


**J.J. College of Arts and Science (Autonomous)**  
**J.J. Nagar, Sivapuram Post, Pudukkottai**


**Details of ICT Enabled Teaching Resources**

**Department** : Phy. Education  
**Name of the Staff** : Dhayalan.K

**Academic Year** : 2021 - 2022  
**Semester** : I NOV - 2021 -

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	28/9/2021	I	Theories of Yoga & Gymnastics	"Yoga Sutra"	PPT
2	7/10/2021	I	Theories of Yoga & Gymnastics	Suryanamaskar	PPT
3	12/10/2021	I	Theories of Yoga & Gymnastics	Vajrasana, Halasana Dhanurasana	PPT
4	14/10/2021	I	Theories of Yoga & Gymnastics	Pranayama	PPT
5	15/10/2021	I	Theories of Yoga & Gymnastics	Karjas	You Tube
6	19/10/2021	I	Theories of Yoga & Gymnastics	Mudras	PPT
7	22/10/2021	I	Theories of Yoga & Gymnastics	Gymnastics SKMS	You Tube
8	25/10/2021	I	Theories of Yoga & Gymnastics	Concept of Pranayama	You Tube
9	27/10/2021	I	Theories of Yoga & Gymnastics	Nadi Sodhana	You Tube
10	29/10/2021	I	Theories of Yoga & Gymnastics	Kapalbhati	You Tube
11	10/11/2021	I	Theories of Yoga & Gymnastics	Sitali	You Tube
12	16/11/2021	I	Theories of Yoga & Gymnastics	Sutra Neti	You Tube

  
**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-622422

  
**Principal**  
**Dr. J. PARTHASARAMAN, M.A., M.B.A., M.C.A.**  
 M.Phil., B.Ed., Ph.D.  
**PRINCIPAL**  
 J.J. College of Arts and Science  
 (Autonomous)  
 J.J. Nagar, Sivapuram Post,  
 Pudukkottai - 622422

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**Details of ICT Enabled Teaching Resources**

**Department** : PHYSICAL EDUCATION  
**Name of the Staff** : V. PRATHEEP KUMAR

NOV  
**Academic Year** : 2021 - 2022  
**Semester** : I

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	01/10/2021	I. B.Sc. Phy. Edu	Foundation & History of P.E	Meaning of physical & of → ATMS Education	Powerpoint presentations (PPT)
2	08/10/2021	I. B.Sc Phy. Edu	Foundation & History of P.E	Body Types	PPT
3	09/10/2021	I. B.Sc Phy. Edu	Foundation & History of P.E	Biological principles of Physical Education.	PPT
4	11/10/2021	I. B.Sc Phy. Edu	SPORTS Management	Meaning, Functions of Management	Youtube
5	13/10/2021	I. B.Sc Phy. Edu	SPORTS Management	Procedure of organisation	Youtube
6	15/11/2021	I. B.Sc Phy. Edu	Foundation & History of P.E	Reciprocal Zimervation Intelligent Quotient	PPT
7	17/11/2021	I. B.Sc Phy. Edu	SPORTS Management	Administration Guiding principles of management.	PPT
8	19/11/2021	I. B.Sc Phy. Edu	Foundations & History of P.E	History of physical Education in ancient period.	Youtube
9	22/11/2021	I. B.Sc Phy. Edu	Foundations & History of P.E	History of physical Education in Modern World.	Youtube
10	23/11/2021	I. B.Sc Phy. Edu	SPORTS Management	Finance and budget physical Education budget	PPT
11	25/11/2021	I. B.Sc Phy. Edu	Foundations & History of P.E	OLYMPICS MOVEMENT	PPT
12	29/11/2021	I. B.Sc Phy. Edu	Foundations & History of P.E	National and International trophies	PPT

*V. Pratheep Kumar*  
**Signature of the Staff**

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

*V. Pratheep Kumar*  
**Principal**  
**J.J. PARASURAMAN, M.A., M.B.A., M.C.A**  
 M.Phil., B.Ed., Ph.D  
**PRINCIPAL**  
 J.J. College of Arts and Science  
 (Autonomous)  
 J.J. Nagar, Sivapuram Post,  
 PUDUKKOTTAI - 622

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**J.J. Nagar, Sivapuram Post, Pudukkottai**

**Details of ICT Enabled Teaching Resources**

Department : Physical Education  
 Name of the Staff : P. Catherine Joy  
 Selvakumari

Academic Year : 2021 - 2022  
 Semester : 2021 - November  
 (odd)

