

# **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

The image shows a digital calendar interface with a weekly grid. The grid is color-coded with blue, orange, yellow, and green. A legend at the bottom identifies the colors: blue for 'Essential' and orange for 'Physical Education'. The grid shows a repeating pattern of these colors across the days of the week.

Day	Color	Category
Monday	Blue	Essential
Tuesday	Orange	Physical Education
Wednesday	Yellow	
Thursday	Green	
Friday	Green	
Saturday	Orange	Physical Education
Sunday	Orange	Physical Education

# SYLLABUS

## CBCS : PHYSICAL EDUCATION : GENERAL

<b>SEM-I DC-1</b>	<p><b>Unit- I: Introduction LH - 12</b></p> <p>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.</p>	<b>JOYITA SINGHA ( J.S )</b>
	<p><b>Unit- II: Biological and Sociological Foundations of Physical Education LH - 18</b></p> <p>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 &amp; Sports as a socialization force.</p>	<b>ANIRUDDHA SINGH PERMAR ( A.S.P )</b>
	<p><b>Unit- III: History of Physical Education LH - 18</b></p> <p>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.</p>	<b>APURBA KUMAR SINHA ( A.K.S )</b>
	<p><b>Unit- IV: Yoga Education LH - 12</b></p> <p>1. Meaning and definition of the term Yoga.</p> <p>2. Aim and objectives of Yoga. 3. Types of Yoga 4. Importance of Yoga.</p>	<p><b>(A.K.S )</b></p> <p><b>( A.S.P )</b></p>
	<p><b>FIELD PRACTICAL 1. Learn and demonstrate the technique of</b></p>	<b>(A.K.S )</b>

	Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities.	( 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 )

<b>SEM- III DC - 3</b>	<b>Unit- I: Introduction LH - 12</b> 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	<b>(A.K.S )</b>
	<b>Unit- II: Musculo-skeletal System LH – 18</b> 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.	<b>( A.S.P )</b>
	<b>Unit- III: Circulatory System LH – 18</b> 1. Blood-Composition and function? 2. Heart- Structure and functions. 3. Blood Pressure, Athletic Heart and Bradycardia. 4. Effect of exercise on circulatory system	<b>(J.S )</b>
	<b>Unit- IV: Respiratory System LH – 12</b> 1. Structure and function of Respiratory organs.  2. Mechanism of Respiration.  3. Vital Capacity, O2 Debt and Second Wind.  4. Effect of exercise on	<b>(A.K.S )</b>  <b>( J.S )</b>  <b>( A.S.P )</b>



<b>SEM- IV DC - 4</b>	<b>Unit- I: Introduction LH - 18</b> <b>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.</b>	<b>(A.K.S )</b>
	<b>Unit- II: Health Problems in India- Prevention and Control LH - 18</b> <b>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.</b>	<b>( J.S )</b>
	<b>Unit- III: Motor Fitness and Wellness LH - 12</b> <b>1. Physical Fitness- Meaning, definition and Importance of Motor Fitness. 2. Components of Physical Fitness- Health and</b>	<b>( A.S.P</b>

	<p><b>Performance related Physical Fitness. 3. Concept of Wellness. Relationship between Physical activities and Wellness. 4. Ageing-Physical activities and its importance.</b></p>	
	<p><b>Unit- IV: Health and First-aid Management LH - 12</b></p> <p><b>1. First aid- Meaning, definition, importance and golden rules of First-aid.</b></p> <p><b>2. Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.</b></p> <p><b>3. Management of sports injuries through the application of Cryo-therapy and Thermotherapy.</b></p> <p><b>4. Management of sports injuries through the application of Exercise and Massage therapy.</b></p>	<p><b>( J.S )</b></p> <p><b>( A.S.P )</b></p> <p><b>(A.K.S )</b></p>



**PART-III (Full Marks -100)**

<p><b>PART-III</b> <b>Paper-VII:</b></p>	<p><b>Sports Training and Therapeutic value of Physical and Yogic Exercises (F.M.-50)</b></p> <p><b>Unit-1: Meaning of Sports Training, Conditioning, Warm up, Cooling Down</b></p> <p><b>Unit-2: Components of Physical Fitness Components; Health Related and Performance Related Components</b></p> <p><b>Unit-3: Different type of Training Methods; Weight Training, Circuit Training, Interval Training, Plyometric Training and Repetitions Method</b></p> <p><b>Unit-4: Mechanical Principles of Applied Sports; Force, Motion, Laws of Motion, Centre of Gravity, Equilibrium, Stability, Friction, Levers and Body Levers</b></p> <p><b>Unit-5 : Yoga and Physical Exercise and Chronic Diseases; (a) Asthma, (b) Cardiovascular Disease, (c) Diabetes, (d) Hypertension and (e) Obesity</b></p> <p><b>Unit-6: Therapeutic values of Yoga and Physical Exercise; (a) Electro Therapy, (b) Exercise Therapy,</b></p>	<p><b>ASP</b></p> <p><b>JS</b></p> <p><b>AKS</b></p>
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**(c) Massage Therapy and (d)  
Yaga Therapy**

**PART-III Paper-VIII: Practical (F.M. 50)**

**Unit-1: Participation in Regular Fitness  
Programme (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.**

**Unit-2: Officiating; (a) Athletics-  
Running, Jumping and Throwing and  
Relay Race, (b) Indian Games-  
Kabaddi and Kho-Kho and (c)  
Major Games- Badminton, Cricket,  
Football, Handball and Volleyball**

**ASP**

**Paper-  
VII:**

**Unit-3: Specific Exercise Programme for  
Rehabilitation including Yogasana for  
regional injuries (Shoulder,  
Neck, Trunk, Hip, Knee and Ankle  
injuries)**

