


I B.Sc Physical Education, Health Education and Sports
 Bridge Course for the year I year. 2019-2022.
 Batch - 2019-2020.

		25/06	26/06	27/06	28/06	1-07-19	2-07-19	3-07-2019		
1.	K. Bhavithra	P	P	P	P	A	P	P		
2.	S. kavitha	P	A	P	P	A	P	A		
3.	R. sharmila	P	P	P	P	P	P	P		
4.	s. sharmila	P	A	P	P	P	P	P		
5.	m. Jothika	P	P	A	P	A	P	A		
6.	R. A Jay	P	P	A	P	P	P	P		
7.	k. Alithkumar	P	P	P	P	P	P	P		
8.	m. Arun	P	P	P	P	P	A	A		
9.	P. Arun Kumar	A	P	P	P	A	P	P		
10.	S. Bala kumaran	P	A	P	P	A	P	P		
11.	C. Deva Prakash	P	P	P	P	P	P	A		
12.	A. Grobi	A	P	P	A	P	P	P		
13.	R. Guna Sekaran	P	A	P	P	P	A	A		
14.	D. Gurusaran	P	A	P	A	P	P	P		
15.	A. Jega Deesan	P	P	A	P	P	A	A		
16.	m. Jegan	A	P	P	P	P	P	P		
17.	R. Kamalakkannan	P	A	P	P	A	P	A		
18.	s. Karan	P	P	A	A	P	F	A	P	
19.	T. Karthikeyan	A	P	P	A	P	P	A		
20.	k. Kiruthic	A	P	P	P	P	P	A	P	
21.	m. Kosalinaman	P	P	A	P	P	P	A		
22.	s. ma S. Logeswaran	P	A	P	P	A	A	P	P	
23.	P. madhan raj	P	P	A	P	P	P	A	P	
24.	m. madhvasudhan	P	P	P	P	P	P	A	P	
25.	A. mohan raj	P	P	A	P	P	P	A	A	
26.	A. Navarathnam	A	P	P	A	P	P	P		
27.	S. Nesamani	P	A	P	P	P	P	A	A	
28.	m. PALraj	P	P	P	A	P	P	P		
29.	R. Praba Karan	A	P	P	A	P	P	A	P	
30.	C. Praveen kumar	P	A	P	P	P	P	A	P	
31.	N. Rahul	P	P	P	A	P	P	P	A	

		25/11/19	26/11/19	27/11/19	28/11/19	11/07/19	21/07/19	30/07/19
32.	S. Sabareewaran	P	P	A	P	P	P	A
33.	R. Sabari Kumar	A	P	P	P	P	A	P
34.	M. Santhesh Kumar	P	A	P	A	P	A	P
35.	M. Manikandan	A	P	P	A	P	A	P
36.	D. Santhesh	P	P	A	P	A	P	P
37.	Gr. Santhesh Kumar	A	P	P	A	P	P	P
38.	M. Saranraj	P	P	A	P	P	A	P
39.	K. Setthuraman	P	A	P	P	P	A	A
40.	K. Siva	P	P	P	A	A	P	P
41.	P. Siva	P	P	A	P	A	P	P
42.	S. Sivakumar	P	P	P	A	P	A	P
43.	N. Sugan	P	A	P	P	A	P	P
44.	M. Swendar	A	P	P	A	A	P	P
45.	S. Suriya	P	P	P	A	P	A	P
46.	M. Tamil Maran	P	P	P	A	P	A	P
47.	V. Varatha Rajaperumal	A	P	P	A	P	A	P
48.	S. Veearamani	P	P	A	A	P	A	P
49.	V. Vemburaj	P	P	A	P	A	A	P
50.	V. Venkat Raman	P	A	A	P	A	P	P
51.	K. Vignesh	P	P	A	P	A	P	P
52.	M. Vignesh	P	P	A	P	A	P	P
53.	R. Vignesh	A	P	P	A	P	P	P
54.	K. Vignau	A	P	P	A	P	A	P
55.	M. Yogalypan	P	A	P	P	A	P	A
56.	Ponnusamy	A	P	P	A	P	A	P
57.	P. Manoj Kumar	P	P	A	P	A	P	A
58.	Pranaj	P	A	P	A	P	A	P
59.	R. Aravinth	A	P	A	P	P	A	P
60.	S. Senthilkumar	P	P	A	P	A	P	P
61.	R. Praveen Kumar	P	P	A	P	P	A	P


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I. B.Sc Physical Education,
Bridge Course for