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	10.07.21	II B.Sc Phy.Edn	Human Anatomy & Physiology	Cell - structure & function	PPT
2	06.08.21	II B.Sc Phy.Edn	Human Anatomy & Physiology	Bones of skull & (Cranium & face)	PPT
3	08.09.21	II B.Sc Phy.Edn	Human Anatomy & Physiology	Structure of Heart Functions of heart, blood.	PPT
4	11.10.21	II B.Sc Phy.Edn	Human Anatomy & Physiology	Respiratory system Lungs, Trachea, bronchi & Alveoli.	PPT
5	26.10.21	II B.Sc Phy.Edn	Human Anatomy & Physiology	Digestive system Structure - function - parts.	PPT
6	03.11.21	II B.Sc Phy.Edn	Human Anatomy & Physiology	Types of Glands & it function.	PPT
7	09.07.21	III B.Sc Phy.Edn	Sports Psychology & Sociology	Branches of Sports psychology	PPT
8	12.08.21	III B.Sc Phy.Edn	Sports Psychology & Sociology	Theories of perception	PPT
9	31.08.21	III B.Sc Phy.Edn	Sports Psychology & Sociology	Motivation & it factors	PPT
10	23.09.21	III B.Sc Phy.Edn	Sports Psychology & Sociology	Importance of Sociology in the field of phy.Edn.	PPT
11	06.10.21	III B.Sc Phy.Edn	Sports Psychology & Sociology	Theories of Retention & forgetting.	PPT
12	30.10.21	III B.Sc Phy.Edn	Sports Psychology & Sociology	Leadership & it types.	PPT

*P. Catherine Joy*  
 Signature of the Staff

*C. Immanuel*  
 Head of the Department

*V. S. Senthil*  
 Principal

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

**J.J. PARASURAMAN, M.A., M.B.A., M.C.A., M.Phil., A.C., Ph.D**  
 PRINCIPAL  
 J.J. College of Arts and Science (Autonomous)  
 J.J. Nagar, Sivapuram Post, PUDUKKOTTAI - 622 422

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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 : 2021 - November  
 (odd)

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	4.9.21.	II B.Sc PE.	Methods in Phy. Edn.	Factors Influencing Methods	Power Point.
2.	7.9.21.	II B.Sc PE	Methods in Physical Education.	Principles of class Management & Teaching	Power Point.
3.	9.9.21	III B.Sc PE	Theories of Track & Field	Structure and Functions of IAAF.	Power Point.
4.	13.9.21	III B.Sc PE	Theories of Track & Field	Track Events Crouch Start.	U-Tube.
5.	17.9.21.	III B.Sc PE.	Theories of Track & Field	Visual & Non Visual Method in Relay	U-Tube.
6.	18.9.21.	II B.Sc P.E.	Methods in Physical Edn.	Lesson plan General	Power Point.
7.	24.9.21	II B.Sc PE.	Methods in Physical Edn.	Drawing Knock-out Fixtures.	U-Tube.
8.	25.9.21	III B.Sc PE	Theories of Track & Field.	Jumping Events Techniques	U-Tube.
9.	28.9.21	II B.Sc PE	Methods in Physical Edn.	Drawing League Fixtures, Cyclic Method	U-Tube
10.	01.10.21.	II B.Sc PE.	Methods in Physical Edn.	Sports Meet Standard, Non Standard.	Powerpoint.
11.	7.10.21	III B.Sc PE	Theories of Track & Field.	Throwing Events Techniques	U-tube.
12.	12.10.21	III B.Sc PE.	Theories of Track & Field.	Lay out of Standard Track.	Power Point.

*Signature*  
 Signature of the Staff

*Signature*  
 Head of the Department

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

*Signature*  
 Principal

**J. PARASURAMAN, M.A., M.B.A., M.C.A.**  
 M.Phil., B.Ed., P.E.D.  
 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 : 2021 - 2022  
 Name of the Staff : Dr. K. Jagathis Babu Semester : 2022 April  
 (Even)

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	24.02.22	II B.Sc Phy. Edn	Research & Statistics for Phy. Edn & Sports.	Research Proposal	Power Point.
2	28.02.22	II B.Sc P.E.	Research & Statistics for Phy. Edn.	Basic Research.	Power Point.
3	2.03.22	II B.Sc PE	Research & Statistics for PE	Applied Research & Action Research.	U-Tube.
4	09.03.22	II B.Sc PE.	Research & Statistics for PE	Formulation of Hypothesis.	Power Point.
5	15.03.22	II B.Sc P.E.	Research & Statistics for PE	Need and importance of Research in Physical.	Power Point.
6	22.03.22	II B.Sc PE	Research & Statistics for PE	Research Report.	U-Tube.
7	25.03.22	III B.Sc Phy. Edn.	Sports Training.	Principles of sports training.	Power Point.
8	01.03.22	III B.Sc PE	Sports Training.	Training Load. (Density, Intensity Volume)	U-Tube
9	10.03.22	III B.Sc PE	Sports Training.	Super Compensation Overload, Causes symptoms & Remedies.	U-Tube
10	16.03.22	III B.Sc PE.	Sports Training.	Types of Endurance	Power Point.
11	24.03.22	III B.Sc PE	Sports Training.	Technical Training	Power Point.
12	03.04.22	III B.Sc PE	Sports Training.	Principles of Planning.	Power Point.

