
35	Honours 3rd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher			
36	T h u r s d a y	General Sem-I	1	2	3	4	5	6	7	8	9		
37		General Sem-I			Course								
38		General 2nd Year			Teacher								
39		General 2nd Year			Course								
40		General 3rd Year			Teacher								
41		Honours Sem-I				Course	Course	Course	Course	Course	Course		
42		Honours Sem-I				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		
43		Honours 2nd Year				Course	Course	Course	Course	Course	Course		
44		Honours 2nd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		
45		Honours 3rd Year				Course	Course	Course	Course	Course	Course		
46	Honours 3rd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher			
47	F r i d a y	General Sem-I	1	2	3	4	5	6	7	8	9		
48		General Sem-I						Course					
49		General 2nd Year						Teacher					
50		General 2nd Year						Course					
51		General 3rd Year						Teacher					
52		Honours Sem-I				Course	Course	Course	Course	Course	Course		
53		Honours Sem-I				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		
54		Honours 2nd Year				Course	Course	Course	Course	Course	Course		
55		Honours 2nd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		
56		Honours 3rd Year				Course	Course	Course	Course	Course	Course		
57	Honours 3rd Year				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher			
58	S a t u r d a y	General Sem-I	1	2	3	4	5	6	7	8	9		
59		General Sem-I			Course								
60		General 2nd Year			Teacher								
61		General 2nd Year			Course								
62		General 3rd Year			Teacher								
63		Honours Sem-I				Course	Course	Course	Course	Course	Course		
64	Honours Sem-I				Teacher	Teacher	Teacher	Teacher	Teacher	Teacher			



CBCS : PHYSICAL EDUCATION : GENERAL

SEM-I DC-1	Unit- I: Introduction LH - 12 1. Meaning and definition of Physical Education. 2. Aim and objectives of Physical Education. 3. Modern concept of Physical Education. 4. Importance of Physical Education.	JOYITA SINGHA (J.S)
	Unit- II: Biological and Sociological Foundations of Physical Education LH - 18 1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. 2. Age- Chronological age, anatomical age, physiological age and mental age. 3. Sociological Foundation- Definition of Sociology, Society and Socialization. 4. Physical Education & Sports as a socialization force.	ANIRUDDHA SINGH PERMAR (A.S.P)
	Unit- III: History of Physical Education LH - 18 1. Historical development of Physical Education and Sports in India- Pre-Independence period. 2. Historical development of Physical Education and Sports in India-Post-Independence period. 3. Asian Games and Modern Olympic Games. 4. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya award.	APURBA KUMAR SINHA (A.K.S)
	Unit- IV: Yoga Education LH - 12 1. Meaning and definition of the term Yoga. 2. Aim and objectives of Yoga. 3. Types of Yoga 4. Importance of Yoga.	(A.K.S) (A.S.P)
	FIELD PRACTICAL 1. Learn and demonstrate the technique of Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities.	(A.K.S) (A.S.P) (J.S)

SEM- II DC - 2	Unit- I: Introduction LH - 12 1. Concept and definition of Sports Management. 2. Important of Sports Management. 3. Purpose of Sports Management. 4. Principles of Sports Management.	(A.S.P)
	Unit- II: Tournaments LH – 18 1) Tournaments: Meaning and definition and types of tournaments (Knock-out, League, 2) Combination, Challenge). 3) Procedure of drawing fixture. 4) Method of organising Annual Athletic Meet and Play Day. 5) Method of organising of Intramural and Extramural competition	(A.K.S)
	Unit- III: Facilities and Equipments LH – 18 1) Method of calculation of Standard Track & Field events (any one). 2) Care and maintenance of play ground. 3) Importance, care and maintenance of sports equipments. 4) Time Table: Meaning and importance of time table.	(A.S.P) (A.K.S) (J.S)
	Unit- IV: Leadership LH - 12 1) Meaning and definition of leadership. 2) Qualities of good leader in Physical Education. 3) Principles of leadership activities. 4) Hierarchy of Leadership in School, College and University level.	(J.S)

SEM- III DC - 3	Unit- I: Introduction LH - 12 1. Meaning and definition of Anatomy, Physiology and Exercise Physiology. 2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education. 3. Human Cell-Structure and function. 4. Tissue- Types and functions	(A.K.S)
	Unit- II: Musculo-skeletal System LH – 18 1) Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female. 2) Muscular System- Type, location, function and structure of muscle. 3) Types of muscular contraction. 4) Effect of exercise on muscular system.	(A.S.P)
	Unit- III: Circulatory System LH – 18 1. Blood- Composition and function? 2. Heart- Structure and functions. 3. Blood Pressure, Athletic Heart and Bradycardia. 4. Effect of exercise on circulatory system	(J.S)
	Unit- IV: Respiratory System LH – 12 1. Structure and function of Respiratory organs. 2. Mechanism of Respiration. 3. Vital Capacity, O2 Debt and Second Wind. 4. Effect of exercise on respiratory system.	(A.K.S) (J.S) (A.S.P)

