

**J.J. COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)
SIVAPURAM POST, PUDUKKOTTAI-622 422**

DETAILS OF ICT ENABLED TEACHING RESOURCES

Department: Physical Education,	Academic Year: 2021 - 2022
Name of the Staff: Dr. D. RAMAN,	Semester: odd. July to Nov

S.No.	Programme	Course	Date and Topic	Type of Tool(s) used
1.	III B.Sc. Physical Edu	SPORTS Kinesiology.	03.09.21. History and Role of Kinesiology.	PPT
2.	III B.Sc. Phy. Edu.	SPORTS Kinesiology.	07.09.2021. Classification of Joints and muscles	PPT
3.	III B.Sc Phy. Edu.	SPORTS Kinesiology.	14.09.2021. Structure and Function of Joints.	Vedio class
4.	III. B. Sc Phy. Edu.	SPORTS Kinesiology.	22.09.2021. Location, origin, insertion and action of muscles.	PPT
5.	III B.Sc Phy. Edu	SPORTS Kinesiology.	28.09.21. Axes and Planes of motions	Vedio class
6.	III. B. Sc Phy. Edu	SPORTS Kinesiology.	05.10.21. Multi Joint muscles.	Vedio class.
7.	III. B. Sc Phy. Edu	SPORTS Kinesiology.	13.10.21. Fundamental movements of at the Joints.	PPT.
8.	III B.Sc Phy. Edu	SPORTS Kinesiology.	20.10.21. Fundamental movements of walking, Running.	Vedio class
9.	III B.Sc Phy. Edu	SPORTS Kinesiology.	27.10.21. Fundamental movements of Jumping and Throwing.	Vedio class
10.	III B.Sc Phy. Edu	SPORTS Kinesiology	03.11.21. Fundamental movements of Pulling and Pushing.	Vedio class.

D. Raman
Signature of the Staff



K. Jagathisbabu
Head of the Department

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

J. Parasuraman
Principal

Dr. J. PARASURAMAN, M.A., M.B.A., M.Phil. B.Ed.
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DETAILS OF ICT ENABLED TEACHING RESOURCES

Department: <u>Physical Education,</u>	Academic Year: <u>2021-2022</u>
Name of the Staff: <u>Dr. D. RAMANI,</u>	Semester: <u>odd July to Nov,</u>

S.No.	Programme	Course	Date and Topic	Type of Tool(s) used
1.	III B.Sc Phy. Edu.	Modern Trends in Phy. Edu.	03.09.21. Teacher Training Programme in india.	PPT
2.	III B.Sc. Phy. Edu.	Modern Trends in Phy. Edu.	07.09.21. Placement opportunity in school level.	PPT
3.	III B.Sc. Phy. Edu.	Modern Trends in Phy. Edu.	09.09.21. Placement opportunity in college level.	PPT
4.	III B.Sc. Phy. Edu.	Modern Trends in Phy. Edu.	16.09.21. Influence of doping on performance.	Vedio class
5.	III B.Sc. Phy. Edu.	Modern Trends in Phy. Edu.	24.09.21. Side Effect of Doping.	Vedio class
6.	III B.Sc. Phy. Edu.	Modern Trends in Phy. Edu.	27.09.21. Types of Research	Vedio class
7.	III B.Sc. Phy. Edu.	Modern Trends in Phy. Edu.	29.09.21. Infrastructure Gymnasium, Swimming Pool.	Vedio class
8.	III B.Sc. Phy. Edu.	Modern Trends in Phy. Edu.	04.10.21. Infrastructure Indoor, wooden surface and	Vedio class.

D. Ramani
Signature of the Staff



K. Jagathis Babu
Head of the Department

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Head, Department of Physical Education
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G. Parasuraman
Principal

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DETAILS OF ICT ENABLED TEACHING RESOURCES

Department: <u>Physical Education.</u>	Academic Year: <u>2021-22.</u>
Name of the Staff: <u>Dr. K. Jagathis Babu.</u>	Semester: <u>Odd - July to Nov.</u>

