

J.J College of Arts and science (Autonomous)

Pudukkottai.

Department of Physical Education

Syllabus for Bridge course

Unit – 1

Academic Year - 2021-2022.

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.

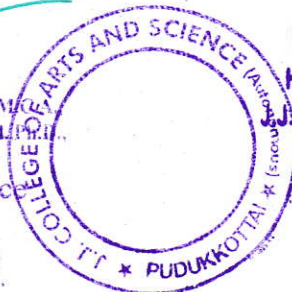
Unit – 4

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.

P.D.
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I B.sc physical Education, Health
Academic Year 2021-2022
(online mode)

Information and Sports

(offline mode)

Sl. No	Name	24.09.2021	25.09.2021	27.09.2021	28.09.2021	29.09.2021	30.09.2021	1.10.2021	2.10.2021	5.10.2021
1.	Mahalakshmi.S	P.	P	P	P	P	P	P	P	P
2.	Ajai.A	P.	A	P	P	A	P	P	P	P
3.	Ajeikumar.A	P.	P	A	P	P	P	P	P	P
4.	Anbalagan.A	P.	P	P	A	P	P	P	P	P
5.	Anbalagan.T	P.	P	P	P	A	P	P	P	P
6.	Avin.P	P.	P	P	P	P	P	P	P	P
7.	Inkatharamizhan.S	P.	P	P	P	P	P	P	P	P
8.	Jaiakash.T	P.	P	P	P	P	P	P	P	P
9.	Jegadeeshkumar.R	A.	P	P	A	A	P	P	A	A
10.	Karuppaiyah.S	1: Absent	-	-	-	-	-	-	-	-
11.	Madheswar.k	A.	P	P	P	A	A	P	A	A
12.	Maheswarani.S	P.	P	P	P	P	P	P	P	P
13.	Muthukumar.A	P.	P	P	P	P	P	P	P	P
14.	Muthukumar.P	P.	P	P	P	P	P	P	P	P
15.	Packiyaraj.V	P.	P	P	P	P	P	P	P	P
16.	Packiyaraj.K	P.	P	P	A	P	A	P	P	P
17.	Sathiesh Kumar.N	P.	P	P	P	A	P	P	P	P
18.	Subramanian.D	P.	P	P	P	P	A	P	P	P
19.	Thimichelvan.T	A.	A	P	P	P	P	P	A	A
20.	Vignesh.P	P.	P	P	P	P	P	P	P	P
21.	Yogeshwaran.P.	P.	P	P	A	A	P	P	P	P
22.	Zakshmanan.V	P.	P	P	A	P	A	P	A	P
23.	S. Rajesh	P.	P	P	P	P	P	P	P	P
24.	Mansoor Raza.M	P.	P	P	P	P	P	P	P	P
25.	Babu.R	P.	P	P	P	P	P	A	P	P
26.	Karthikeyan.R	P.	P	P	P	P	P	P	P	P
27.	Ravathi	P.	P	P	P	P	A	P	A	P
28.	Aravindan	P.	P	P	P	P	P	P	P	P
29.	Sudhija Prakash	P.	P	P	P	P	A	P	P	P
30.	Harikaran	P.	P	P	P	A	P	P	P	P
31.	Ramanar	P.	P	P	P	P	P	P	P	P



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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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13. UGC has recommended a _____ point grading system:
 a)10 b) 8
 c)15 d) 20
14. Expand IDC
 a) Interdisciplinary Course b)Interactive Course
 c)Intermediate Course d)Interaction Course
15. How many marks calculated for Internal Assessment
 a) 25 b)20
 c) 15 d)10
16. Result of students assessment can be used for:
 a) Clarifying the nature of the learning outcomes b)Providing short term goals to work toward
 c) Providing feedback concerning learning progress d) All of the above
17. Expand CGPA
 a) Cumulative Grade Point Average b) Cumulative Grace Point Average
 c) Cumulative Grade Percentage Average d) Current Grade Point Average
18. Which of the following is not comes under co-scholastic areas
 a) Subject b) Life skill
 c) Attitude and values d) Games and sports
19. Continuots and Comprehensive evaluation was initiated by :
 a) NCTE b) CBSE
 c) NCERT d)SCERT
20. The main purpose of Summative evaluation is
 a) To promote next higher class b) to provide rank to the student
 c) to provide grade to the student d) All of the above
21. Expand MBE
 a) Major Based Elective b) Minds Basic Elective
 c) Mimic Based Elective d) Mentality Based Election
22. The total number of officials required for kho-kho match is
 a) 6 b)2 c)5 d)3
23. Which types of test items are highly structured
 a) Oral test b) Essay type test
 c) Objective type test d)None of these
24. Which of the following is a component of Physical Fitness?
 a) Strength b) Speed
 c) Endurance d) All of these
25. Physical Activity is based on
 a) Social attribute b) Psychological tendency
 c) Biological necessity d) Philosophical concept


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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) Equity
b) Excellence
c) Value Based Education
d) Value Based Education


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Sl. No	Name	Pre test mark	post test mark
1.	Mahalakshmi . S	10	19
2.	Ajai . A	11	16
3.	Ajailkumar . A	8	10
4.	Anbalagan . A	12	16
5.	Anbalagan . T	15	16
6.	Arin . P	12	16
7.	Inbatnamizhan . S	11	15
8.	Jaiakash . J	11	16
9.	Jegadeesh Kumar . R	15	20
10.	Kazuppaiah	-	-
10.	Madheshwar . K	11	16
11.	Mahegowan . S	10	17
12.	Mothukumar . A	13	20
13.	Nandha kumar . P		20
14.	Packiyaraj . V	11	16
15.	Praakash . K	9	16
16.	satvish Kumar . N	14	17
17.	subramanian . D	10	18
18.	Thiruchelvam . T	9	12
19.	Vignesh . P	8	15
20.	Yogeshwaran . P	12	20
21.	Lakshmanan . V	13	17
22.	Rajesh . S	10	17
23.	Mansoor Raja . M	10	15
24.	Babu . R	12	20
25.	Mansoor Raja . M	11	20
26.	Karthikeyan . R	10	16
27.	Jayathi	10	18
28.	Sathya Prakash	10	17
	Harikaran	11	18
	Ramahan	12	20