	<p>LAB PRACTICAL 1) Assessments of BMI and WHR. 2) Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two)</p>	<p>(A.K.S) (J.S) (A.S.P</p>
	<p>SEMESTER- 3 Track and Field Course code: SEC 1 1. Track Events 1. Starting Techniques: Standing start and Crouch start (its variations) and use of Block. 2. Acceleration with proper running techniques. 3. Finishing technique: Run Through, Forward Lunging and Shoulder Shrug. 4. Relay Race: Starting, Baton Holding/Carrying, Types of Baton Exchange in between zone, and Finishing. 2. Field events (any two) 1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. 2. High jump: Straddle roll, Approach Run, Take-off, Bar Clearance and Landing. 3. Shot put: Holding the Shot, Placement, Initial Stance, Glide and Recovery (Perry O'Brien Technique). 4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery. 5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride)</p>	<p>(A.K.S) (J.S) (A.S.P</p>

	<p>Unit- I: Introduction LH - 18 1. Concept, definition and dimension of Health. 2. Definition, aims, objectives and principles of Health Education. 3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO). 4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.</p>	<p>(A.K.S)</p>
<p>SEM- IV DC - 4</p>	<p>Unit- II: Health Problems in India- Prevention and Control LH - 18 1. Communicable Diseases- Malaria, Dengue and Chicken Pox. 2. Life-style Diseases- Obesity, Diabetes and AIDS. 3. Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals. 4. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.</p>	<p>(J.S)</p>
	<p>Unit- III: Motor Fitness and Wellness LH - 12 1. Physical Fitness- Meaning, definition and Importance of Motor Fitness. 2. Components of Physical Fitness- Health and Performance related Physical Fitness. 3. Concept of Wellness. Relationship between Physical activities and Wellness. 4. Ageing- Physical activities and its importance.</p>	<p>(A.S.P</p>

**Unit- IV: Health and First-aid
Management LH - 12**

**1. First aid- Meaning,
definition, importance and
golden rules of First-aid.**

(J.S)

**2. Concept of sports injuries-
Sprain, Strain,
Fracture and Dislocation.**

(A.S.P)

**3. Management of sports
injuries through the
application of Cryo-therapy
and Thermotherapy.**

(A.K.S)

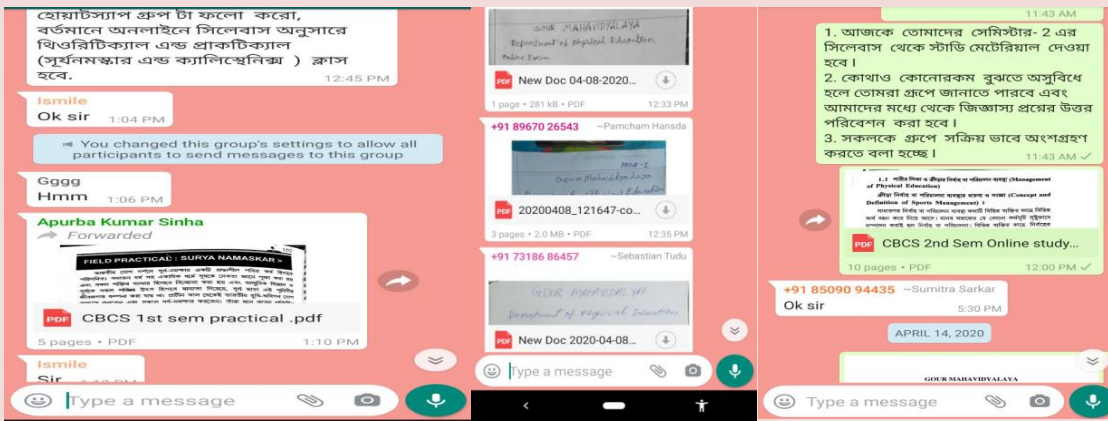
**4. Management of sports
injuries through the
application of Exercise and
Massage therapy.**

ONLINE CLASS TEST EXAMINATION - 2020
DATE : 02.04.2020 - 16.03.2021 SEM - I SEM - II SEM - III

Date:

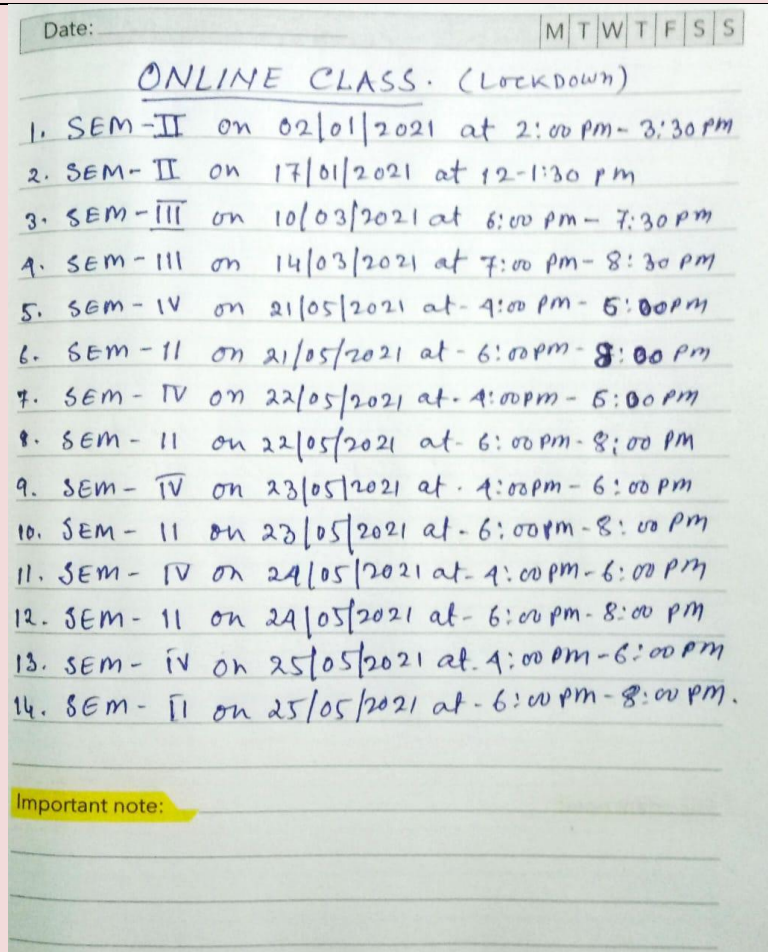
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE EXAMINATION - 2020 (LOCKDOWN)