S.No.	Programme	Course	Date and Topic	Type of Tool(s) used
1.	<u>II B.Sc Physical Edn.</u>	<u>Methods in Physical Edn.</u>	<u>4.09.2021. Presentation Techniques.</u>	<u>Power Point Presentation</u>
2.	<u>II B.Sc Phys. Edn.</u>	<u>Methods in Physical. Edn.</u>	<u>07.09.2021. Glass Management. General & specific</u>	<u>Power Point</u>
3.	<u>II B.Sc Phy. Edn.</u>	<u>Methods in Phy. Edn.</u>	<u>09.09.2021. Teaching aids.</u>	<u>Power Point</u>
4.	<u>B.Sc II Phy. Edn.</u>	<u>Methods in Phy. Edn.</u>	<u>16.09.2021. Various physical Activities in the field of Phy. Edn.</u>	<u>Power Point</u>
5.	<u>II B.Sc Phy. Edn.</u>	<u>Methods in Phy. Edn.</u>	<u>24.09.2021. General Lesson Plan.</u>	<u>Power Point</u>
6.	<u>II B.Sc Phy. Edn.</u>	<u>Methods in Phy. Edn.</u>	<u>27.09.2021. Particular Lesson Plans.</u>	<u>Power Point</u>
7.	<u>II B.Sc Phy. Edn.</u>	<u>Methods in Phy. Edn.</u>	<u>29.09.2021. Knock-out Fixtures.</u>	<u>video class</u>
8.	<u>II B.Sc Phy. Edn.</u>	<u>Methods in Phy. Edn.</u>	<u>01.10.2021. League Fixtures.</u>	<u>Video class</u>
9.	<u>II B.Sc Phy. Edn.</u>	<u>Methods in Phy. Edn.</u>	<u>04.10.2021. Merits & Demerits of</u>	<u>Power Point</u>
10.	<u>II B.Sc Phy. Edn.</u>	<u>Methods in Phy. Edn.</u>	<u>Knock-out & League Sports. Meet.</u>	<u>Power Point</u>
11.	<u>II B.Sc Phy. Edn.</u>	<u>Methods in Phy. Edn.</u>	<u>06.10.2021. Intraannual & Extramurals.</u>	<u>Power Point</u>
			<u>26.10.2021.</u>	

Dr. K. Jagathis Babu
Signature of the Staff



Dr. K. Jagathis Babu
Head of the Department
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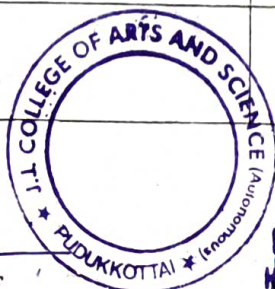
Dr. J. Parasuraman
Principal
PRINCIPAL

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DETAILS OF ICT ENABLED TEACHING RESOURCES

Department: Physical Education.	Academic Year: 2021-2022.
Name of the Staff: Dr. K. JAGATHIS BABU,	Semester: odd. July to Nov.

S.No.	Programme	Course	Date and Topic	Type of Tool(s) used
1.	III B.Sc Phy. Edn.	Theories of Track & Field.	4.09.2021. Classification of Events.	PPT
2.	III B.Sc Phy. Edn.	Theories of Track & Field.	09.09.2021. Amateurism & Professionalism.	PPT.
3.	III B.Sc Phy. Edn.	Theories of Track & Field	16.09.2021. Sprint Events & Crouch Start	video class
4.	III B.Sc Phy. Edn.	Theories of Track & Field	25.09.2021. Middle distance & Long distance	Video class
5.	III B.Sc Phy. Edn.	Theories of Track & Field	Jumping Events 30.09.21 L.J. H.J.	video class
6.	IV B.Sc Phy. Edn.	Theories of Track & Field.	Throwing Events, 7.10.21 and their stages.	Power Point.
7.	III B.Sc Phy. Edn.	Theories of Track & Field.	12-10-2021. Standard Track Marking.	video class
8.	III B.Sc Phy. Edn.	Theories of Track & Field.	21.10.2021. Combined Events.	Video class.
9.	III B.Sc Phy. Edn.	Theories of Track & Field	Stagger distance & Arc Start.	Power Point class.



K. Jagathis Babu
Signature of the Staff

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G.P.
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DETAILS OF ICT ENABLED TEACHING RESOURCES

Department: Physical Education	Academic Year: 2021 - 2022
Name of the Staff: P. Catherine Joy Selvakumari	Semester: V

S.No.	Programme	Course	Date and Topic	Type of Tool(s) used
1	B.Sc Phy. Edu Health Edu & Sports	Sports Psychology	(08.07.21) History of Sport psychology in India	PPT
2)	B.Sc. Phy. Ed Health Edu & Sports	Sports Psychology	(19.07.21) Branches of Sports Psychology	PPT
3	B.Sc phy. Ed Health Edu & Sports	Sports psychology	(06.08.21) Cognition	PPT
4.	B.Sc Phy. Ed Health Edu & sports	Sports psychology	(17.08.21) Theories of Perception.	PPT
5)	B.Sc phy. Ed Health Ed & Sports	Sports psychology	(28.08.21) Personality.	PPT
6)	B.Sc Phy. Ed Health Ed & Sport.	Sports psychology	(08.09.21) Motivation.	PPT
7)	B.Sc Phy. Edu Health Edu & Sports	Sports Psychology	(18.09.21) Emotional factors.	PPT
8)	B.Sc Phy. Edu Health Edu & Sports	Sports Psychology	(30.09.21) Theories of learning	PPT
9)	B.Sc. Phy Edu Health Edu & sports	Sports Psychology	(07.10.21) Sociology	PPT
10	B.Sc Phy Edu Health Edu & sports	Sports Psychology	(16.10.21) Leadership, Types, Qualities	PPT