Health Education & Sports.
1 year Batch 2019-2022

S.no	Name	Pre Test mark ²⁵	Post Test mark ²⁵
1.	K. Bharithara	07	16
2.	S. Kavitha	06	14
3.	R. Sharmila	08	16
4.	S. Sharmila	07	15
5.	M. Jothika	06	12
6.	R. AJAY	06	13
7.	K. Ajithkumar	07	16
8.	M. Azun	06	15
9.	P. Azun kumar	05	16
10.	S. Balakumaran	06	15
11.	C. Devaganesh	06	13
12.	A. Gobi	07	12
13.	R. Gunasekaran.	06	13
14.	D. Gurusaran	06	15
15.	A. Jegadeesan	05	14
16.	M. Jegan	06	13
17.	M. Kamalakkannan	07	12
18.	S. Karan	06	13
19.	T. Karthikeyan	07	14
20.	K. Kiruthick	07	16
21.	M. Kesalaivanan	06	15
22.	S. Logeswaran	07	12
23.	P. Madhanraj	08	11
24.	M. Madhava sudhan	07	15
25.	A. Mohanraj	06	16
26.	A. Navarathinam	05	16
27.	S. Nandhini	06	13
28.	M. Paboj	07	12
29.	R. Prabakarhan	06	12
30.	R. Praveenkumar	07	15
31.	C. Praveenkumar	06	13

S.no	Name	Pre test mark ²⁵	Post test mark ²⁵
32.	N. Rahul	08	17
33.	S. Sabareeswaran	07	16
34.	R. Sabarikumaran	06	15
35.	M. Santhosh Kumar	05	16
36.	Pl. Manikandan	07	16
37.	D. Santhosh	06	16
38.	G. Santhosh Kumar	05	17
39.	M. Saranraj	06	16
40.	K. Sethuraman	06	15
41.	K. Siva	06	14
42.	P. Siva	05	13
43.	S. Sivakumar	07	12
44.	N. Sugan	07	12
45.	M. Surendar	08	12
46.	S. Suriya	05	13
47.	M. Tamil Maran	07	15
48.	V. Varadharaaj Appumal	06	13
49.	S. Veeramani	06	12
50.	V. Vemburaj	07	13
51.	V. Venkataraman	08	14
52.	K. Vignesh	07	13
53.	M. Vignesh	06	12
54.	R. Vignesh	05	15
55.	K. Vishnu	06	16
56.	M. Yogaiyyan	06	13
57.	Pannusamy	07	12
58.	P. Manoj Kumar	05	15
59.	P. Pranal	06	14
60.	R. Aravindh	07	16
61.	S. Senthil Kumar	08	13

I. B.Sc Physical Education,
Health Education & Sports.
Bridge Course for I year Batch

2020-2023. - (online Mode) Attendance.

S.No	Name	7-9/20	8/9/20	9/9/20	10/9/20	11/9/20	14/9/20	15/9/20
1.	N. Gokila	P	P	A	P	P	A	P
2.	M. Ilakkiya	A	P	P	P	A	P	A
3.	A. Terlin Ruba	P	P	A	A	P	A	P
4.	K. Manimekalai	P	P	A	P	A	P	A
5.	M. Megani	P	A	P	P	P	A	P
6.	S. Pandi Senthika	P	A	P	P	A	P	A
7.	P. vishali	A	P	A	A	P	P	P
8.	K. vishalini	P	P	P	A	P	A	A
9.	S. Abimanyu	P	A	P	P	A	P	A
10.	K. Balasubramanian	P	P	A	P	A	P	A
11.	N. chandru	A	P	P	A	A	P	P
12.	S. Dhanaraj	P	A	A	P	P	P	A
13.	D. Dhanush	P	P	A	A	P	P	A
14.	R. Dhinalkaran	A	P	P	P	A	A	P
15.	P. Harikaran	P	P	A	A	P	P	A
16.	C. Harish paneer selam	A	P	P	P	A	A	P
17.	V. John Milton	P	A	A	P	A	P	P
18.	A. Karthick raja	P	P	P	A	P	A	P
19.	N. Kavinisan	A	A	P	P	P	P	A
20.	A. Logesh Kumar	P	P	A	P	A	A	P
21.	M. Mathavan	P	P	P	A	A	P	A
22.	P. Mukilan	P	A	A	P	P	P	P
23.	K. Prakash	A	P	P	A	A	P	P
24.	K. Praveen	P	A	P	P	P	P	A
25.	S. Rajesh	P	P	P	A	A	P	P
26.	AR. Ram Kumar	P	A	A	P	A	P	P
27.	R. Ruban raj	P	P	P	A	P	A	P
28.	M. Santhosh	A	P	P	P	A	A	P
29.	S. Santhosh	P	P	A	A	P	P	A
30.	K. Saravanan	A	A	P	P	A	P	P
31.	P. Selvam	P	P	A	A	P	P	P

1 year Bridge Course
(Outline Mode)

Attendance.