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|---|---|---|---|---|---|---|
| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
1. SEM-I Study Material on 02/04/20
Examination on 08/04/2020 12:00 PM
 2. SEM-I Practical Exam. on 04/04/20
 3. SEM-II Study Material on 11/04/20
Examination on 17/04/20 at 12:00 PM.
 4. SEM-I Study Material on 20/04/20
Examination on 24/04/20
 5. SEM-II Study Material on 25/05/20
Examination on 27/5/20 at 12:00 PM
 6. SEM-II Study Material on 10/06/20
Examination on 11/06/20 at 12:00 PM
 7. SEM-II Study Material on 18/06/20
Examination on 26/06/20 at 12:00 PM
 8. SEM-II Study Material on 12/09/20
Tutorial Examination on 15/09/20 at 12:00 PM
 9. SEM-II Tutorial Examination on 10/10/20 at 12:00 PM
- Important note:
10. SEM-II Study Material on 01/11/20
Practical Examination on 03/11/20 at 12:00 PM
 11. SEM-II Practical Examination on 17/01/21 at 12:30 PM
 12. SEM-III Test Examination on 16/03/21 at 12-2:00 PM



ONLINE CLASS DIARY

1. APURBA KUMAR SINHA
2. ANIRUDDHA SINGH PERMAR
3. JOYITA SINGHA



(CLASS DIARY: APURBA KUMAR SINHA: EXAMPLE)

Online Class Diary
Department of Physical Education

Date: 21-05-2021
Semester- 4th

Unit-IV: Health and First-aid Management
1. First aid- Meaning, Definition, Importance and golden rule of First Aid.

Semester-2nd
Unit-III: Facilities and Equipments
2. Care and Maintenance of Play ground and Equipments; Care and maintenance of Sports equipments.

22-05-2021
Semester- 4th

Unit-IV: Health and First-aid management.
2. Concept of injuries - Sprain, strain, Fracture and Dislocation.

Important note: Semester-2nd.

Unit-III: Facilities and Equipments.
4. Time Table: Meaning and importance of time table.

Unit-I INTRODUCTION -
1. Concept and definition of sports management.

Date: 23.05.2021
Semester- 4th

Unit-IV: Health and First aid Management.
3. Management of sports injuries through the application of Cryo-therapy and Thermo-therapy.

Semester-2nd
Unit-II - Tournaments.
1. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, challenge).

24.05.2021
Semester- 4th

Unit-IV: Health and Firstaid Management
4. Management of sports injuries through the application of Exercise and Massage therapy.

Important note: Semester-2nd

Unit-I Introduction.
2. Importance of sports management.
3. Purpose of sports management.
4. Principles of sports management.

Date: 23.05.2021
Semester- 4th

Unit-IV: Health and First aid Management.
3. Management of sports injuries through the application of Cryo-therapy and Thermo-therapy.

Semester-2nd
Unit-II - Tournaments.
1. Tournaments: Meaning and definition and types of tournaments (Knock-out, League, Combination, challenge).

24.05.2021
Semester- 4th

Unit-IV: Health and Firstaid Management
4. Management of sports injuries through the application of Exercise and Massage therapy.

Important note: Semester-2nd

Unit-I Introduction.
2. Importance of sports management.
3. Purpose of sports management.
4. Principles of sports management.

Date: 25.05.21
Semester- 4th.

Unit-I: Health Education. Introduction
1. Concept, Definition of Health and Dimension of Health
2. Definition, aims, objectives, and Principles of Health Education.

Semester-2nd
Unit: II Tournaments -
2. Procedure of drawing fixture.
3. Method of organising Annual Athletic Meet and Play Day.

