GOUR MAHAVIDYALAYA

MANGALBARI, MALDA

DEPARTMENT: PHYSICAL EDUCATION

ONLINE CLASS MONTH OF JUNE :11.06.2021 to 30.06.2021

DOCUMENTS/WEB PAGE



NAME OF THE TEACHER:

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

CLASS ROUTINE

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Sheet14

Physical Education ▼



SYLLABUS

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	CBCS : PHYSICAL EDUCA	IION : GENERAL
	Unit- I: Introduction LH - 12 1.	IOVITA CINCLIA (LC)
	Meaning and definition of	JOYITA SINGHA (J.S)
	Physical Education. 2. Aim and	
	objectives of Physical Education.	
	3. Modern concept of Physical	
	Education. 4. Importance of	
	Physical Education.	
	Unit- II: Biological and	
	Sociological Foundations of	
	Physical Education LH - 18 1.	
	Biological Foundation- Meaning	
	and definition of growth and	
	development. Factors affecting	ANIRUDDHA SINGH PERMAR (A.S.P)
	growth and development.	
	Differences of growth and	
	development. Principles of	
	growth and development. 2. Age-	
	Chronological age, anatomical	
SEM-I	age, physiological age and	
DC-1	mental age. 3. Sociological	
20 .	Foundation- Definition of	
	Sociology, Society and	
	Socialization. 4. Physical	
	Education & Sports as a	
	socialization force.	
	Unit- III: History of Physical	
	Education LH - 18 1. Historical	
	development of Physical	
	Education and Sports in India-	
	Pre-Independence period. 2.	APURBA KUMAR SINHA (A.K.S)
	Historical development of	AFORDA KOMAK SINTA (A.K.S)
	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.	(1.16.2)
	Unit- IV: Yoga Education LH - 12	(A.K.S)
	1. Meaning and definition of the	
	term Yoga.	(A.S.P)
	2. Aim and chicatives of Vega 2	
	2. Aim and objectives of Yoga. 3.	
	Types of Yoga 4. Importance of	
	Yoga.	
	FIELD PRACTICAL 1. Learn and	(A 16 0)
	demonstrate the technique of	(A.K.S)

	Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities.	(A.S.P) (J.S)
	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)
SEM- II DC - 2	Unit- III: Facilities and Equipments LH – 18 1) Method of calculation of Standard Track & Field	(A.S.P)
	events (any one).	(A.K.S)
	2) Care and maintenance of play ground. 3) Importance, care and maintenance of sports equipments.	(J.S)
	4) Time Table: Meaning and	
	importance of time table. 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)

	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 Unit- II: Musculo-skeletal	(A.K.S)
SEM- III DC - 3	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	(A.K.S)
	Respiratory organs.	(J.S)
	2. Mechanism of Respiration.3. Vital Capacity, O2 Debt and Second Wind.	(A.S.P)
	4. Effect of exercise on	

respiratory system.	
LAB PRACTICAL 1) Assessments of BMI and WHR. 2) Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two)	(A.K.S) (J.S) (A.S.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, Takeoff, 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 (3/5 Impulse stride)	(A.K.S) (J.S) (A.S.P

	Unit- I: Introduction LH - 18	
	1. Concept, definition and	
	dimension of Health. 2.	
	Definition, aims, objectives	(A.K.S)
	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.	
	Unit- II: Health Problems in	
	India- Prevention and	
	Control LH - 18 1.	
	Communicable Diseases-	(10)
	Malaria, Dengue and Chicken	(J.S)
SEM- IV	Pox. 2. Life-style Diseases- Obesity, Diabetes and AIDS.	
DC - 4	3. Nutrition- Nutritional	
50 4	requirements for daily living.	
	Balance Diet.	
	Healthdisorders due to	
	deficiencies of Vitamins and	
	Minerals. 4. Postural	
	deformities- Causes and	
	corrective exercise of	
	Kyphosis, Lordosis,	
	Scoliosis, Knock Knees and Flat Foot.	
	Unit- III: Motor Fitness and	
	Wellness LH - 12 1. Physical	
	Fitness- Meaning, definition	
	and Importance of Motor	(A.S.P
	Fitness. 2. Components of	
	Physical Fitness- Health and	