**AKS**

**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**

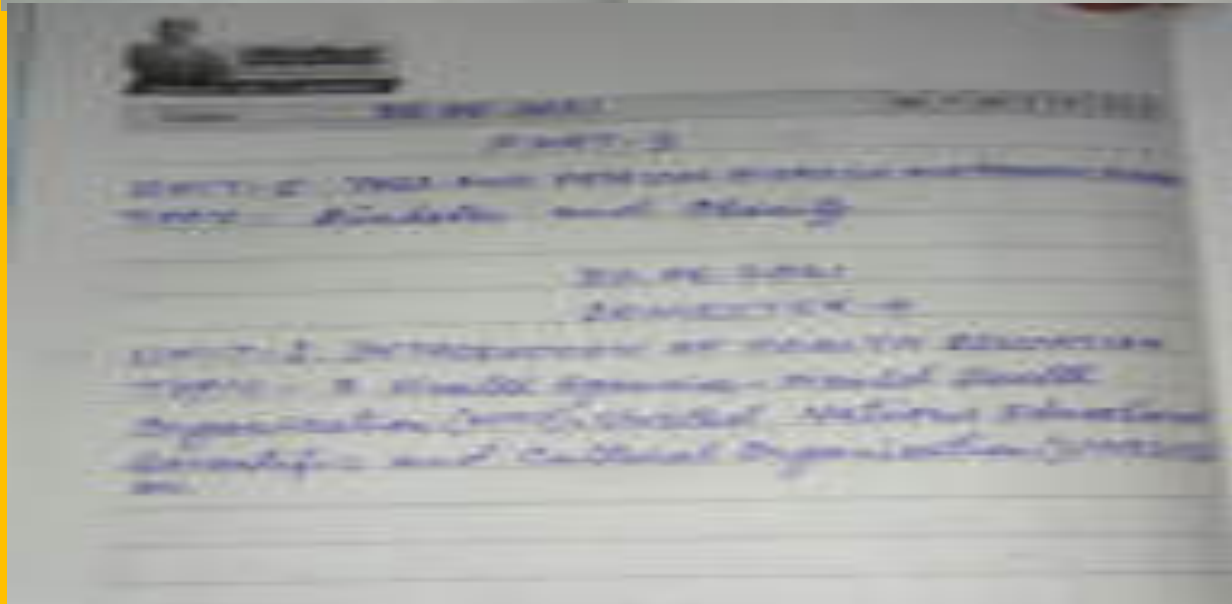
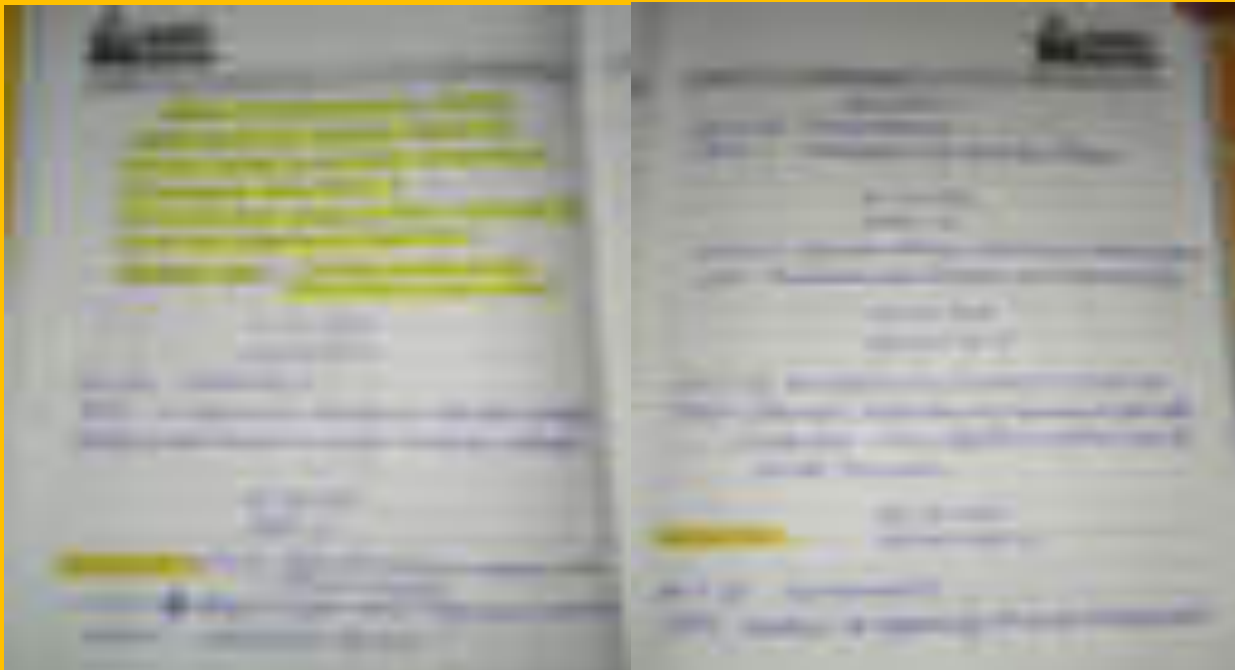
The image shows a document with a table structure, but the text is extremely blurry and illegible. A single row in the table is highlighted in yellow. The document appears to be a schedule or routine for an online class, as indicated by the text above it.

日期	星期	天气	温度	地点	事件
2023.10.1	星期一	晴	15-25	学校	上课
2023.10.2	星期二	阴	12-20	学校	上课
2023.10.3	星期三	雨	10-18	学校	上课
2023.10.4	星期四	晴	18-28	学校	上课
2023.10.5	星期五	晴	20-30	学校	上课
2023.10.6	星期六	晴	22-32	公园	游玩
2023.10.7	星期日	晴	25-35	公园	游玩

## **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)

Handwritten notes in Hindi on the left page of a notebook, including dates and text.

Handwritten notes in Hindi on the right page of a notebook, including dates and text.

18-08-2021  
G.O. PART - 10  
Topic - Components of Physical Fitness -  
Health Related and Performance  
Related Components.  
30-08-2021  
G.O. PART - 11 -  
Topic - Difficulties between Health Related  
Physical fitness and Performance Related  
Physical fitness.  
Aniruddha Singh Permar  
Bapu Singh, The Physical  
Educationist  
Govt. Mahavidyalaya  
Haldwari

( CLASS DIARY: JOYITA SINGHA: EXAMPLE)

29

1. The temperature of water increases as we go down the lake. This is because the water at the bottom is heated by the sun. The water at the top is cooled by the wind. The water at the bottom is warmer than the water at the top.

2. The water at the bottom of the lake is warmer than the water at the top. This is because the water at the bottom is heated by the sun. The water at the top is cooled by the wind. The water at the bottom is warmer than the water at the top.

3. The water at the bottom of the lake is warmer than the water at the top. This is because the water at the bottom is heated by the sun. The water at the top is cooled by the wind. The water at the bottom is warmer than the water at the top.

30

1. The water at the bottom of the lake is warmer than the water at the top. This is because the water at the bottom is heated by the sun. The water at the top is cooled by the wind. The water at the bottom is warmer than the water at the top.