28.05.2021 - ONLINE GOOGLE MEET SEMINAR, SEMESTER-4th & 2nd

Apurba Kumar Sinha
Department of Physical Education
Gour Mahavidyalaya, Naldia

Important note:

(CLASS DIARY: ANIRUDDHA SINGH PERMAR: EXAMPLE)

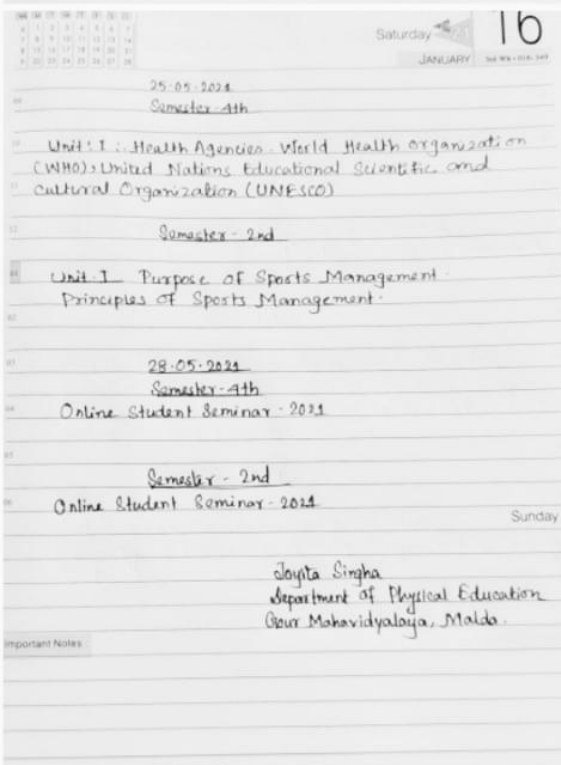
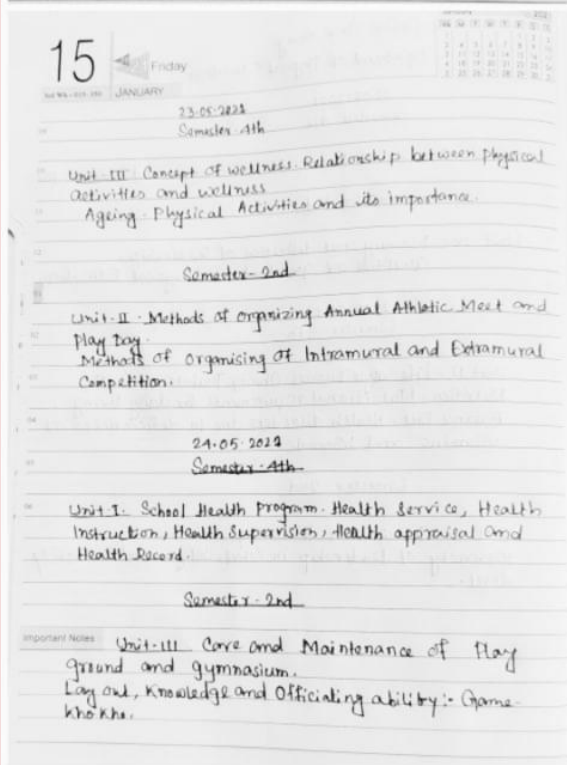
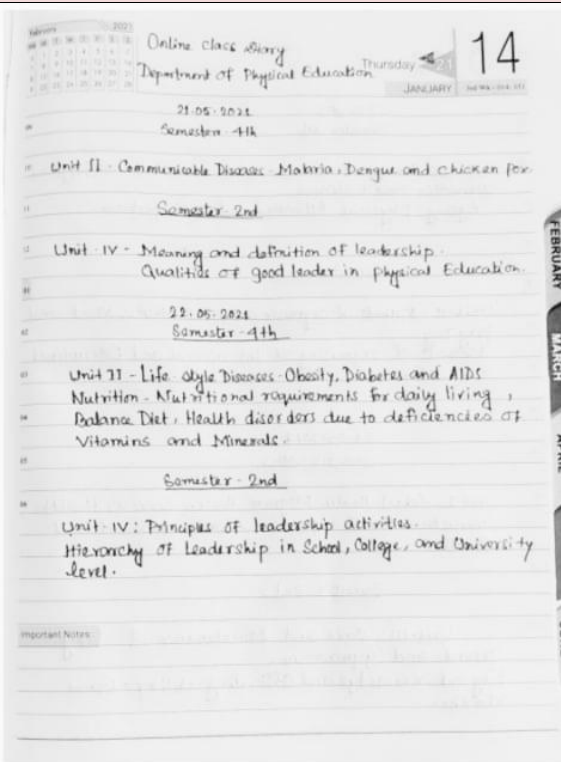
ONLINE CLASS DIARY
Department of Physical Education
Date: 21.05.2021
SEMESTER-4
UNIT-11 Health Problems in India - Prevention and Control
1. Postural deformities - Cause and Correction exercise of Kyphosis, Lordosis, Scoliosis.
Semester-2
Unit-III - Facilities and Equipments
1. Method of Calculation of Standard Track & Field events.
22.05.2021
SEMESTER-4
UNIT-11 - Health Problems in India - Prevention and Control
1. Knock Knees and Flat foot. Cause and correction exercise in details with diagrams.

DATE: SEMESTER-2
UNIT-11 Tournaments
5. Method of organizing of Intra-mural and Extra-mural Competition.
23.05.2021
SEMESTER-4
UNIT-1 Introduction, Health Education, Physical fitness and Wellness.
3. Health Agencies - World Health Organization and United Nations Educational and Cultural Organization (UNESCO)
SEMESTER-2
Field Practical:
2. Volleyball and Kabaddi field drawing and Rules & Regulation discussion.