Sl. no	Name	7/1/20	8/1/20	9/1/20	10/1/20	11/1/20	12/1/20	15/1/20
32	S. Sribalaji	P	P	P	A	A	P	A
33	N. Surya	A	P	A	P	P	P	P
34	D. Thusyanth	P	P	P	P	P	A	A
35	P. Vigneswaran	A	A	P	P	A	P	P
36	A. Wasim Akram	A	P	A	P	P	A	P
37	M. Vasantha Kumar	P	A	P	P	A	P	A
38	S1. Sakthi Haris	P	P	A	A	P	P	A
39	M. Divagar	A	P	P	A	P	P	A
40	R. Ajay	P	A	P	P	A	P	



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I B.sc Physical Education, Health & Sports. Batch 2020 - 2023

(online mode)

25

25

Sl. No	Name	Pre test mark	Post test mark
1	N. Gokula	06	16
2	M. Ilakuya	08	15
3	A. Jerlin Ruba	05	12
4	K. Manimekalai	07	12
5	M. Megani	06	13
6	S. pandi Senthika	05	12
7	P. Vishali	07	16
8	K. Vishalini	08	12
9	S. Abimanyu	05	13
10	K. Bala Subramanya	05	14
11	N. Chandru	07	16
12	S. Dhanraj	06	13
13	D. Dhanush	08	15
14	R. Dhinaakoran	07	15
15	P. Haricharan	08	12
16	C. Harisharan Selvam	05	14
17	V. John Milton	06	14
18	A. Karthick raja	05	12
19	N. Karinesan	08	13
20	A. Logesh kumar	08	16
21	M. mathavan	07	15
22	P. Mukilan	05	12
23	K. Prakash	08	13
24	K. praveen	07	16
25	S. Rajesh	06	13
26	A.R. Ram kumar	05	12
27	R. Ruban raj	05	14
28	M. Santhosh	08	13
29	S. Santhosh	05	16
30	K. Saravanan	07	13
31	P. Selvam	06	17

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Sl.No	Name	25 pre test marks	25 post test mark
32	S. Sribalaji	06	17
33	N. Surya	05	16
34	D. Thusyanth	08	18
35	P. Vigneswaran	07	15
36	A. Wasim Akram	07	13
37	M. Vasantha Kumar	05	12
38	S. Sakthi Haris	06	14
39	M. Divagar	08	12
40	R. Ajay.	07	15

C.D.

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J.J College of Arts and science (Autonomous)

Pudukkottai.

Department of Physical Education

Syllabus for Bridge course

Unit – 1

Introduction – J.J. College of arts and science – Autonomous - Aim and Objectives – Courses offered – Department of Physical Education – Facilities.

Unit – 2

Review – +2 Subject and Education at school level – Higher Education and Education at Degree level – University – Importance to respective courses and Exams – Syllabus (General Nature) – I, II, III Year Syllabus.

Unit – 3


Introduction - I Year Syllabus – Bridging +2 level and First year Syllabus – Core Course – Allied Course – Major Based Electives (MBE) – Skill Based Electives (SBE) – IDC – Practical.

Unit – 4

CBCS System – Credits – Importance and advantages – Earning Credits – Part IV Activities – General instructions – Disciplines – Manners – Morals – behaviors – Respect to elders and Teachers.

Unit – 5

Attendance – Percentage – Permitted attendance – Condonation Assessment
Semester Exam – Internal Assessment – External Assessment – Grade System – Failures
Attendance – Percentage – Permitted attendance – Condonation
Scoring Marks – preparation for exams
High Marks and University Ranks – Rules and Regulations and Handling the Equipment.


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J.J. College of Arts and Science (Autonomous), Pudukkottai
Bridge course Examinations-September 2021
B.Sc. Physical Education, Health Education and Sports

Time: 30 min

Date: 24.09.2021


Marks: 25

Bridge course Pre -Test

Answer the Following (25 x1 = 25)