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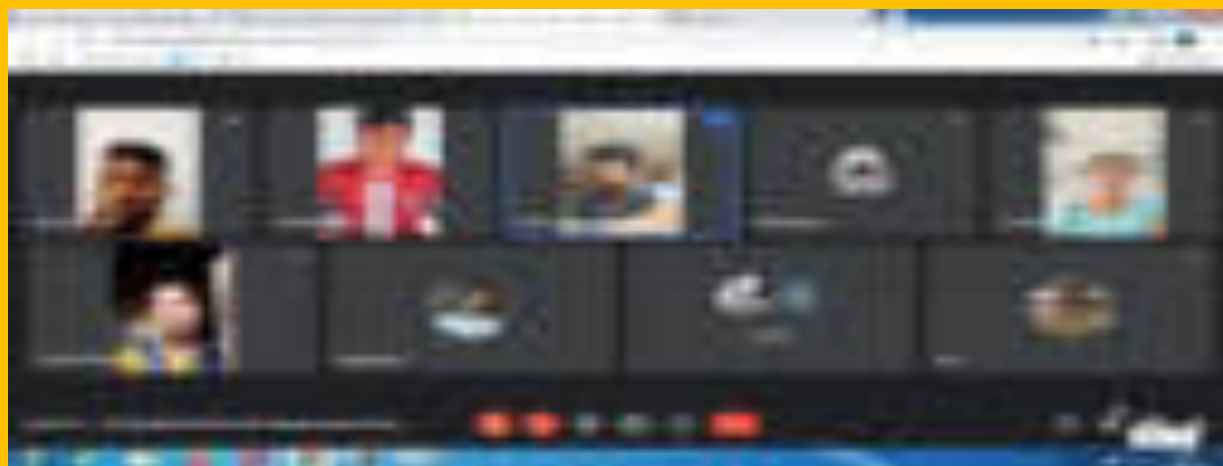
3. The water at the bottom of the lake is warmer than the water at the top. This is because the water at the bottom is heated by the sun. The water at the top is cooled by the wind. The water at the bottom is warmer than the water at the top.

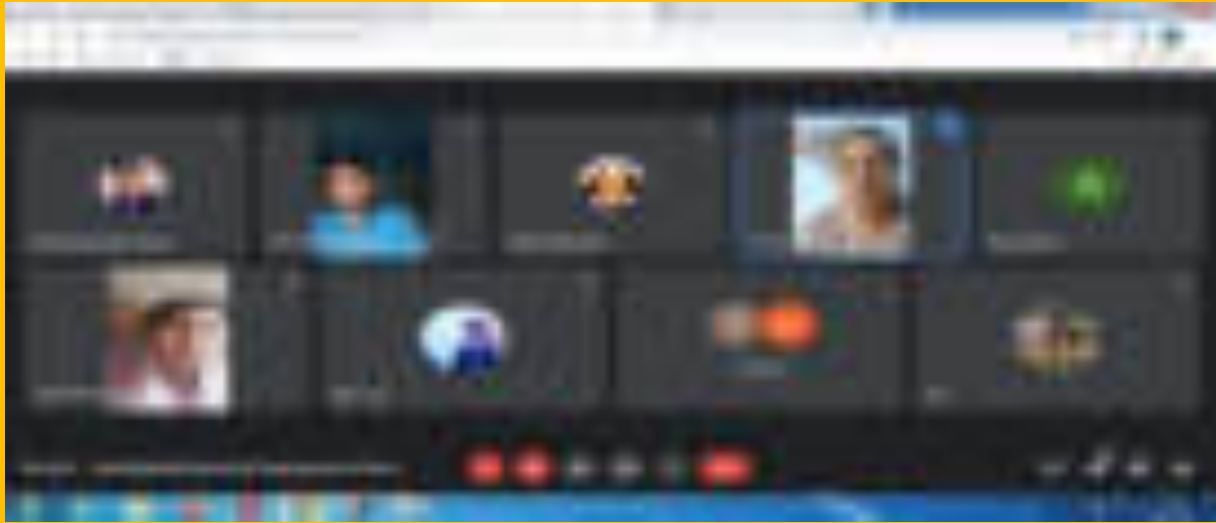
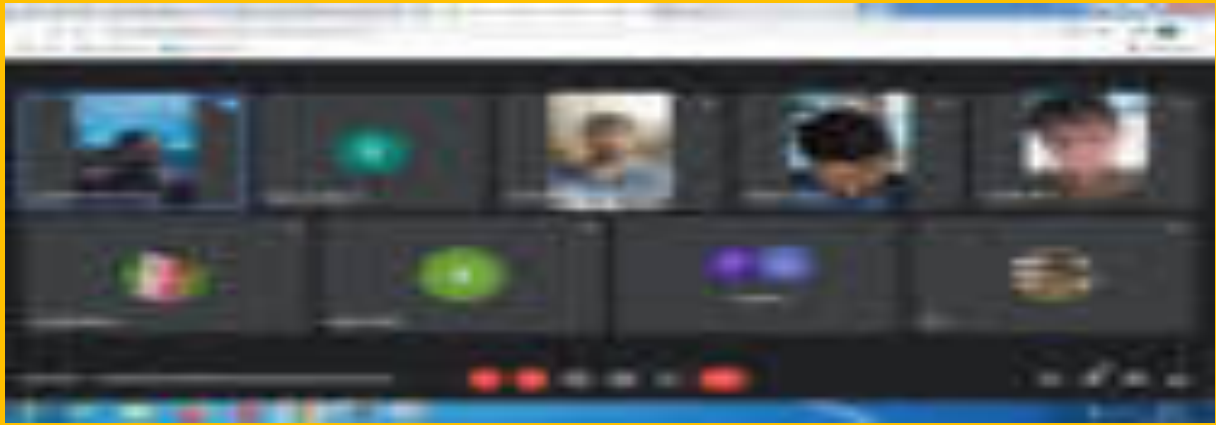


**ONLINE TEACHING AND LEARNING: 2021**

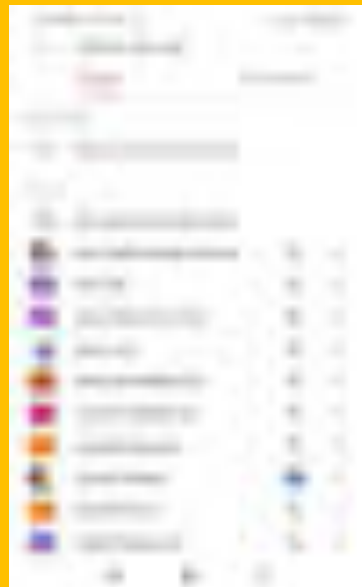
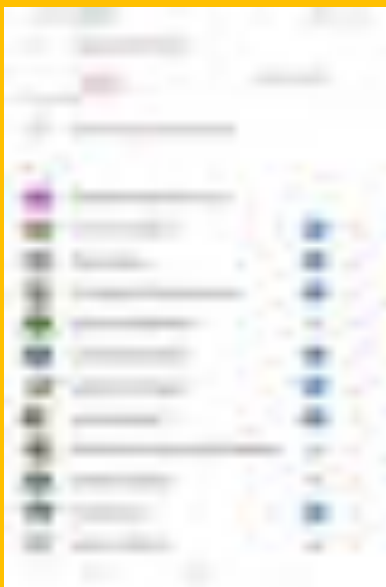
Name of Teacher	Name of the Module	Platform on which module is developed	From to
1. PHYSICAL EDUCATION APURBA KUMAR SINHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet,Class, sharing	Computer ,Laptop, Mobile	11.06.2021 onwards Online
2. PHYSICAL EDUCATION ANIRUDDHA SINGH PERMAR STATE AIDED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