Date: 24.05.2021
SEMESTER-4
UNIT-III - Motor fitness and Wellness.
2. Components of Physical fitness, Health and Performance related Physical fitness.
SEMESTER-2
Field Practical:
1. Games - Football and Kho-Kho. Drawing the field and teach proper measurement, rules and Regulation discussion.
25.05.2021
SEMESTER-4
UNIT-11 - Health Problems in India - Prevention and Control.
Important note-3, Nutrition - Nutritional requirements for every day living. Balance diet. Health disorders due to deficiencies of Vitamin and minerals.

Date: Semester-2
Field Practical:
Layout, Knowledge and officiating ability
Games - Volleyball and Kabaddi
Field Events - Shot put, Discus, Javelin.
28.05.2021
ONLINE SEMINAR THROUGH GOOGLE MEET
SEMESTER-4 AND SEMESTER-2.
Aniruddha Singh Permar
Department of Physical Education
Gaur Mahavidyalaya, Melde
Important note

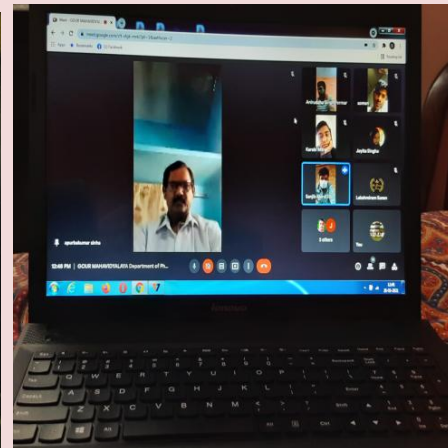
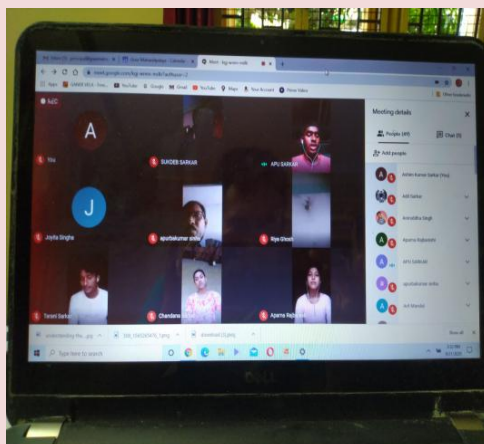
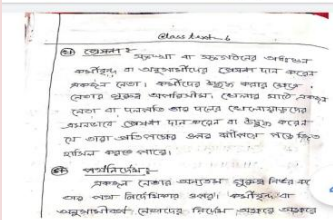
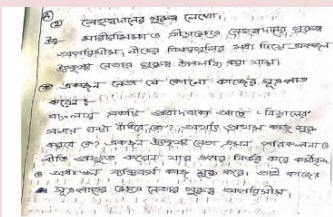
(CLASS DIARY: JOYITA SINGHA: EXAMPLE)



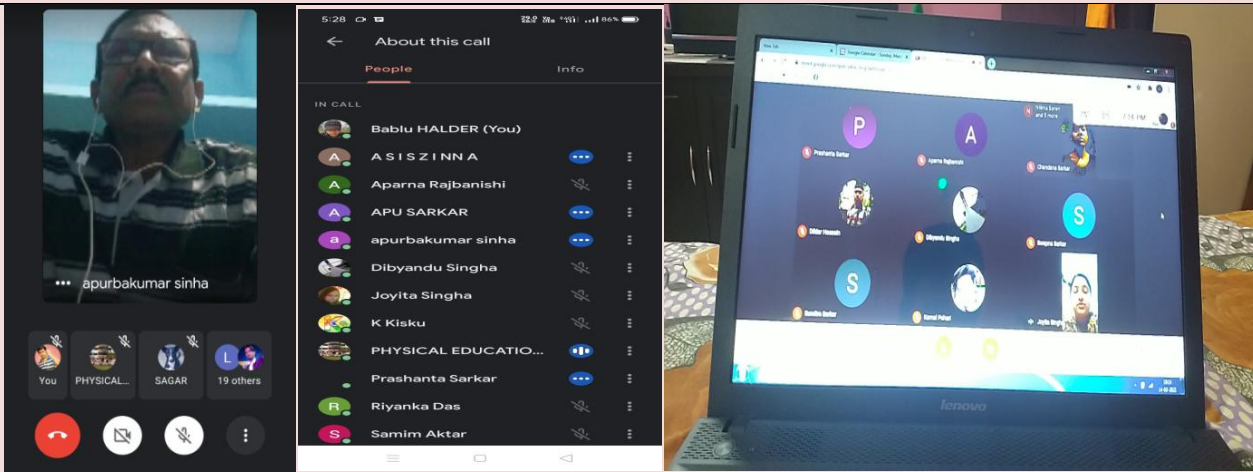
ONLINE TEACHING AND LEARNING:2020-21

Name of Teacher	Name of the Module	Platform on which module is developed	From to
1. PHYSICAL EDUCATION APURBA KUMAR SINHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet, Class, sharing	Computer ,Laptop, Mobile	02.01.2021 onwards Online
2. PHYSICAL EDUCATION ANIRUDDHA SINGH PERMAR STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet, Class, sharing study materials	Computer , Laptop, Mobile	02.01.2021 Onwards-Online
3. PHYSICAL EDUCATION JOYITA SINGHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet, Class, sharing	Computer ,Laptop, Mobile	02.01.2021 onwards-Online