Unit- IV: Health and First-aid Management LH - 12 1. First aid- Meaning, definition, importance and golden rules of First-aid. 2. Concept of sports injuries- Sprain, Strain, Facture and Dislocation. 3. Management of sports injuries through the application of Cryo-therapy and Thermotherapy. 4. Management of sports injuries through the application of Exercise and	(J.S)
Sprain, Strain, Facture and Dislocation. 3. Management of sports injuries through the application of Cryo-therapy and Thermotherapy. 4. Management of sports injuries through the application of Exercise and	
injuries through the application of Cryo-therapy and Thermotherapy. 4. Management of sports injuries through the application of Exercise and	(A.S.P)
Massage therapy.	(A.K.S)

PART-III (Full Marks -100)

Sports Training and Therapeutic value of	
Physical and Yogic Exercises (F.M50)	
Unit-1: Meaning of Sports Training,	
Conditioning, Warm up, Cooling Down	ASP
Unit-2: Components of Physical Fitness	
Components; Health Related and	
Performance Related	
Components	
Unit-3: Different type of Training	JS
Methods; Weight Training, Circuit	
Training, Interval Training,	
Plyometric Training and Repetitions	
Method	
Unit-4: Mechanical Principles of Applied	
Sports; Force, Motion, Laws of Motion,	
Centre of Gravity,	
Equilibrium, Stability, Friction,	
Levers and Body Levers	
	AKS
Unit-5 : Yoga and Physical Exercise and	
Chronic Diseases; (a) Asthma, (b)	
Cardiovascular Disease,	
(c) Diabetes, (d) Hypertension	
and (e) Obesity	
Unit-6: Therapeutic values of Yoga and	
Physical Exercise; (a) Electro Therapy,	
	Physical and Yogic Exercises (F.M50) Unit-1: Meaning of Sports Training, Conditioning, Warm up, Cooling Down Unit-2: Components of Physical Fitness Components; Health Related and Performance Related Components Unit-3: Different type of Training Methods; Weight Training, Circuit Training, Interval Training, Plyometric Training and Repetitions Method Unit-4: Mechanical Principles of Applied Sports; Force, Motion, Laws of Motion, Centre of Gravity, Equilibrium, Stability, Friction, Levers and Body Levers Unit-5: Yoga and Physical Exercise and Chronic Diseases; (a) Asthma, (b) Cardiovascular Disease,

(c) Massage Therapy and (d) Yaga Therapy	

PART-III	Paper-VIII: Practical (F.M. 50)	
	Unit-1: Participation in Regular Fitness	
	Programmee (to be tested); (a) AAHPER Youth Fitness Test and	
	Barrow Motor Ability Test, (b)	
	Performance of the students should be	
	recorded and presented to the	
	External Examiner.	ASP
	Unit-2: Officiating; (a) Athletics-	ASP
	Running, Jumping and Throwing and	
	Relay Race, (b) Indian Games-	
	Kabaddi and Kho-Kho and (c) Major Games- Badminton, Cricket,	
	Football, Handball and Volleyball	
Paper-		
VII:	Unit-3: Specific Exercise Programme for	AKS
	Rehabilitation including Yogasana for regional injuries (Shoulder,	
	Neck, Trunk, Hip, Knee and Ankle injuries)	
	Unit-4: Participating in Social Service	JS

Programmee; N.C.C., N.S.S. Bratachari
(Certificate must be
Produced at the time of
examination) - Any one

Unit-5: Visit to Inter- College Level,
District Level and State Level
Tournaments (any one) Practical Record
Book must be produced at the
time of examination.