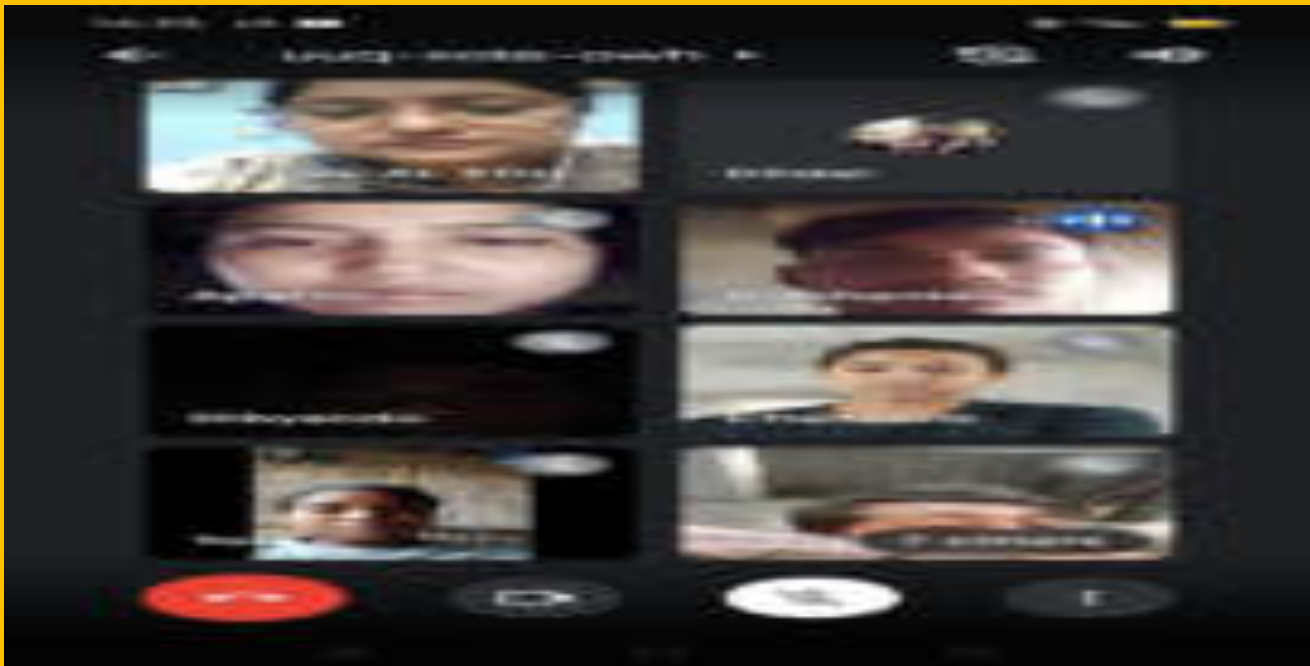
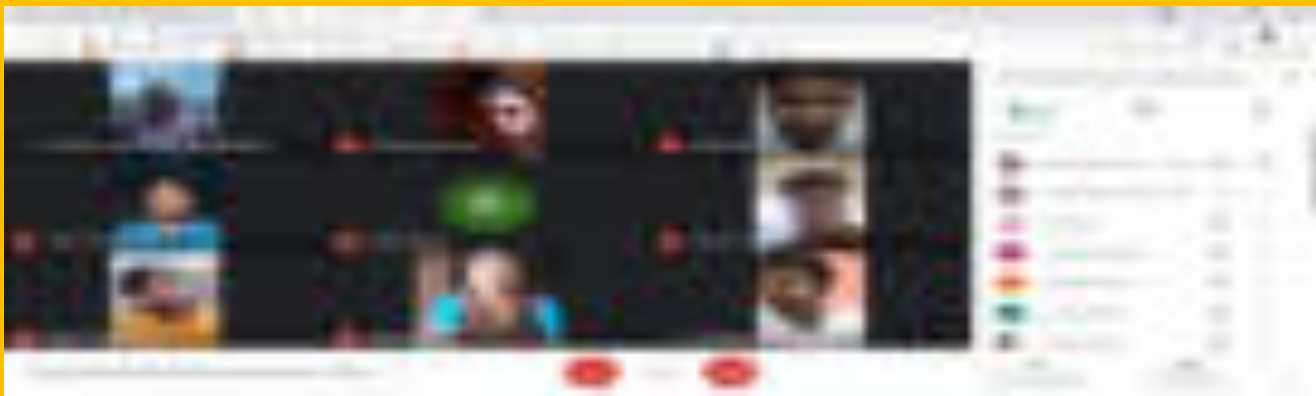
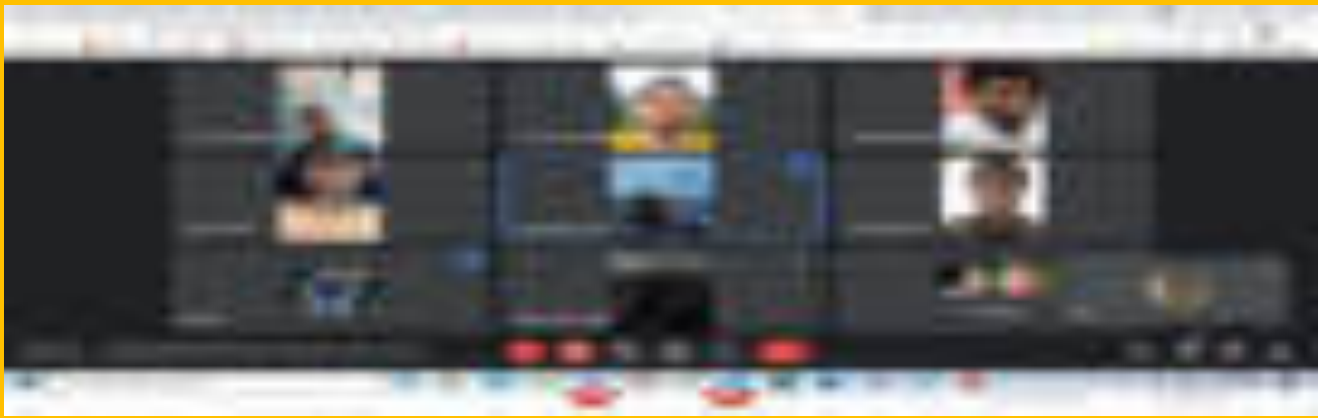