*K. Jagathis Babu*  
 Signature of the Staff

*K. Jagathis Babu*  
 Head of the Department

*V. S. Srinivasan*  
 Principal

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



**DR. V. S. SRINIVASAN, 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 : 2021 - 2022  
 Name of the Staff : P. Catherine Joy Selvakumari Semester : 2022 April  
 Ever

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	23.02.22	VI B.Sc Phy.Edn	Sports Biomechanig	Need & Importance of Biomechanics inphy.Edn.	PPT
2	16.03.22	III B.Sc Phy.Edn	Sports Biomechanis	Types of Motion. Linear Kinematics.	PPT
3	11.04.22	III B.Sc. Phy. Edn	Sports Biomechanis	Force - Factor affecting force - types of force.	PPT
4	28.04.22	III B.Sc Phy.Edn	Sports Biomechanig	Equilibrium - types Lever - types.	PPT
5	04.05.22	III B.Sc Phy. Edn	Sports Biomechanis	Friction - types.	PPT
6	06.05.22	III B.Sc Phy.Edn	Sports Biomechanig	Biomechanical principles Applied in Running.	PPT
7	22.02.22	IV B.Sc Phy. Edn	Athletic Care & Rehabilitation	Posture - Values of Good posture & Drawback of bad posture	PPT
8	03.03.22	IV B.Sc Phy. Edn	Athletic Care & Rehabilitation	Deviation of Posture Kyphosis, Lordosis, Scoliosis.	PPT
9	24.03.22	III B.Sc Phy. Edn	Athletic Care & Rehabilitation	Rehabilitation Exercises Passive, Active, Assistive & Resistive.	Youtube
10	04.04.22	III B.Sc Phy. Edn	Athletic Care & Rehabilitation	Massage - Types Contra indication &	Youtube.
11	19.04.22	IV B.Sc Phy. Edn	Athletic Care & Rehabilitation	ultrasonic therapy. Shortwave diatheramy.	PPT
12)	09.05.22	III B.Sc Phy. Edn	Athletic Care & Rehabilitation	Techniques of strapping & Bandaging	Youtube

*P. Catherine Joy Selvakumari*  
 Signature of the Staff

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

*R. D. Parashuraman*  
 Principal  
**DR. PARASHURAMAN, M.A., M.B.A., M.C.A., M.Phil., B.Ed., Ph.D**  
 PRINCIPAL  
 J.J. College of Arts and Science (Autonomous)  
 J.J. Nagar, Sivapuram Post, Pudukkottai - 622 422

**J.J. College of Arts and Science (Autonomous)**  
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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 : 2022 - April  
 (Even)

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	24.02.22	II B.Sc Phy.Edn	sports physiotherapy	Need & Importance of Physiotherapy in the field of phy Edn.	PPT
2	09.03.22	II B.Sc Phy.Edn	Sports Physiotherapy	Cryotherapy - Ice towel Ice water immersion Ice bag	PPT
3	22.03.22	II B.Sc Phy.Edn	Sports physiotherapy	Massage - classification of Massage Manipulation	PPT
4	01.04.22	II B.Sc Phy.Edn	Sports. physiotherapy	Therapeutic movements Passive, Active, Assistive	PPT
5	11.04.22	II B.Sc phy. Edn	Sports. physiotherapy	Types of crutches.	PPT
6	28.04.22	II B.Sc Phy. Edn	Sports. Physiotherapy	Equipments used in Exercise therapy.	PPT
7	23.02.22	II B.Sc Phy. Edn.	Fitness & sports Innovation	Components of Physical Fitness & Wellness	PPT
8	16.03.22	II B.Sc Phy. Edn	Fitness & Sports Innovation	Fat - classification of fat.	PPT
9	23.03.22	II B.Sc Phy. Edn	Fitness & Sports Innovation	Aerobic & Anaerobic Exercises.	PPT
10	25.03.22	II B.Sc Phy. Edn	Fitness & Sports Innovation	Drug - Types of Drugs	PPT
11	28.04.22	II B.Sc Phy. Edn	Fitness & Sports Innovation	Types of watersurface. Sports.	PPT
12	09.05.22	II B.Sc Phy. Edn	fitness & sports Innovation.	Research Equipments.	PPT

