

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

Sivapuram (Po), Pudukkottai.622 422

Department of Physical Education

Criterion 2.3.4 Lesson Plan

SEMESTER: II SUB CODE: U2RPECC3
CREDIT: 5

SPORTS MANAGEMENT

Objectives

- To study and understand the fundamental concepts of organization and administration.
- To provide basic knowledge on competition organization, facilities & office management and supervision.

UNIT: I
Meaning of Organization and Administration-Procedures of Organization-Aim of Organization-Major phases of Administration.Meaning and Definition of Management -Functions of Management-Guiding principles of Management.Schemes of Management in Physical Education-School, Colleges-University- State.Physical Education Syllabus and Physical Education Periods.Supervision in Physical education-Qualities of a Supervisor.

UNIT: II
Play area in Schools and College- Facilities and Standard in Physical Education - Factors affecting Facilities and Standard-Location of Playfield (surface and its types) Suggestion for Planning and Constructing the Playfield-Care and Maintenance of Play ground. Gymnasium-Need for Gymnasium-Specification of Gymnasium-Purpose of the Gymnasium- (Gymnastics, yoga, weight training apparatus, Multi - Gym). Swimming Pool-Importance and Need of Swimming Pool-Types of Swimming Pool - Areas in a Swimming Pool-Purification of Water -Regulation to be Observed in the Swimming Pool.

UNIT: III
Sports Committee - Purchase Committee - Structure and Functions. Games and Athletic Equipments-Need for the Equipments-Types of Equipments. Indent Approval-Call for quotation- Comparative Statement- Purchase of Equipments. Care and Maintenance of Equipments -Stock Verification-Auction.

UNIT: IV
Finance and Budget- Model Physical Education Budget for a Year- Guiding Factors for the Preparation of Budget-Rules of Utilization of Games Fund. Records and Registers- AttendancePhysical Fitness-Stock-Accession-Auction-Issue Registers-Contingency.Files-Intramural-Extramural-Purchase-Miscellaneous Files.

UNIT: V
Teacher Education Courses in Physical Education- D.P.Ed; B.P.Ed and M.P.Ed.. Higher Education in Physical Education - M.Phil and Ph.D. Teaching careers- P.ET, PD, DPE, ADPE, DDPE, Assistant Professor, Associate Professor, Professor, Principal. Coaching Education Courses in Sports- Diploma in Sports Coaching, Master of Sports Coaching. Coaching careers-Coach, DSO, RSM, DGM and GM. Health related career- Fitness trainer, Gym Instructor and Sports therapist.

APRIL 2021 Time table II - SEMESTER

Day	1	2	3	4	5
Day-1					
Day-2	(M.A) Sports Manag				Practical
Day-3			(M.A) Sports Manag		"
Day-4		(M.A) Sports Manag			"
Day-5			(M.A) Sports Manag		
Day-6					

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Coaching careers coach

DSO → District Sport Officer

RSM → Rook Meeen Squarres


DGM → Diploma In Gymnasium
Manager

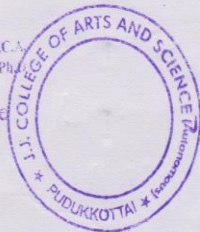
GM → Gym. manager

HEALTH RELATED CAREER

* Fitness Trainer

* Gym Instructor and Sport
Therapist


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Day order 6
Hour - 1

Date: 7.4.21

Girth

Purpose - To measure the girth of the various places.

Equipments - Measuring Tape & Score sheet

Procedure

- ⇒ Shoulder Girth
- ⇒ Chest Girth
- ⇒ Upper Arm Girth
- ⇒ Forearm Girth
- ⇒ Wrist Girth
- ⇒ Abdominal Girth
- ⇒ Waist Girth
- ⇒ Hip Girth
- ⇒ Calf Girth
- ⇒ Ankle Girth.

Width (Breadth)

- ⇒ Chest Breadth.
- ⇒ Hand Breadth
- ⇒ Foot Breadth.

P. Par
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Test Measurement and Evaluation in
Physical Education

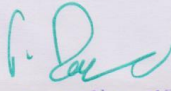
⇒ P. Catherine Joy Selvakumari

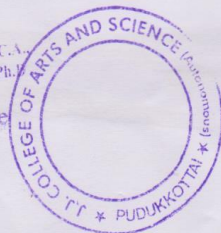
⇒ Asst. Prof

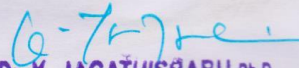
⇒ Test Measurement & Evaluation
in Physical Education

⇒ April - 2021

	1	2	3	4	5	
1	—		CJS	—		—
2	—			CJS		—
3	—					—
4	CJS					—
5	—		CJS			—
6	CJS					—


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Day order - 4

Hour. 2

Date: 17.12.20

Rajiv Gandhi Khel Ratna Award.

(1991-1992)

Rs. 25 Lakh Reward for sports by an Individual sports persons or a team.

Moulana Abdul Kalam Azad Trophy.
In the year 1956-57.

Rs. 15 Lakh Reward. In memory of Former Education minister of India.


Dhyan Chand Award.

In the year 2000.

Dhyan Chand award is India's highest award for life time achievement in sport and games. Given by the Government of India.

In memory of Indian Hockey player Dhyan Chand. He is a Hockey wizard.




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P. Catherine Jay Selvakumari
 Asst. Professor
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- ⇒ Department of Phy. Edu
- ⇒ P. Catherine Jay Selvakumari (Asst. Prof)
- ⇒ Foundation & History of physical Education

November 2020

Day/ Month	1	2	3	4	5
1			CJS		
2				CJS	
3					
4		CJS			
5	CJS				
6	CJS				

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K. Jagathi
 Dr. K. JAGATHISBABI, Ph.D.
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25/02/21. Types of Periodisation.

1. Single Periodisation.
2. Multiple Periodisation
 - Double
 - Triple Periodisation

Single Periodisation.

1. Preparatory Period - 01
2. Competition Period - 01
3. Transitional Period - 01
(one year)

Multiple Periodisation.

1. Double Periodisation.

- (Duration one year)
- Preparatory Period - 02
 - Competition Period - 02
 - Transitional Period - 02

Triple Periodisation.

- (one year)
- Preparatory Period - 03
 - Competition Period - 03
 - Transitional Period - 01



G. Day

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K. Jagathesababu

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III B.Sc Physical Education.
Health Education & Sports.

Year - 2020-2021.

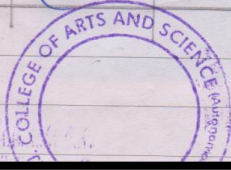
2021 - April - VI Semester.

Title : Sports Training (UGRIPECC18)

Name of the teacher - Dr. K. Jagathis Babu.
Asst Prof & Head.

	①	(Time table)	②	③	④	⑤
Day - 1			JB (SP. TR)			
Day - 2		←		(JB) (SP TR)	←	
Day - 3	JB (SP. TR)		←		→	
Day - 4		←	JB (SP. TR)	←		→
Day 5	JB (SP. TR)		←		→	
Day 6.		←		J.B (SP TR)	←	→

P. Jay
Dr. J. PARASURAMAN



K. Jagathis Babu
Dr. K. JAGATHISBABU