

J.J. College of Arts and Science (Autonomous)

J.J. Nagar, Sivapuram Post, Pudukkottai

Details of ICT Enabled Teaching Resources

Department : Physical Education Academic Year : 2022 - 2023

Name of the Staff : P. Catherine Joy Selvakumari Semester : Odd / Even

SL No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	06.07.22	III B.Sc PE	Sports psychology & sociology	Sports psychology Association in India	PPT
2.	16.07.22	III B.Sc PE	Sports psychology & sociology	Characteristics of Perception	PPT
3.	18.08.22	III B.Sc PE	Sports psychology & sociology	Personality & characteristics of personality	Youtube.
4.	30.8.22	III B.Sc PE	Sports psychology & sociology	Types of Motivation	Youtube.
5.	11.07.22	II B.Sc P.E	Human Anatomy & Physiology	Skeletal system (Bones of upper & lower limb)	PPT
6.	04.08.22	II B.Sc P.E	Human Anatomy & Physiology	Types of Tissues	PPT
7.	14.09.22	II B.Sc PE	Human Anatomy & Physiology	Vertebral column	PPT
8.	15.09.22	II B.Sc PE	Human Anatomy & Physiology	Types of joints	PPT
9.	21.09.22	II B.Sc PE	Human Anatomy & Physiology	Structure & function of Heart	PPT
10.	19.10.22	II B.Sc PE	Human Anatomy & Physiology	Blood, Blood clotting mechanism	Youtube.
11.	23.10.22	II B.Sc PE	Human Anatomy & Physiology	Digestive System	Youtube.
12.	23.10.22	II B.Sc P.E	Human Anatomy & Physiology	Nervous system	P.P.T

Signature of the Staff



Head of the Department
Dr. K. JAGATHISBABU Ph.D
Head, Department of Physical Education
J.J. College of Arts and Science (Autonomous)
Pudukkottai-62422

Principal
Dr. J. PARASURAMAN, M.A., M.B.A., M.Phil., B.Ed.
PRINCIPAL
J.J. College of Arts and Science (Autonomous)
J.J. Nagar, Sivapuram Post,

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Details of ICT Enabled Teaching Resources

Department : Physical Education Academic Year : 2022 - 2023

Name of the Staff : Dr. K. Jagathis Babu Semester : Odd/ Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	14.12.22	I year Phy. Edn	Research and Statistics for Phy. Edn & Sports.	Research - Introduction	Power Point.
2.	19.12.22	I year Phy. Edn	Research and Statistics for Phy. Edn & Sports.	Research Proposal	Power Point.
3.	10.01.23	II year Phy. Edn	Research and Statistics for Phy. Edn & Sports.	Need and Importance	Power Point.
4.	23.01.23	I year Phy. Edn	Research & Statistics.	Research Proposal (Revision)	U-Tube video
5.	8.02.23	II year Phy. Edn	Research & Statistics.	Criteria for selecting the Research Problem.	Power Point
6.	16.02.23	I year Phy. Edn	Research & Statistics.	Research Report	Power Point
7.	24.02.23	II year Phy. Edn	Research & Statistics.	Classification of Research.	Power Point
8.	15.12.2022	III year Phy. Edn	SPORTS TRAINING.	Characteristics of Sports Training.	Power Point
9.	26.12.22	III year	Sports Training.	Speed Improvement.	U-tube video.
10.	12.01.23	III years.	Sports Training.	Components of Phy. Fitness.	Power Point.
11.	24.01.23	III year	Sports Training.	Endurance development.	U-Tube video
12.	7.2.23	III years.	Sports Training.	Improvement of Co-ordination.	Power Point

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Head, Department of Physical Education
J.J. College of Arts and Science (Autonomous)
Pudukkottai-622422

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J.J. College of Arts and Science
(Autonomous)
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Details of ICT Enabled Teaching Resources

Department : Physical Education

Academic Year : 2022 - 2023

Name of the Staff : S. SATHYAGANTHI

Semester : Odd / Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	18.12.22	I year phy.edu	Fitness Training and Nutrition	Fitness Training - Introduction	U-tube video
2.	27.12.22	I year phy.edu	Fitness Training and Nutrition	Nutrition flowchart introduction	power point
3.	9.01.23	I year phy.edu	Fitness Training and Nutrition	Carbohydrates, protein, fat, classification & its function	U-tube video
4.	30.1.23	I year phy.edu	Fitness Training and Nutrition	Weight management weight loss/weight gain	power point
5.	13.2.23	I year phy.edu	Fitness Training and Nutrition	Need and importance of hygiene	power point
6.	10.3.23	I year phy.edu	Fitness Training and Nutrition	Effect of alcohol and Tobacco	U-tube video
7.	14.12.22	III year phy.edu	Sports biomechanics	Importance of Biomechanics	power point
8.	2.1.2023	III year phy.edu	Sports biomechanics	Types of motion	U-tube video
9.	31.1.23	III year phy.edu	Sports biomechanics	Explain Newtons Law of motion	U-tube video
10.	3.2.23	III year phy.edu	Sports biomechanics	Type of force & friction	power point
11.	16.2.23	III year phy.edu	Sports biomechanics	Factor influencing equilibrium	power point
12.	2.3.23	III year phy.edu	Sports biomechanics	Biomechanical principles of throwing, walking, pulling	U-tube video

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Head, Department of Physical Education

J.J. College of Arts and Science (Autonomous)

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Dr. J. PARASURAMAN, M.A., M.B.A., M.C.A., M.Phil., B.Ed., Ph.D.