AKS, ASP, JS

ONLINE CLASS ROUTINE- JUNE / JULY 2021 ONLINE CLASS

DATE: 11.06.2021 TO 30.06.2021

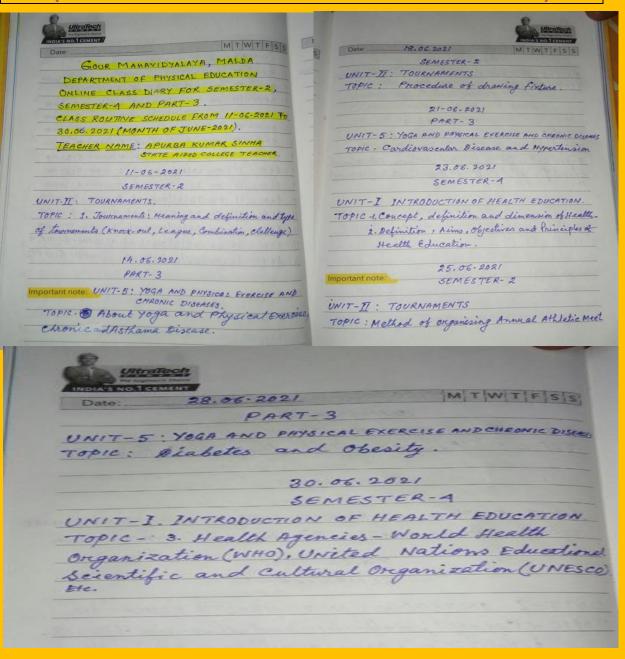
	T-3, FROM - 11	OUTINE FOR SEL	EDUCATION MESTER- 2, SEME 30.07,2021	
	PERIOD-I	PERIOD-2	PERIOD- 3	REMARKS
DAY 4 DATE	2:30 pm to 3:00 pm	3:15 pm to 3:45pm	4:00 km 10 11-2-	
FRIDAY	SEMESTER-4		SEMESTER-2	
	ASP	TS	AKS 2 & (4.182)	
	UNIT-3 &(4.3)	UNIT-3 99	SEMESTER-4	
	PART-3	SEMESTER-2	JS	
14.06.21	AKS UNIT- 526		UNIT- 2 8(4.4)	
WEDNESDAY	SEMESTER-2	SEMESTER-4	PART-3	JAMAI SHASTHI
16.06.21		AKS) UNIT-18(4.122)	ASP	(HOLIDAY)
	UNIT-38-(9-3) SEM-4	PART-3	Sem-2	
FRIDAY 18.08.21	ASP	JS	AKS	
18.00.21		SEM#2	Sem-4	
MONDAY 21.06.21	PART-3 AKS	ASP	JS	
	Sem-2	SEM-4	PART-3	
23.08.21	JS	AKS	ASP	
FRIDAY	sem-4	PAAT-3	Sen-2	
25.06.21	ASP	JS	AKS	
	PART-3	5cm-2	300-4	
28.06.21	AKS	ASP	13	
WEDNESDAY 30.06.21	y Js	AKS	PART-3 ASP	
FRIDAY	5 Em - 4	PAAT- 3	5 cm - 2	
02.07.21	ASP	Js	AKS	
MONDAY	PART-3 AKS	58m-2	SEM-4	
05.07.21	BV2	ASP	Js	

			K SO PERSON	
Tree areas and	SEM-2	Sem-4	PART-3	
WEDNESDAY	JS	AKS	ASP	
07.07.21	3			
FRIDAY	S∈m-9	PART-3	Sem-2	
	ASP	JS	AKS	
09.07.21				
MONDAY	PART-3	Sem-2	Sem-4	RATH YATRA
	AKS .	.ASP	JS	(HOLIDAY)
12.07.21				Current
WEDNESDAY	s∈m-2	SEM-4	PART-3	
WEDNESDIT	JS	AKS	ASP	
19.07.21	3			
		0007.0		
FRIDAY	SEM-4	PART-3	SEM-2	
16.07.21	ASP	JS	AKS	
MONDAY	PART-3	Sem-2	SE2-4	
	AKS	ASP	JS	
19.07.21				
WEDNESDAY	SEM-2	sem-4	PART-3	
21.07.21	Js	AKS	ASP	ID-UZ-ZOHA
21.07.21				(HOLIDAY)
FRIDAY	SEM-4	PART-3	5em-2	
23.07.21	ASP	Js	AKS	
MOMDAY	PART-3	SEM-2	SEM-4	
26.07.21	AKS	ASP	JS	
20.0			73	
WEDNESDAY	Sem-2	1000		
	JS	sem-q AKS	PART-3	
28.07.21		1113	ASP	
FRIDAY	sem-q	PART-3	SEM-2	
	Asp	JS	AKS	
30.07.21				
	410			
" /	AKS - APURB	A KUMAR SIN	11.0	
2- /	TOP- ANIRUD	DHA SINGU A.	HA	
3. 7	TS - JOYITA	DITH OINGH FE	RMAR	
THE RESERVE OF	20/1/11	SINGHA		
		1		

ONLINE CLASS DIARY

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

(CLASS DIARY: APURBA KUMAR SINHA: EXAMPLE)



(CLASS DIARY: ANIRUDDHA SINGH PERMAR: EXAMPLE)

GOUR MAHAVIDYALAYD.