1. Which of the following is the vision of J.J College of Arts and Science?
 - a) Providing value based education
 - b) Globally compatible and skill oriented
 - c) Leading to their holistic development
 - d) All the above
2. Expand UGC
 - a) United Grand Commission
 - b) University Grand Commission
 - c) University Guarantee Commission
 - d) University Grand committee
3. JJ college of arts and Science comes under _____ colleges.
 - a) Autonomous
 - b) deemed university.
 - c) Government
 - d) None of the above
4. A collection of procedure used to collect information about students' learning progress is called:
 - a) Measurement
 - b) Assessment
 - c) Evaluation
 - d) None of these
5. Expand CBCS
 - a) Choice Based Credit System
 - b)Choice Basic Credit System
 - c)Choice Based Care System
 - d)Case Based Credit System
6. IGNOU stands for
 - a) Indira Gandhi National Open Universtiy
 - b) Indira Gandhi Non Open Universtiy
 - c) Indira Gandhi National Open Unity
 - d) Indira Gandhi National OpinionUniverstiy
7. Curriculum is a
 - a) Course
 - b)Syllabus
 - c) Co-cultural activities
 - d)Overall activities of the institute
8. Value education makes a student:
 - a)Good citizen
 - b) Popular teacher
 - c) Efficient manager
 - d) Successful businessman
9. Curriculum reflect the culture of
 - a) School
 - b) Home
 - c) Area
 - d) Society
10. A collection of procedure used to collect information about students' learning progress is called:
 - a) Measurement
 - b) Assessment
 - c) Evaluation
 - d)None of these
11. Grade system is a
 - a) Calculating academic credit
 - b)Evaluate the performance of students
 - c)None of these
 - d)All the above
12. Expand SBE
 - a)Skill Based Elective
 - b)Skill Basic Elective
 - c)Students Based Elective
 - d)Skill Based Elective




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

Bridge course Examinations July 2021

B.Sc. Physical Education, Health Education and Sports

Time: 30 min

Date: 05.10.2021

Marks: 25

Bridge course Post -Test

Answer the Following (25 x1 = 25)

1. What is the duration of a UG Programme?
a) 1 year b) 2 years c) 3 years d) 4 years
2. In Which year our college was established?
a) 1994 b) 1993 c) 1992 d) 1990
3. In which year our institution was conferred Autonomous status?
a) 2010 b) 2011 c) 2012 d) 2013
4. What are the main functions of Autonomous colleges?
a) Curriculum designing b) Conducting examination
c) Result Publications d) All of the above
5. J.J.College is affiliated to _____ University?
a) Bharathiar b) Alagappa c) Periyar d) Bharathidasan
6. Expand UG?
a) Unique Government b) Unique Graduate
c) Under Graduate d) Under Government
7. What is the minimum mark to score to pass in external exam?
a) 20 b) 25 c) 30 d) 40
8. Expand NAAC
a) National Assessment and Accrediation Council b) National Assessment and Acting council
c) National Assessment and Accrediation Committee d) None of these
9. NAAC is an autonomous institution under the aegis of:
a) UGC b) CSIR
c) AICTE d) ICSSR
10. Part-I is _____?
a) English b) Tamil c) Major d) Lab
11. Assessment for learning occurs :
a) end of the unit b) before teaching learning process
c) Throughout the learning process d) none of the above
12. ICT stands for :
a) Inter Connected Terminals b) Intera Common Terminology
c) International Communication Technology d) Information and Communication Technology

13. Curriculum is supposed to

- a) Change in individual behavior
- b) Preparation for service
- c) Personal satisfaction
- d) none of above

14. Component of Curriculum is:

- a) Teaching Strategies
- b) Objectives
- c) Evaluation
- d) All the above

15. Syllabus is a part of

- a) Curriculum
- b) Classroom
- c) Activity
- d) Society

16. Expand AICTE

- a) All India Council for Technical Education
- b) All Indian common for Technical Education
- c) All India Committee for Technical Education
- d) None of these

17. Our institution is recognized under which act under UGC?

- a) 12 B
- b) 2 f
- c) Both a & b
- d) None

18. The Purpose of Value Education is best served by focusing on

- a) Cultural practice in society
- b) Concern of Human Values
- c) Religious and cultural practice
- d) All of these

19. Expand MBE

- a) Major Based Elective
- b) Major Basic Elective
- c) Member Based Elective
- d) Major Basis Elective

20. Which is the best role of CGPA?

- a) Assessment of overall academic standing
- b) Grade point obtained to all subjects
- c) Both a & b
- d) None of these

21. Assessment is used to :

- a) improve future student learning
- b) analyze and synthesis of new information
- c) recall previous information
- d) All of the above.

22. Geographical and Climate Condition should be considered when planning

- a) Indoor Activities
- b) Outdoor Activities
- c) Child Activities
- d) Old People Activities

23. Dynamic strength is also known as .

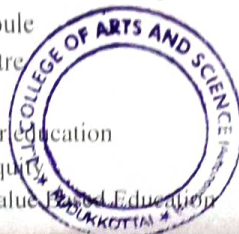
- a) Isometric
- b) Isotemic
- c) Isotonic
- d) Isokinetic

24. Which one the following unit measures the isometric strength of muscles?

- a) Kilogram
- b) Joule
- c) Pound
- d) Litre

25. Which of the following is the goal of higher education

- a) Access
- b) Equity
- c) Quality and Excellence
- d) Value Education



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