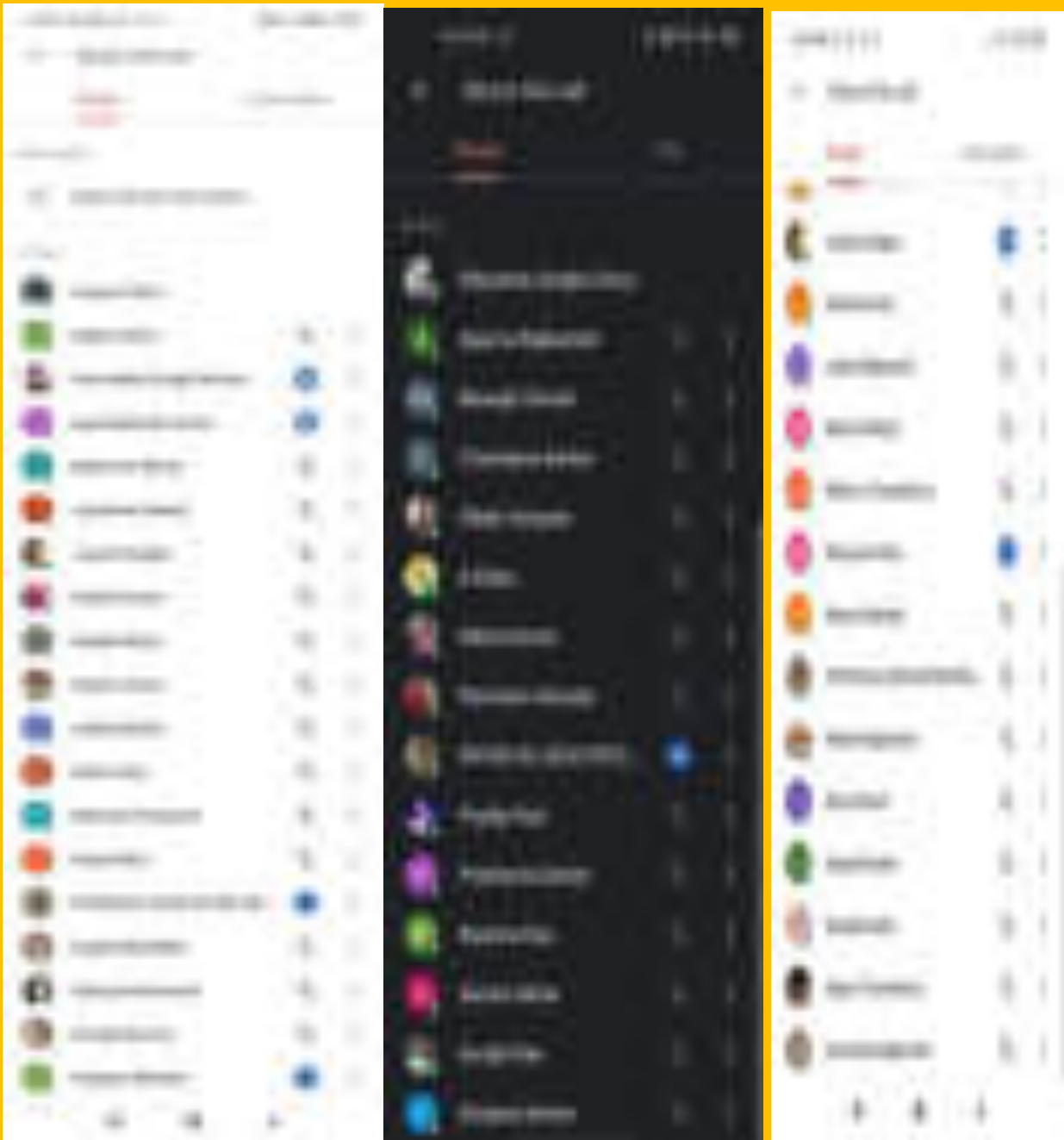
## ATTENDANCE



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



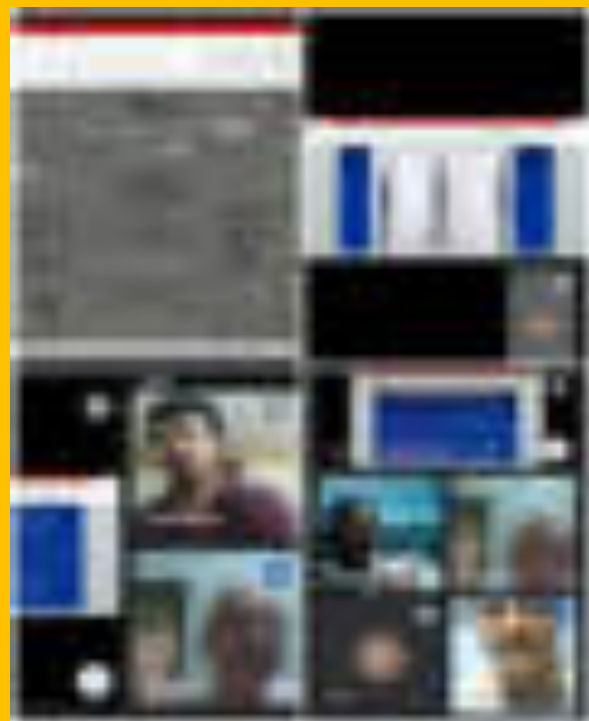
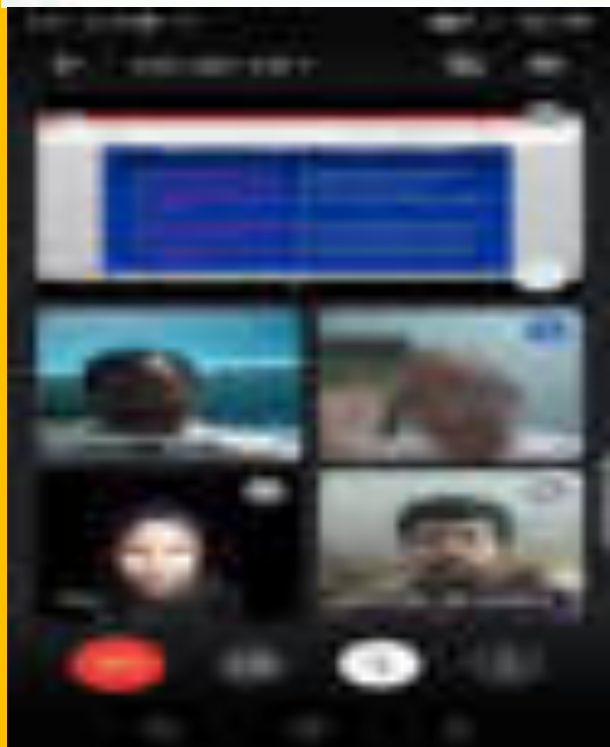
# ATTENDANCE