DEPARTMENT OF PHY SICAL EDU CATION

ON ONLINE CLASS DIARY

SEMESTER - 11, SEMESTER - IV AND PART- 11

CLASS ROUTIN SCHEDULE FROM 11.06.2021

TO 30-06.2021 (MONTH OF YUN E.202) 1306 90 .I.A 21.06.2021 O.A PART- 411 PAPER-VI UNIT - Y Meaning TOPIC :-TEACHER DAME : ANIRUDDHA SINGH FERMAR Warmu Colleng STOTE PIDED CONEGE TEACHER 23.06.2021 CLASS DIARY- JUNE-2021 SEMESTER - IV Owt - 2 -SEMESTER - IV - UNIT-MOTOR ATTWESS 7091C @ Component of Physical fitnessand Wellniss. TOPIC - PHYSICAL FIT NESS- MEaning; Defination and important of MOTOR Health and performance relifed Physi cal 14.86.2011 Wylness, Kelahin SEMESTER - 11 DAIT- 4 :- INTRODUCTION befores Physical activity and wellness. 78 PIC 6 - Concept and Defination
of Sports Management. Important
of Sports Management. 25.06.2021 JEMESTER - II Sports Management and TOPIC - PURPOSSE OF 19 20 21 22 23 24 25 26 27 28 29 30 31 Notes: 2 3 4 5 6 7 8 28.06.2021 O.A. PART - 911 components of Physical Fitness, Related and Performance Health related Components. 30.06.2021 PART - 911 Differents Setween Health relates 18PIC: -Jeformane Vilu and Physical fitness fitness. Physical Aniraddha Singb Depost ment of lay a. 2 3 4 5 6 7 9 9 10 11 12 19 14 1

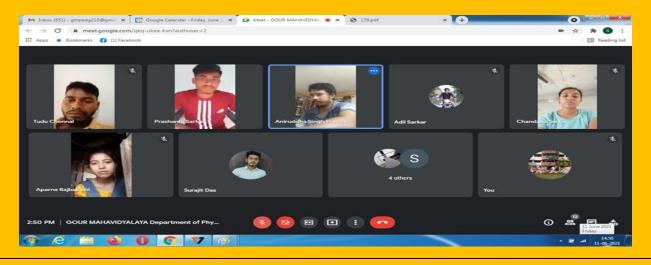
(CLASS DIARY: JOYITA SINGHA: EXAMPLE)

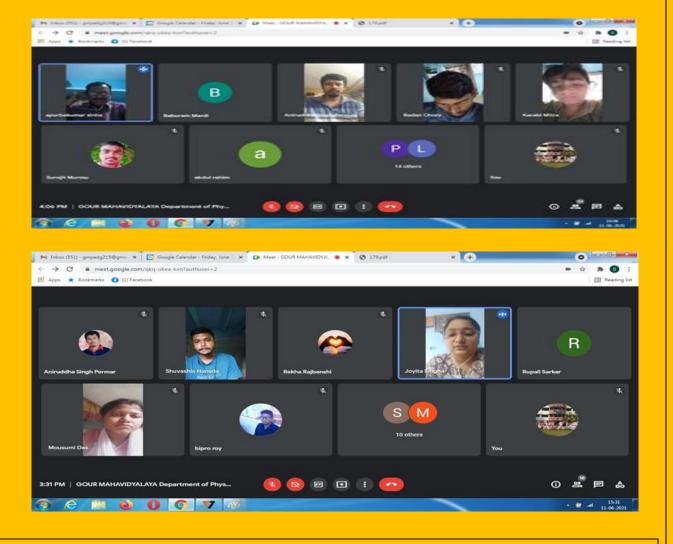
JANUARY GOUR MAHAVIDYALAYA, MAIDA GOUR MAHAVIDYALAYA, MAIDA DEPARTMENT OF PHYSICAL EDUCATION SEMESTER -4 AND PART - 3 CLASS ROUTINE SCHEDULE FROM - 11.06 · 2021 to CLASS ROUTINE SCHEDULE FROM - 11.06 · 2021 to CLASS ROUTINE SCHEDULE FROM - 11.06 · 2021 TEACHER NAME: JOYITA SINGHA 11.06 · 2021 PART - 3 UNIT - 3: Offferent type of Training Methods: Weight training Whit - 3: Different type of Training Methods: Interval Frain Important Notes: Myometric Training.	unit - 3-Specific Exercise Arogramme for Rehabitation including Yogasana for regional injuries. 28.06.2021 SEMESTER-4 unit - 2: Nutrition - Nutrional requirements for Sundally Living, Balace Stet. 30.06.2021