P. Catherine Joy Selvakumari
Signature of the Staff



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Head of the Department Physical Education
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Dr. J. Parasuraman
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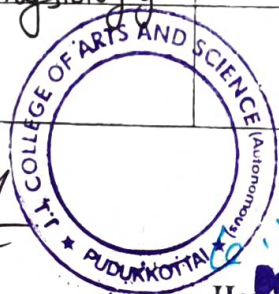
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DETAILS OF ICT ENABLED TEACHING RESOURCES

Department: Physical Education	Academic Year: 2021-22
Name of the Staff: P. Catherine Joy Selvakumari	Semester: III

S.No.	Programme	Course	Date and Topic	Type of Tool(s) used
1	B.Sc. Phy.Ed. Health. Edu & Sport	Human Anatomy & Physiology	(06.07.21) Subject Matters of Anatomy & Physiology.	PPT
2)	B.Sc. Phy.Ed. Health. Edu. & Sports	Human Anatomy & Physiology	(14.07.21) Tissues	PPT
3)	B.Sc. Phy.Ed. Health Edu. & Sports	Human Anatomy & Physiology	(27.07.21) Connective tissues	PPT
4.	B.Sc. Phy.Ed. Health Edu & Sports	Human Anatomy & Physiology	(4.08.21) Muscular Tissue, Nervous tissue	PPT
5	B.Sc. Phy.Ed. Health Edu. & Sports	Human Anatomy & Physiology	(13.08.21) Bones of Skull	PPT
6.	B.Sc Phy. Edu Health Edu & Sports	Human Anatom & Physiology	(28.08.21) Skeletal System.	PPT
7)	B.Sc Phy. Edu Health Edu. & Sports	Human Anatomy & Physiology	(04.09.21) Respiratory System	PPT
8	B.Sc Phy. Edu Health Edu & Sports	Human Anatomy & Physiology	(22.09.21) Circulatory System	PPT
9)	B.Sc phy. Edu Health Edu & Sports	Human Anatomy & Physiology	(05.10.21) Digestive System	PPT
10)	B.Sc. Phy. Edu Health Edu. & Sport	Human Anatomy & Physiology	(16.10.21) Bro Central Nervous System	PPT
11	B.Sc. phy. Edu Health Edu.	Human Anatomy & Physiology	(22.10.21) Endocrine System	PPT

P. Catherine Joy Selvakumari
Signature of the Staff



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Head, Department of Physical Education
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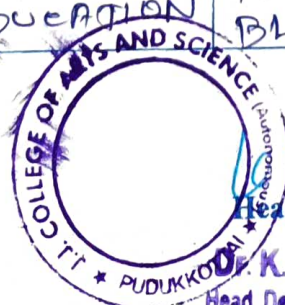
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Department: PHYSICAL EDUCATION	Academic Year: 2020-2021
Name of the Staff: M. ARIVAZHAGAN	Semester: V

S.No.	Programme	Course	Date and Topic	Type of Tool(s) used
1	B.Sc, PHY Edu. Health and Sports	HEALTH EDUCATION	(02-09-2021) Factors Influencing Health - Importance of Good Health.	PPT
2	B.Sc, PHY Edu-Health and Sports	HEALTH EDUCATION	(04-09-2021) Physical, Health characteri- stics of Physical, Healthy Person.	PPT
3	B.Sc, PHY Edu. Health and Sports	HEALTH EDUCATION	(07-09-2021) Functions of Food and Nutrition	PPT
4	B.Sc, PHY Edu Health and Sports	HEALTH EDUCATION	(09-09-2021) Occupational Health Occupational Hazards	PPT
5	B.Sc, PHY Edu Health and Sports	HEALTH EDUCATION	(14-09-2021) Food and Nutrition	PPT
6	B.Sc, PHY Edu Health and Sports	HEALTH EDUCATION	(16-09-2021) Classification of Food	PPT
7	B.Sc, PHY Edu-Health and Sports	HEALTH EDUCATION	(18-09-2021) Functions of Food	PPT
8	B.Sc, PHY Edu-Health and Sports	HEALTH EDUCATION	(21-09-2021) Balanced diet - Macro- -nutrition	PPT
9	B.Sc, PHY Edu-Health and Sports	HEALTH EDUCATION	(23-09-2021) Contemporary Health Problems	Vedio-clip
10	B.Sc, PHY Edu-Health and Sports	HEALTH EDUCATION	(25-09-2021) Disease - Communicable and Non-communicable Dis	PPT
11	B.Sc, PHY Edu-Health and Sports	HEALTH EDUCATION	(28-09-2021) Immunology - Mechanism and Definition.	PPT
12	B.Sc, PHY Edu-Health and Sports	HEALTH EDUCATION	(30-09-2021) Need and Importance of Blood donation.	PPT

M. Arivazhagan
Signature of the Staff



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Head of the Department

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J. Parasuraman

Principal

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