Principal

PRINCIPAL

J.J. College of Arts and Science (Autonomous)

J.J. Nagar, Sivapuram Post,

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Details of ICT Enabled Teaching Resources

Department : physical Education

Academic Year : 2022 - 2023

Name of the Staff : Mr. k. Dhayalan

Semester : [✓] Odd / ~~Even~~

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	5/07/2022	III Year	Sports kinesiology	Major Muscles functions	Youtube video
2	7/07/2022	III Year	Sports kinesiology	Classification of Joints	Power point
3	17/08/2022	III Year	Sports kinesiology	Dorsi flexion	Power point.
4	02/09/2022	III Year	Sports kinesiology	Wrist Joints	Youtube video
5	18/10/2022	III Year	Sports kinesiology	Mechanical analysis of walking	Power Point
6	28/07/2022	III Year	Modern Trends in Physical Education	Anabolic Steroids	Youtube video
7	16/08/2022	III Year	Modern Trends in Physical Education	Side effects of Doping	Power point
8	24/08/2022	III Year	Modern Trends in Physical Education	Applied Research	Power point
9	21/09/2022	III Year	Modern Trends in Physical Education	Different kinds of play area.	Youtube Video
10	6/10/2022	III Year	Modern Trends in Physical Education	Indoor Stadium	Youtube video

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Principal

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Details of ICT Enabled Teaching Resources

Department : physical education Academic Year : 2022 - 2023
Name of the Staff : Mr. V. Pradheepkumar Semester : Odd / Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	13.7.22	I year phy. edu	History and foundation of physical education	History of foundation Introduction	power point
2.	18.7.22	I year phy. edu	History & foundation of phy. edu	need and important Aim & objective in phy. edu	power point
3.	28.7.22	I year phy. edu	History & foundation of phy. edu	modern olympics.	u-tube video
4.	10.8.22	I year phy. edu	History & foundation of phy. edu	Leadership in phy. education	u-tube video
5.	23.8.22	I year phy. edu	History & foundation of phy. edu	Growth & development Age & gender characteristics	power point
6.	1.9.22	I year phy. edu	History & foundation of phy. edu	Sports awards and Honours	u-tube video
7.	14.9.22	III year phy. edu	Health Education	Principles of health education	power point
8.	22.9.22	III year phy. edu	Health Education	Health services in India	power point
9.	3.10.22	III year phy. edu	Health Education	communicable, non-communicable disease	u-tube video
10.	11.10.22	III year phy. edu	Health Education	overweight and obesity mental Health	u-tube video
11.	21.10.22	III year phy. edu	Health Education	personal health and wellness	power point
12.	28.10.22	III year phy. edu	Health Education	Blood donation	u-tube video.

V. Pradheepkumar
Signature of the Staff



K. Jagathis Babu
Head of the Department
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Head, Department of Physical Education
J.J. College of Arts and Science (Autonomous)
Pudukkottai-622422

P. Parasuraman
Principal
PRINCIPAL
J.J. College of Arts and Science
(Autonomous)
J.J. Nagar, Sivapuram Post,
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Details of ICT Enabled Teaching Resources

Department : Physical Education. Academic Year : 2022 - 2023

Name of the Staff : Dr. K. Jagathis Babu. Semester : ☒ Odd / ☐ Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	12.7.22	II B.Sc Phy-Edn.	Theories of Track & Field.	Track Events Sprint, Middle. L.D.	Power Point.
2.	15.7.22	II B.Sc Phy-Edn.	Theories of Track & Field.	Track Events. Sprint. Event (Sprint)	U-Tube video.
3.	21.7.22	III B.Sc Phy-Edn.	Theories of Track & Field.	Field Events. Throwing Events.	Power Point.
4.	1.8.22	III B.Sc Phy-Edn.	Theories of Track & Field.	Shot-put O-Pinion style.	U-Tube video.
5.	15.9.22	III B.Sc Phy-Edn.	Theories of Track & Field.	Horizontal jump. Techniques	U-Tube video
6.	12.10.22	III B.Sc Phy-Edn.	Theories of Track & Field.	Vertical jump. Measurement.	Power Point.
7.	5.8.22	II B.Sc Phy-Edn.	Methods in Physical Edn.	class Management.	Power Point.
8.	25.8.22	II B.Sc Phy-Edn.	Methods in Physical Edn.	Presentation Techniques.	E-Content video.
9.	7.9.22	II B.Sc Phy-Edn.	Methods in Physical Edn.	Physical Activities in the field of Phy-Edn.	Power Point.
10.	12.10.22	II B.Sc Phy-Edn.	Methods in Physical Edn.	Lesson plan. General & specific	Power Point.
11.	19.10.22	II B.Sc Phy-Edn.	Methods in Physical Edn.	Knock-out Fixtures.	U-Tube video.
12.	27.10.22	II B.Sc Phy-Edn.	Methods in Physical Edn.	League Fixtures.	U-Tube video.