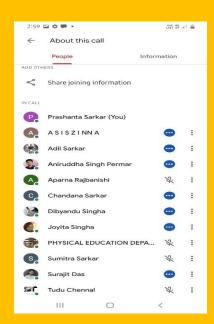
ONLINE TEACHING AND LEARNING: 2021

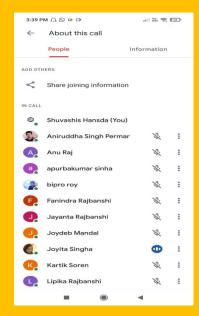
Name of Teacher	Name of the Module	Platform on which module is developed	From to
1. PHYSICAL EDUCATION APURBA KUMAR SINHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet,Class, sharing	Computer ,Laptop, Mobile	11.06.2021 onwards Online
2. PHYSICAL EDUC ATION ANIRUDDHA SINGH PERMAR STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet, Class, sharing study Study materials	Computer , Laptop,Mobile	11.06.2021 Onwards- Online
3. PHYSICAL EDUC ATION JOYITA SINGHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet, Class, sharing	Computer ,Laptop, Mobile	11.06.2021 onwards- Online

APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART -3:DC-2, DC-4 & VII, VIII DATE: 11.06.2021



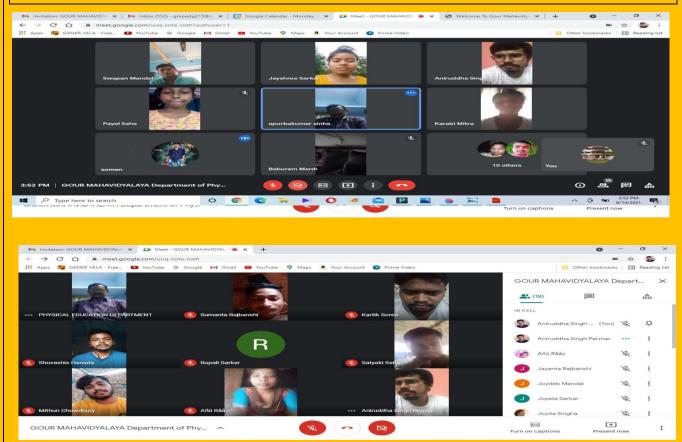




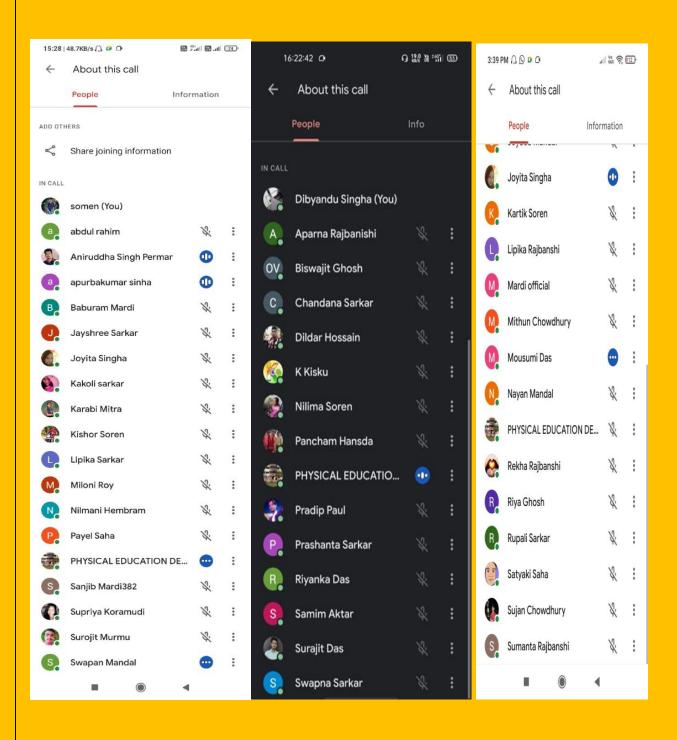




APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 14.06.2021







SPECIAL YOGA CLASS

The Hon'ble Speaker of the Special Yoga Class will be Dr. S. K. Ganguly who is the Former Principal & Adjunct Professor of GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Lonavla, Pune (Maharashtra). He will deliver a Speech regarding

" Utilities of Yoga Practices in our today life"

APURBA KUMAR SINHA, ANIRUDDHA SINGH PERMAR & JOYITA SINGHA

STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII

DATE: 15.06.2021





DEPARTMENT OF PHYSICAL EDUCATION

UTILITIES OF YOGA PRACTICES
IN OUR TODAY LIFE .