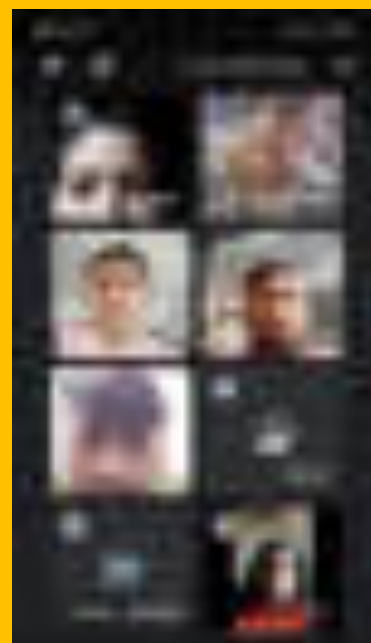
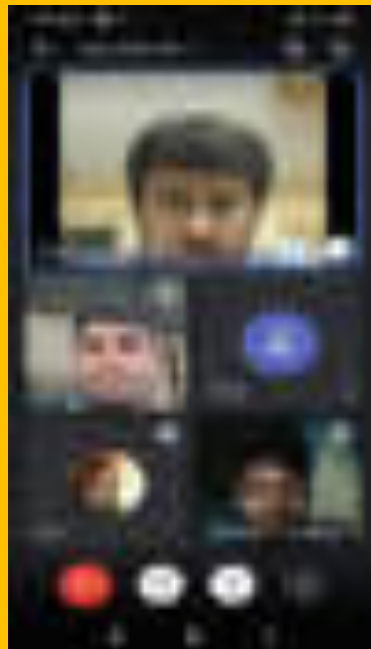
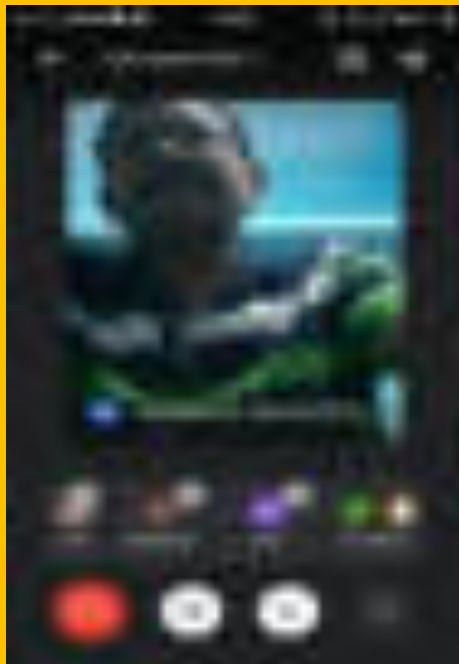
### SPECIAL YOGA CLASS

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



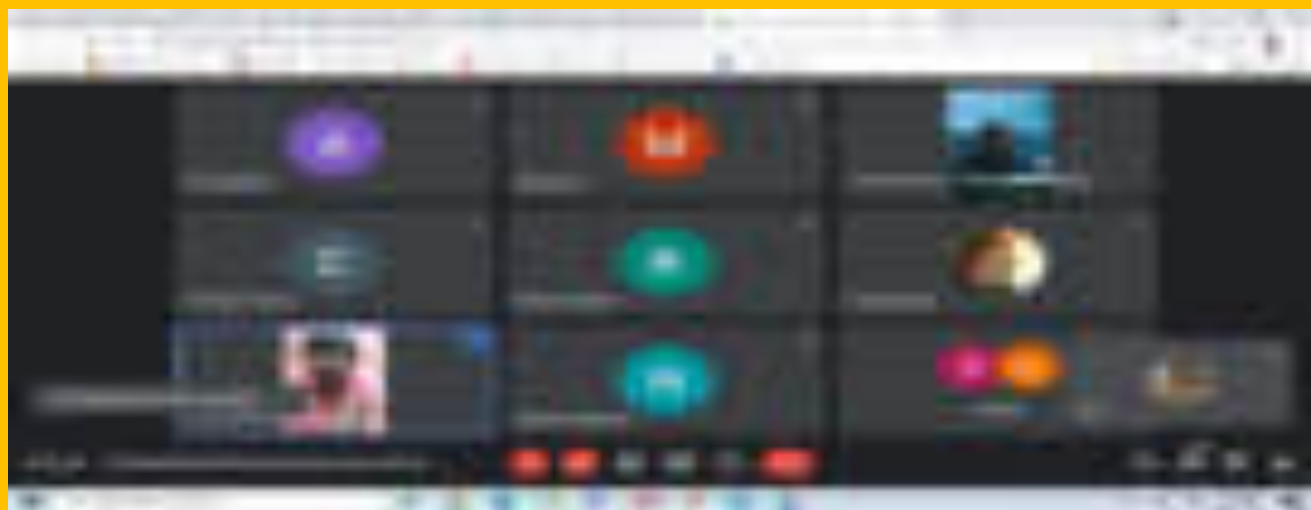
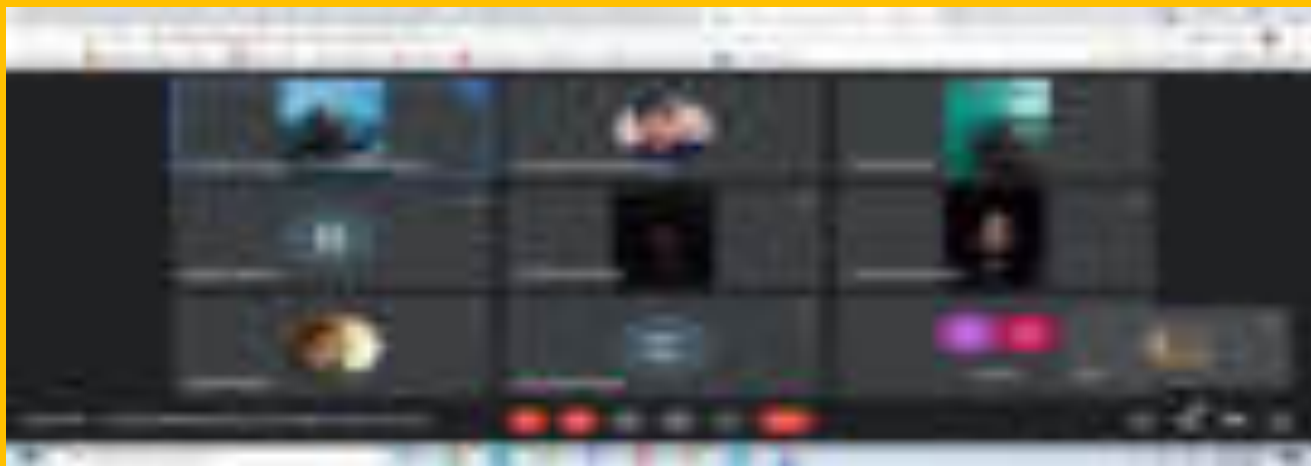
**APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA**  
**STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII**  
**DATE : 21.06.2021**