Signature of the Staff



Signature of the Head of the Department

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Head, Department of Physical Education
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Dr. J. PARASURAMAN, M.A., M.D., Ph.D.

Principal

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Details of ICT Enabled Teaching Resources

Department : Physical Education **Academic Year** : 2022 - 2023
Name of the Staff : P. Catherine Joy Selvakumari **Semester** : Odd / Even

SL No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	13.12.22	I B.Sc. PE	officiating & Coaching.	Brief History of Basketball	PPT
2.	05.01.23	I. B.Sc PE	officiating & coaching	Basic skills of the game football	Youtube
3)	24.01.23	I. B.Sc PE	officiating & coaching	Basic rules & Regulation in the game volleyball	PPT.
4)	17/02/23	2. B.Sc PE	officiating & coaching.	Badminton skills	PPT
5)	13/02/22	II B.Sc PE	Sports physiotherapy	Guiding principles of physiotherapy	PPT
6)	27/12/22	II. B.Sc PE	Sports physiotherapy	Spinal Deviations	PPT
7)	20/1/23	II. B.Sc PE	Sports physiotherapy	Electro therapy devices	PPT
8)	21/02/23	II. B.Sc PE	Sports physiotherapy	Traction & it types	Youtube
9)	3/3/23	II. B.Sc PE	Sport physiotherapy	Equipment used in Exercise therapy	PPT.
10)	14/12/23	III. B.Sc PE	Athletic care & Rehabilitation	Posture & Values of good posture	you tube
11)	02/2/23	III. B.Sc PE	Athletic care & Rehabilitation	Therapeutic Exercise & it types	PPT
12)	22/2/23	III. B.Sc PE	Athletic care & Rehabilitation	principles pertaining sports Injuries	PPT

P. Catherine Joy Selvakumari
Signature of the Staff



Dr. K. Jagathis Babu
Head of the Department

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 Head, Department of Physical Education
 J.J. College of Arts and Science (Autonomous)
 Pudukkottai - 622422

Dr. J. Parasuraman
Principal

J.J. College of Arts and Science (Autonomous)
 J.J. Nagar, Sivapuram Post
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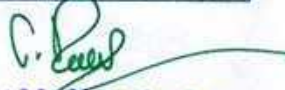
J.J. College of Arts and Science (Autonomous)**J.J. Nagar, Sivapuram Post, Pudukkottai****Details of ICT Enabled Teaching Resources****Department** : Physical Education**Academic Year** : 2022 - 2023**Name of the Staff** : R. Karthikeyan**Semester** : Odd / Even ☒

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	27/12/2023	III Year Phy. Edu	Safety Education and First Aid	Factors Contributing Safety	Power point
2,	10/01/2023	III Year Phy. Edu	Safety Education and First Aid	Home safety	Power point
3,	30/01/2023	III Year Phy. Edu	Safety Education and First Aid	Injuries For bones, Joints Muscles	Youtube video
4,	22/02/2023	III Year Phy. Edu	Safety Education and First Aid	Types of bleeding	Power Point
5,	28/12/2023	III Year Phy. Edu	Theories of major games	Kabaddi Measurements	Youtube video
6,	11/01/2023	III Year Phy. Edu	Theories of major games	Basketball skills and Fouls	Power Point
7,	16/02/2023	III Year Phy. Edu	Theories of major games	Hockey origin and History	Youtube video
8,	10/03/2023	III Year Phy. Edu	Theories of major games	Cricket Fundamental skills	Power point
9,	23/12/2023	II Year Phy. Edu	Fitness and Sports Innovation	skill based physical Fitness components	Youtube video
10	25/01/2023	II Year Phy. Edu	Fitness and Sports Innovation	Aging and Exercise	Power point
11	24/02/2023	II Year Phy. Edu	Fitness and Sports Innovation	Treadmill benefits	Youtube video
12	17/03/2023	II Year Phy. Edu	Fitness and Sports Innovation	Type of Water top Surface Sports	Power point.


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Head of the Department
Dr. K. JAGATHISBABU Ph.D
Head, Department of Physical Education
J.J. College of Arts and Science (Autonomous)
Pudukkottai-622422


Dr. J. PARASURAMA Principal, MCA
M.Phil, B.Ed, Ph.D

PRINCIPAL
J.J. College of Arts and Science
(Autonomous)
J.J. Nagar, Sivapuram Post,
PUDUKKOTTAI - 622422