Dr. S. K. Ganguly Former Principal & Adjunct Professor GS College of Yoga & Cultural Synthesis, Kaivalyadhama Lonavala, Pune (Maharashtra)

Mentor & Organizers

Apurba Kumar Sinha Aniruddha Singh Permar Joyita Singha

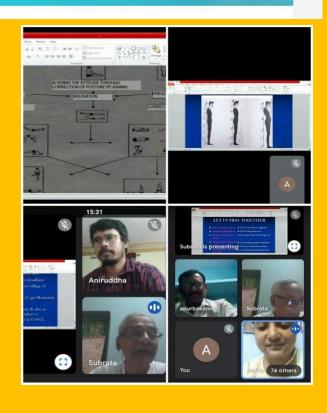
State Aided College Teacher

Dated: 15th June 2021, 3.00 pm

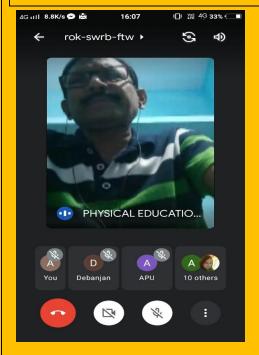


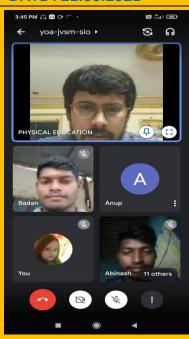
Platform: Google Meet (Link will be share 30 mints Before the Special Yoga Class)

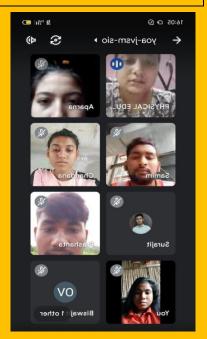




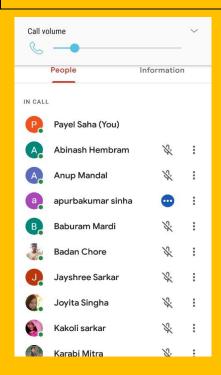
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 21.06.2021