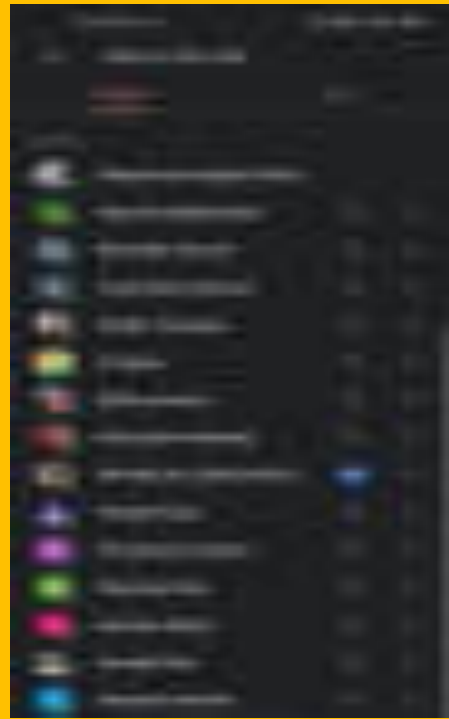
## **ATTENDANCE**

A screenshot of a Zoom meeting attendance list. It shows a list of participants with their names, profile pictures, and status (e.g., 'Present', 'Not a member'). The list is partially obscured by a blurred effect.A screenshot of a Zoom meeting attendance list. It shows a list of participants with their names, profile pictures, and status. The list is partially obscured by a blurred effect.A screenshot of a Zoom meeting attendance list. It shows a list of participants with their names, profile pictures, and status. The list is partially obscured by a blurred effect.

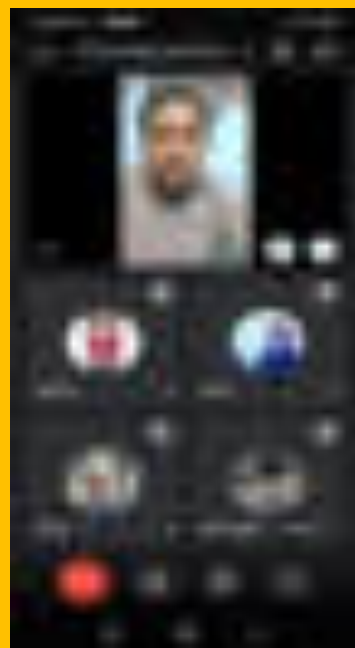
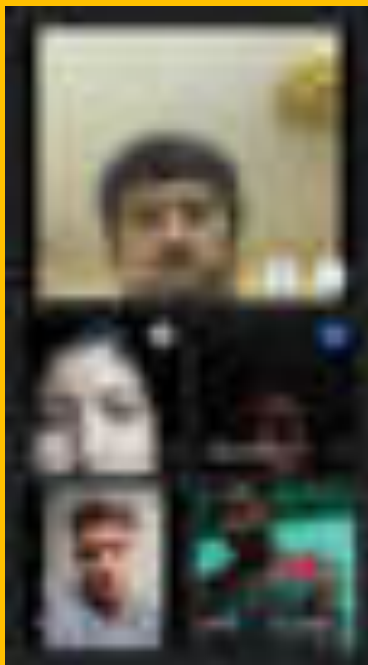
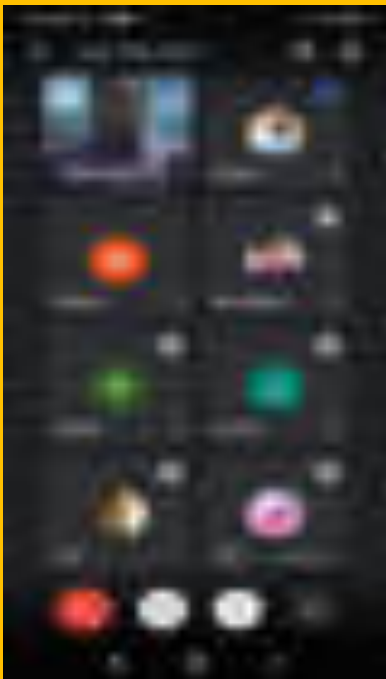
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA  
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII  
DATE : 23.06.2021



## ATTENDANCE

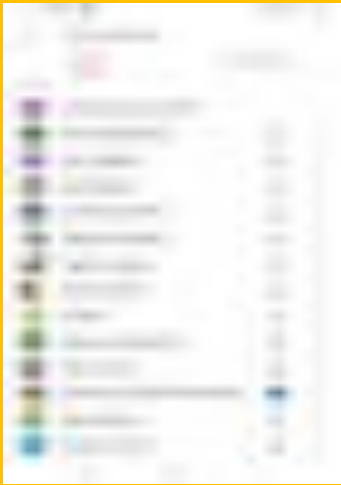


APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA  
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII  
DATE : 25.06.2021

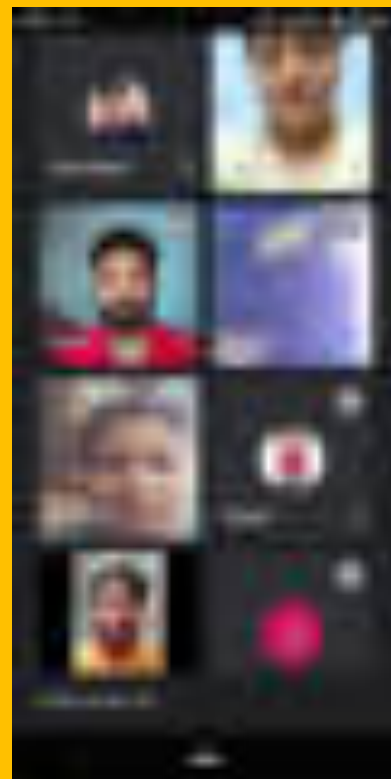
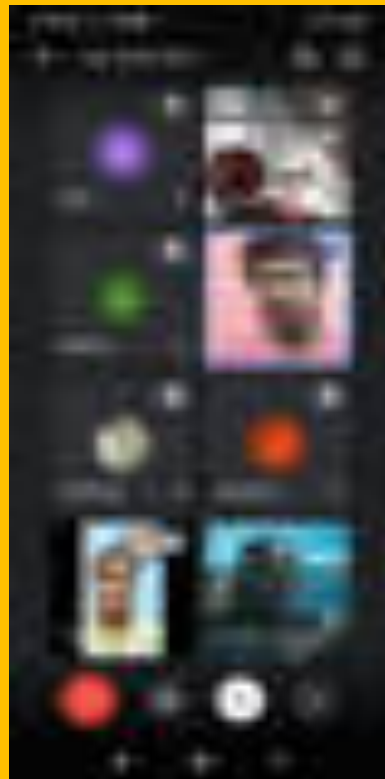
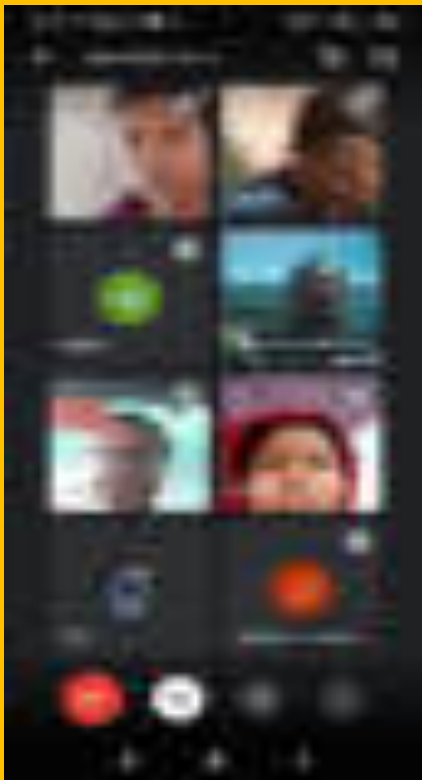