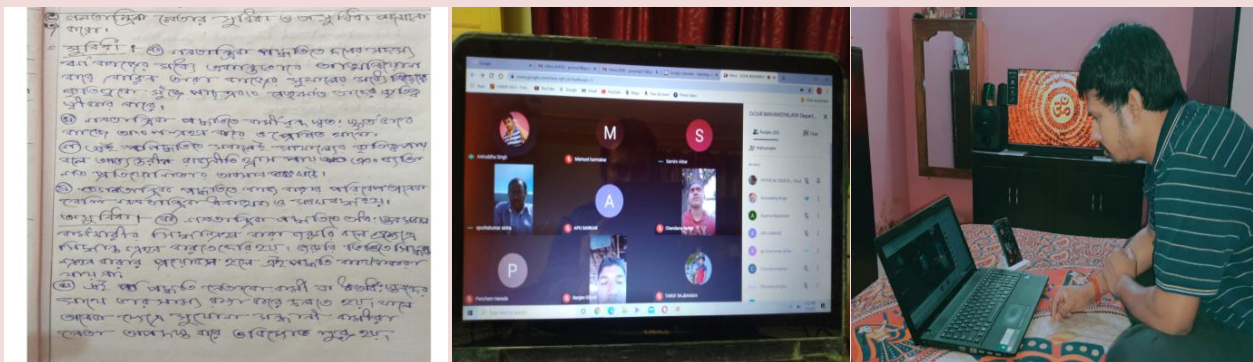
APURBA KUMAR SINHA , STATE AIDED COLLEGE TEACHER SEMESTER-I,II , : DC-1 DC-2



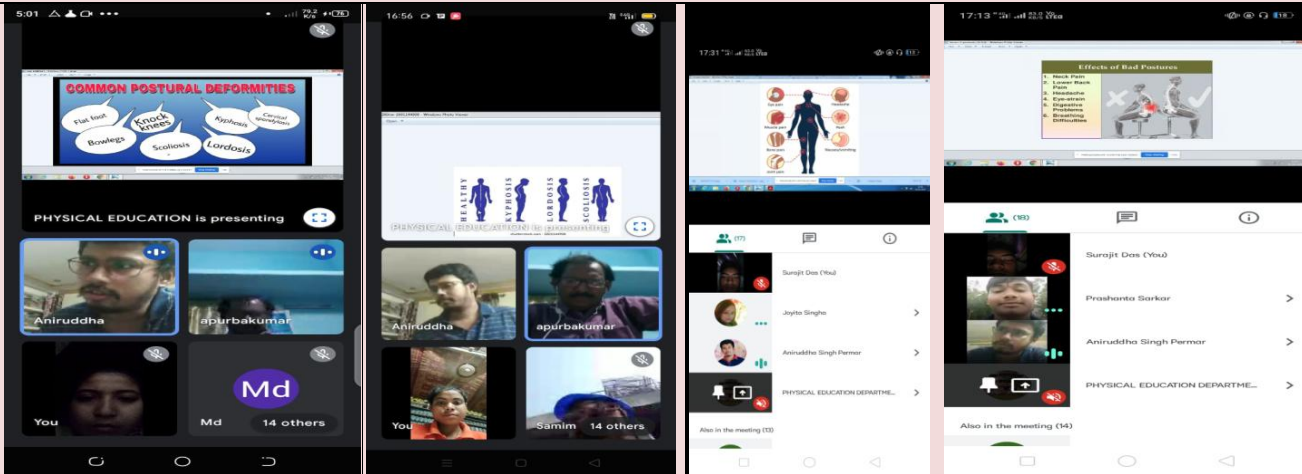
APURBA KUMAR SINHA , STATE AIDED COLLEGE TEACHER SEMESTER-III &IV DC – 3 DC - 4



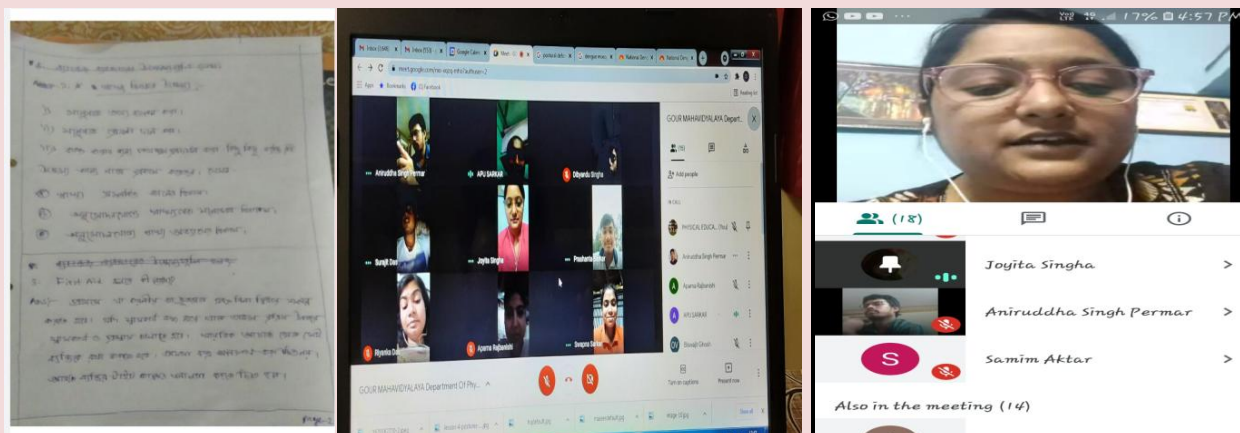
ANIRUDDHA SINGH PERMAR , STATE AIDED COLLEGE TEACHER SEMESTER-I,II, : DC-1 DC -2