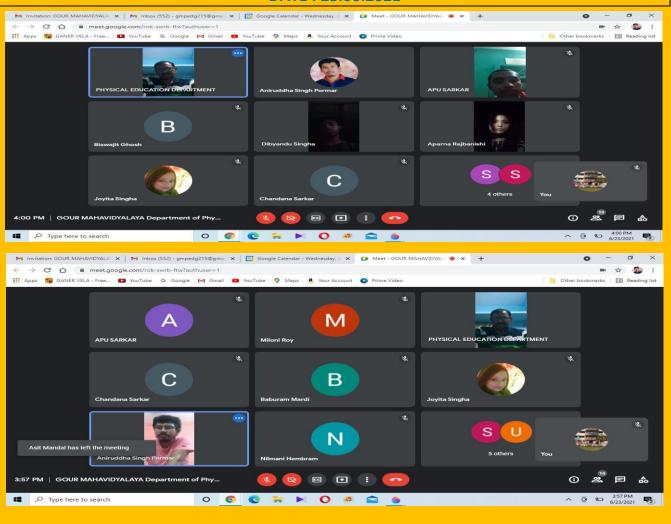
ATTENDANCE

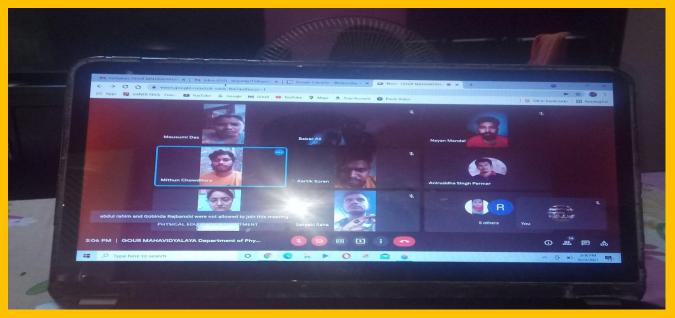


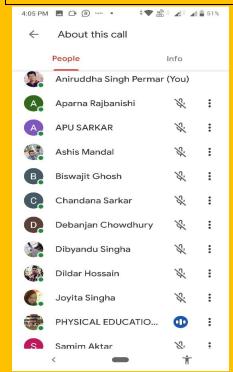


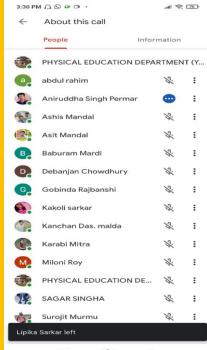


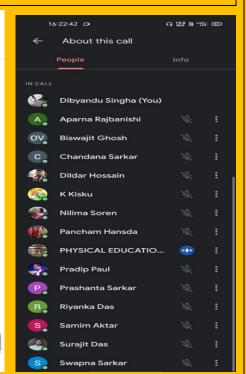
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII DATE : 23.06.2021



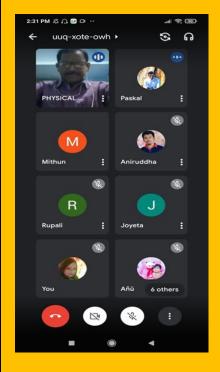




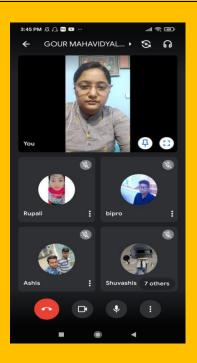


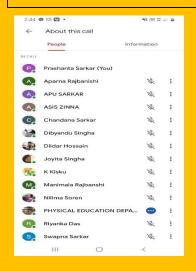


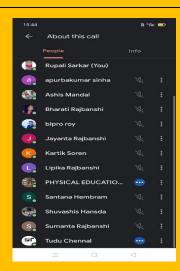
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII DATE : 25.06.2021







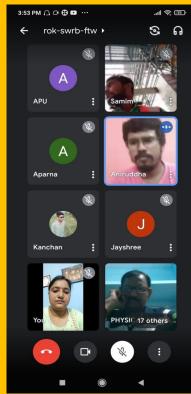


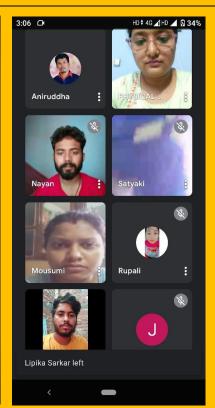


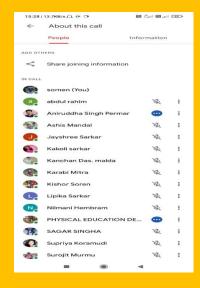


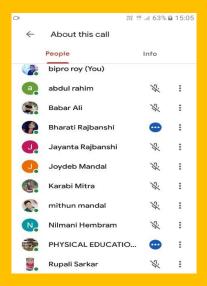
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 28.06.2021