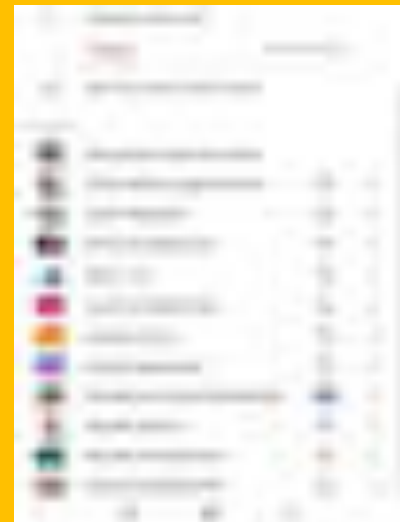
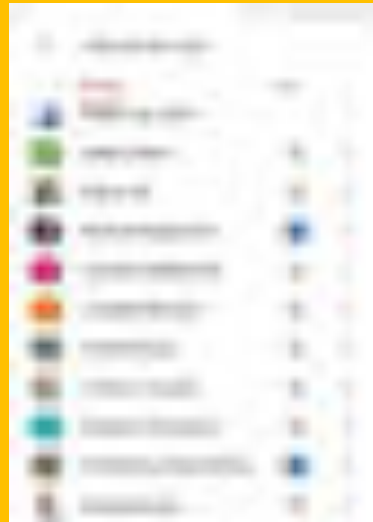
## ATTENDANCE



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

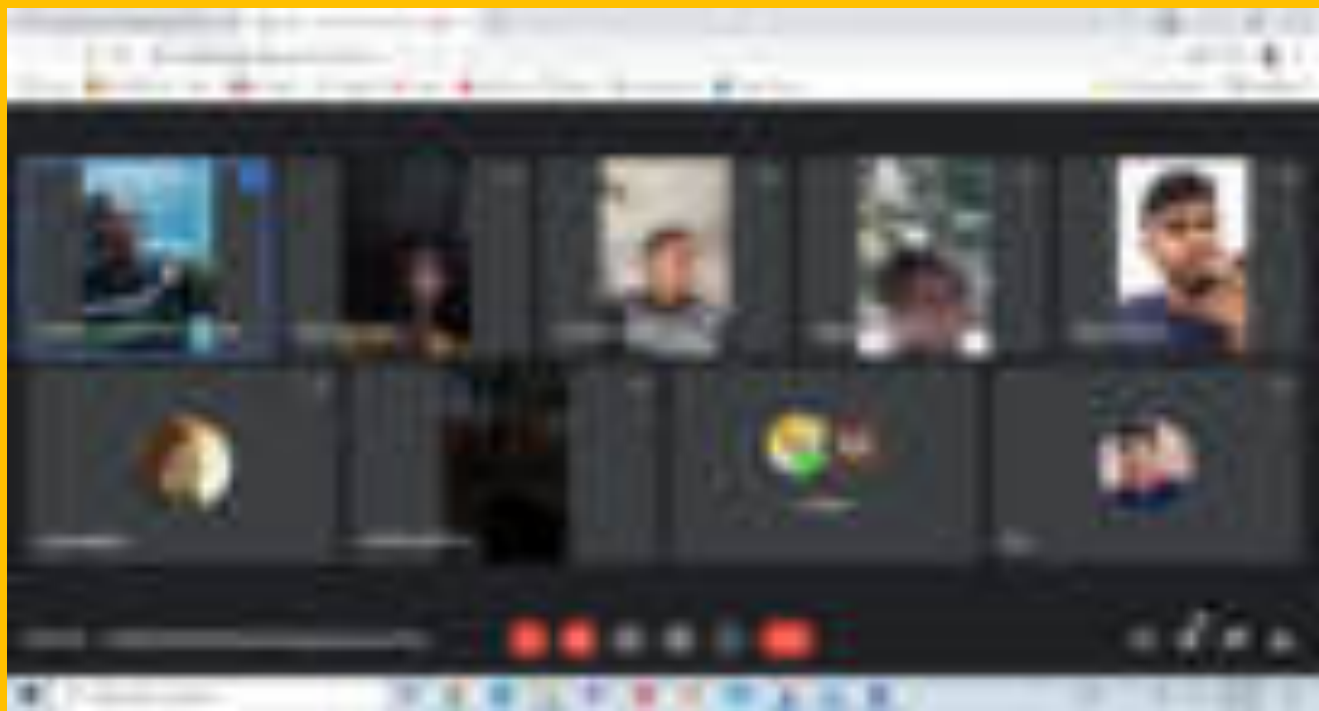


# ATTENDANCE



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



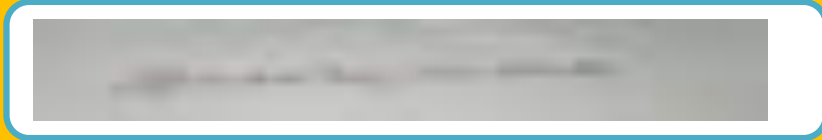




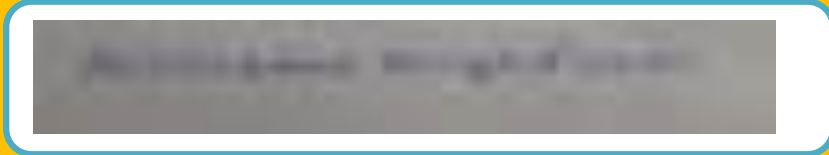


**TEACHERS SIGNATURE**

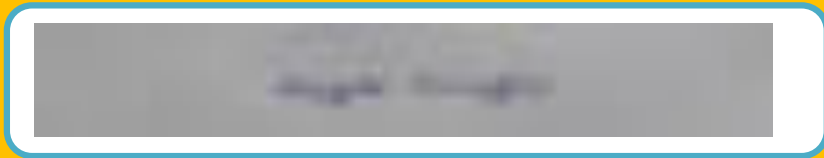
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**2.**

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**3.**

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**THE END**