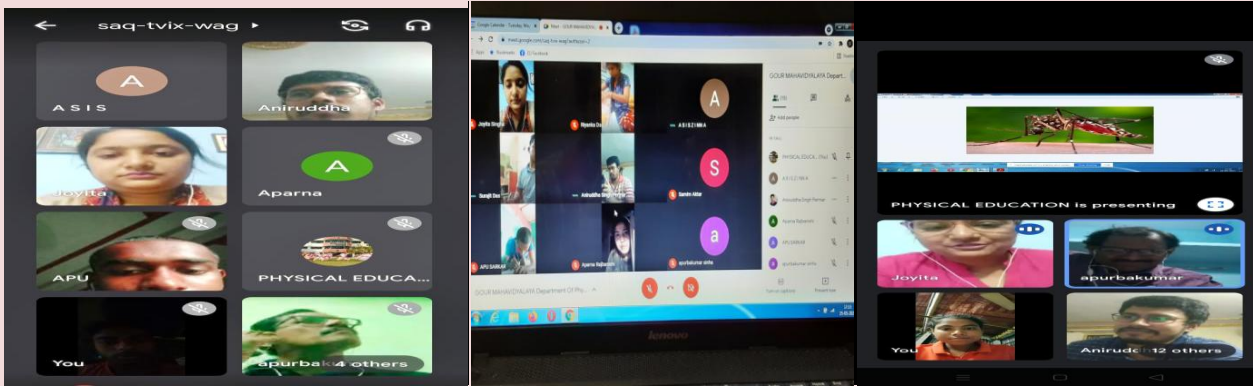
ANIRUDDHA SINGH PERMAR , STATE AIDED COLLEGE TEACHER SEMESTER-III & IV : DC-3 DC -4



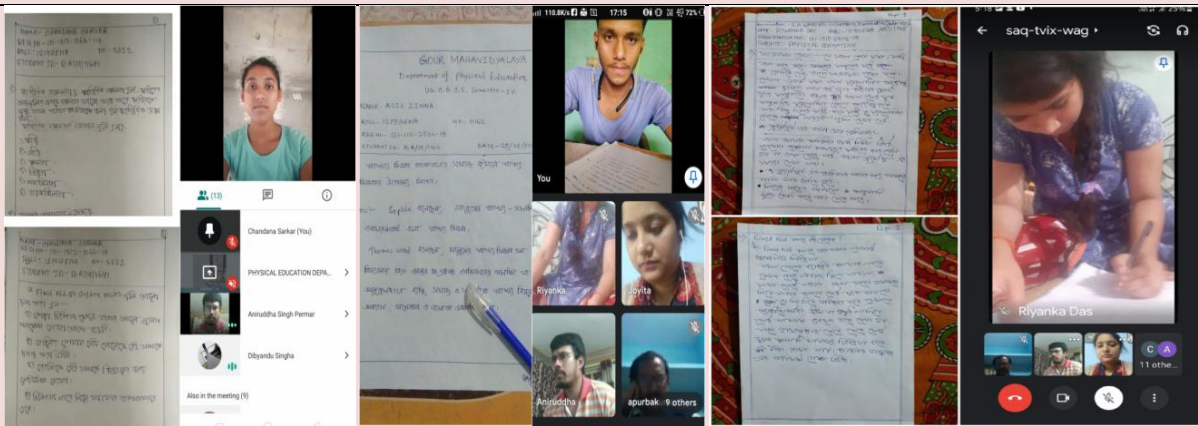
JOYITA SINGHA, STATE AIDED COLLEGE TEACHER SEMESTER-I & II : DC-I & DC -II