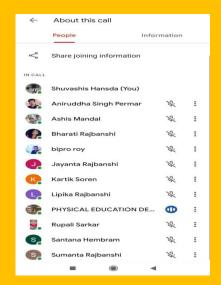




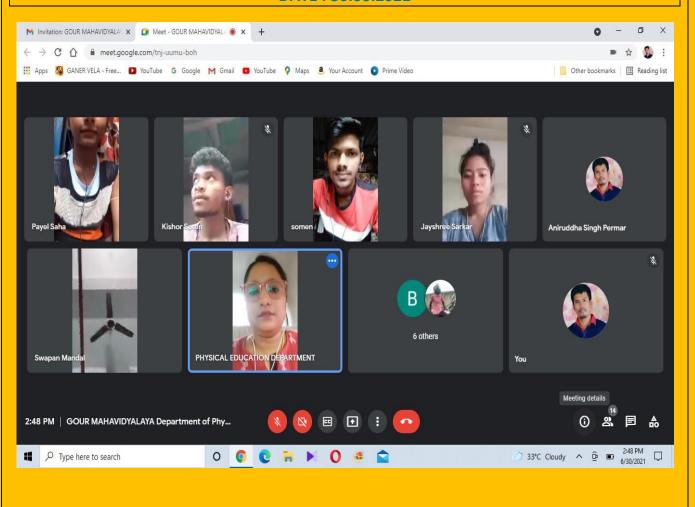


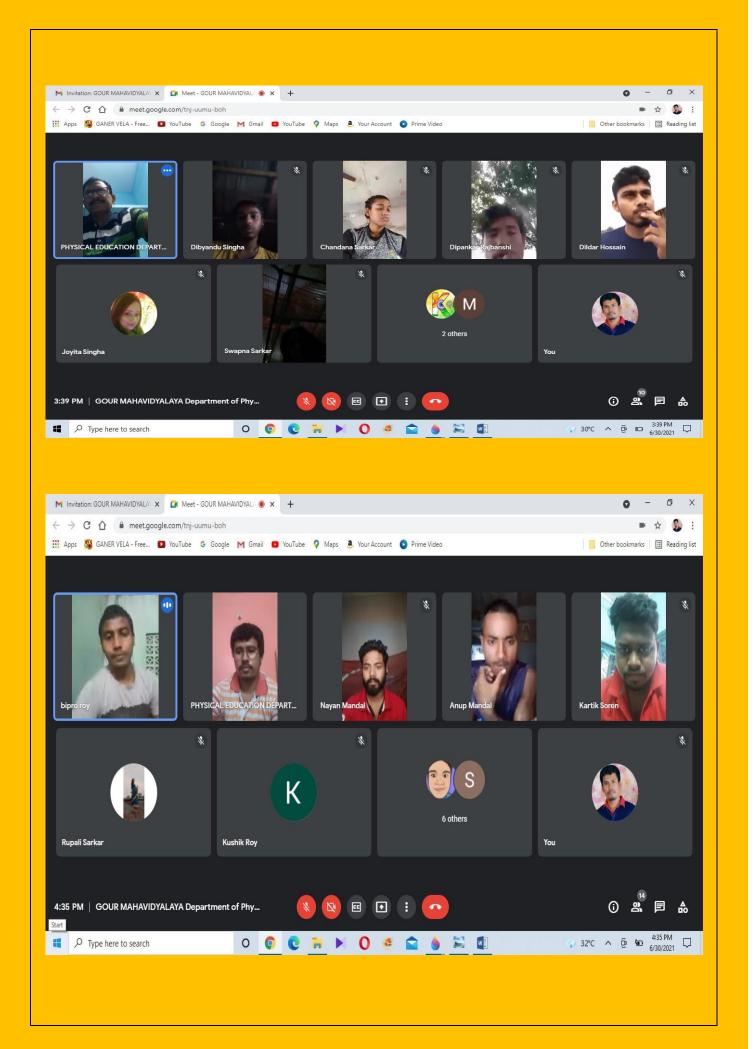




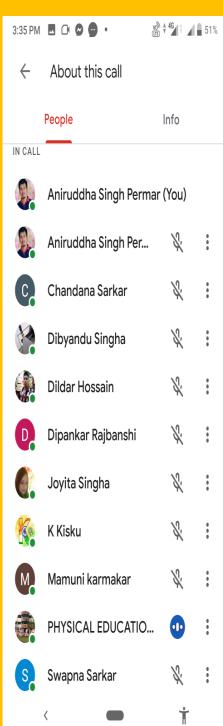


APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 30.06.2021

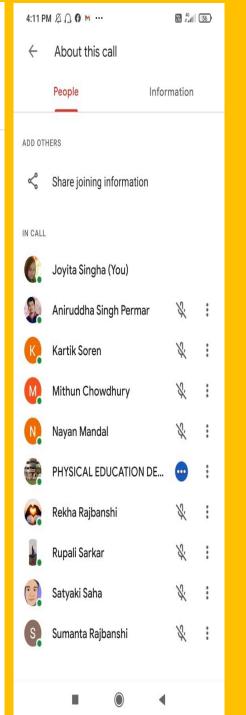








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GOOGLE CALENDAR ONLINE CLASS RECORD JUNE - 2021

11/06/2021 TO 30/06/2021

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TEACHERS SIGNATURE

1.



2.

Aniraddha Singh Roomer.

3.