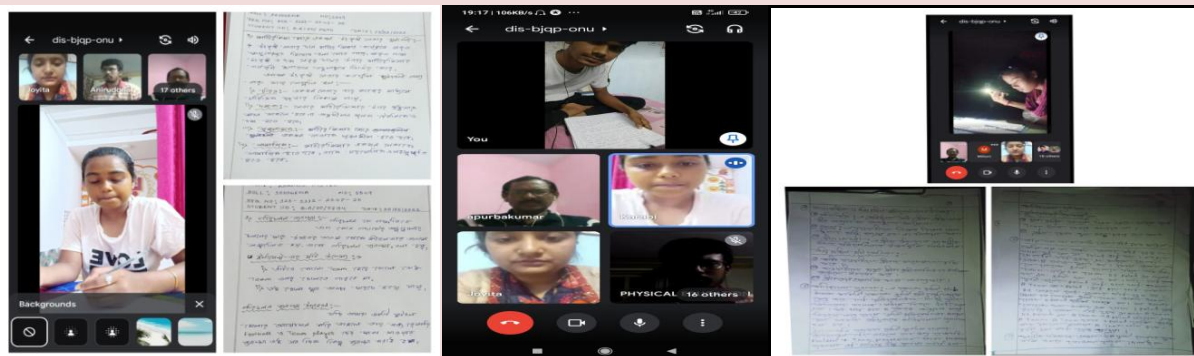
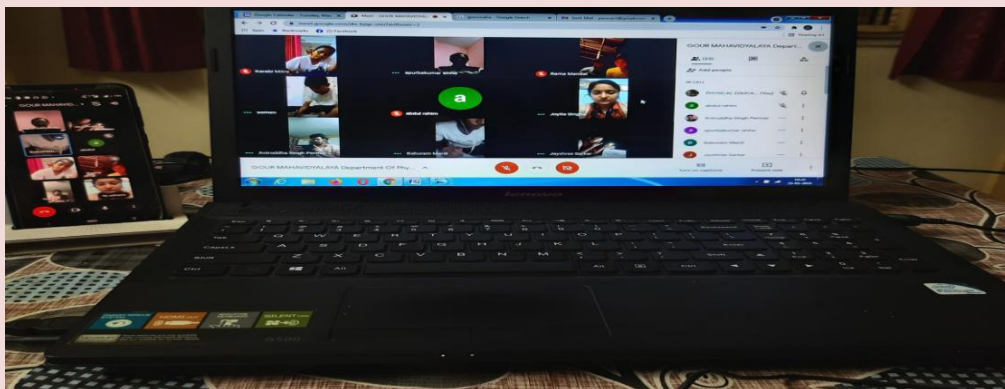
JOYITA SINGHA, STATE AIDED COLLEGE TEACHER SEMESTER-III & IV : DC-3 & DC - IV



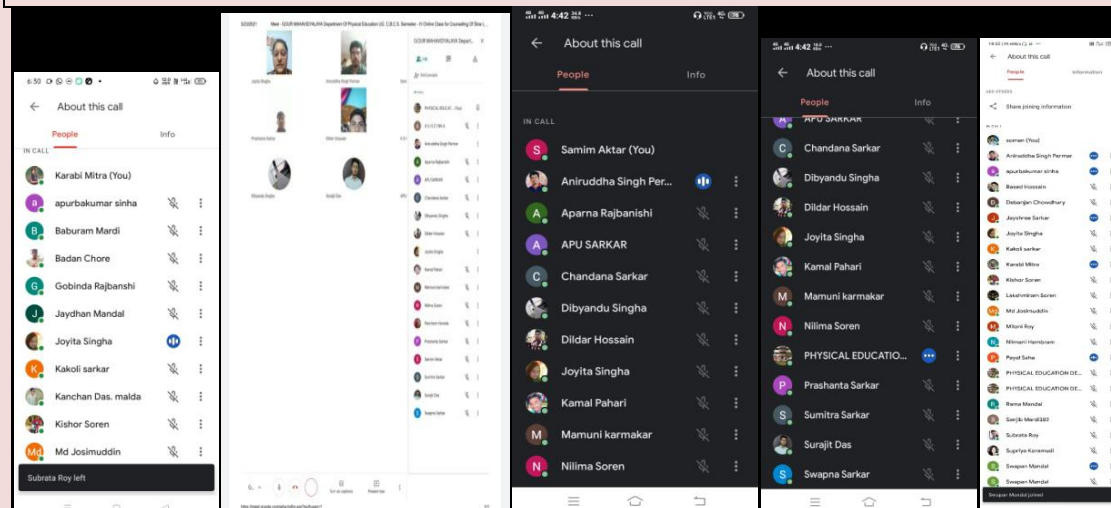
ONLINE CLASS TEST SEM – IV

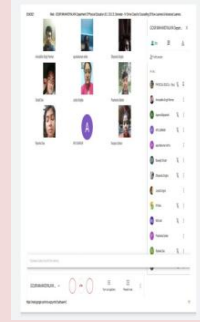
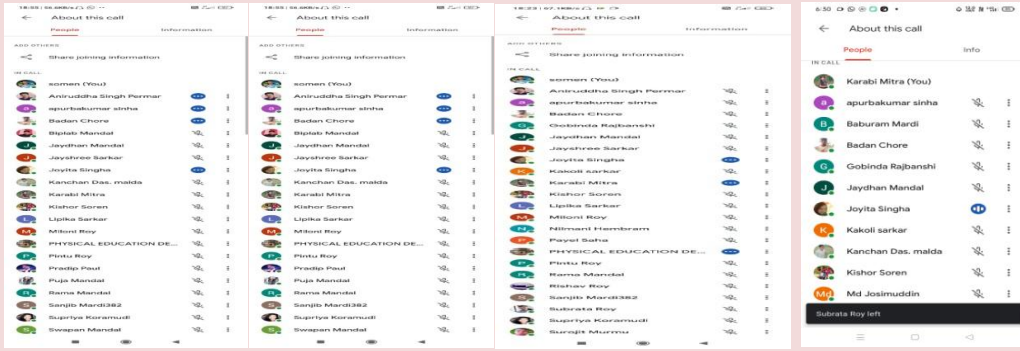


ONLINE CLASS TEST SEM – II



STUDENT ATTENDANCE:





Apurba Kumar Sinha

Aniruddha Singh Permer.

Joyita Singha