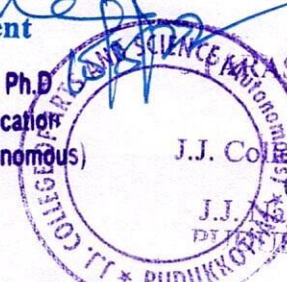
*P. Catherine Joy Selvakumari*  
 Signature of the Staff

*K. Jagathis Babu*  
 Head of the Department

*K. Suraman*  
 Principal

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

**K. SURAMAN, M.A., M.B.A., M.C.S.,  
 M.Phil., B.Ed., Ph.D**  
 PRINCIPAL  
 J.J. College of Arts and Science  
 (Autonomous)  
 J.J. Nagar, Sivapuram Post,  
 PUDUKKOTTAI - 622 422



**J.J. College of Arts and Science (Autonomous)**  
**J.J. Nagar, Sivapuram Post, Pudukkottai**

**Details of ICT Enabled Teaching Resources**

APR

Department : PHYSICAL EDUCATION

Academic Year : 2021 - 2022

Name of the Staff : V. PRATHEEP KUMAR

Semester : II

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	1/04/2022	III - B.Sc Phys. Edu	BIO-MECHANICS	Meaning, Definitions of Bio-Mechanics	Powerpoint Presentation PPT
2.	04/04/2022	III - B.Sc Phys. Edu	BIO-MECHANICS	Purpose of Bio-Mechanics in Physical Education	PPT
3.	06/04/2022	III - B.Sc Phys. Edu	BIO-Mechanics	Need and important of Bio-Mechanics	PPT
4.	08/04/2022	III - B.A TAMIL	IDC Health and First AID	Definition for Health Education	Youtube
5.	11/04/2022	III - B.A Tamil	IDC Health and First AID	Signs of good physical Health	Youtube
6.	13/04/2022	III - B.A Tamil	IDC Health and First AID	Sports and Fitness For Health in Life	PPT
7.	18/04/2022	III - B.Sc Phys. Edu	BIO-Mechanics in Sports	Motion - Definition, Meaning and types.	PPT
8.	27/04/2022	III - B.Sc Phys. Edu	BIO-Mechanics in Sports	Linear Motion, Rotatory Motion	Youtube
9.	28/04/2022	III - B.A Tamil	IDC Health and First AID	Suggestion by adults, Balance diet	PPT
10.	29/04/2022	III - B.A Tamil	IDC Health and First AID	Personal hygiene, Domestic hygiene	Youtube
11.	02/05/2022	(I) - B.Sc Phys. Edu	BIO-Mechanics	vibratory motion, general motion	Youtube
12.	06/05/2022	IV - B.Sc Phys. Edu	Theories of Games	Rules and Regulation of Games.	PPT

*V. Pratheep Kumar*  
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

*V. Pratheep Kumar*  
Principal  
SIVAPURAMAN, 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 : Phy. Education

Academic Year : 2021 - 2022

Name of the Staff : Dhayanidhi

Semester : VI

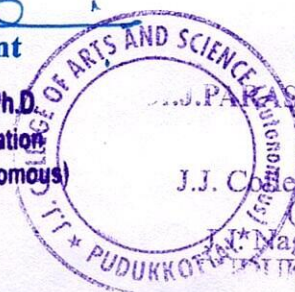
Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	24/2/2022	III	Sports Training	Principles of Sports Training	YouTube
2	28/2/2022	IV	Sports Training	Importance of Warm Up & Cooling down	PPT
3	03/03/2022	IV	Sports Training	Important Features of Training load	PPT
4	9/3/2022	IV	Sports Training	Strength	PPT
5	15/3/2022	IV	Sports Training	"Isometric, Isotonic, Isokinetic"	PPT
6	21/3/2022	IV	Sports Training	Endurance (Vo <sup>2</sup> Max)	PPT
7	23/3/2022	IV	Sports Training	Speed	PPT
8	30/3/2022	IV	Sports Training	Flexibility & Types	PPT
9	04/04/2022	IV	Sports Training	Types of Strength	PPT
10	14/4/2022	IV	Sports Training	Factors Determines Endurance	PPT
11	15/4/2022	IV	Sports Training	Fartlek Training	PPT
12	19/4/2022	IV	Sports Training	Intensity, Duration, Distance	YouTube

  
 Signature of the Staff

  
 Head of the Department

  
 Principal

**Dr. K. JAGATHISBABU Ph.D.**  
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 J.J. College of Arts and Science (Autonomous)  
 Pudukkottai-622422



**P. PARTHASARAMAN, M.A., M.B.A., M.L.S., M.Phil., B.Ed., P.L.L.**  
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**Details of ICT Enabled Teaching Resources**

**Department** : Phy. Education  
**Name of the Staff** : Dhayalan. K

**Academic Year** : 2021 - 2022  
**Semester** : II April

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	21/2/2022	I	Test, Measurement & Evaluation	Introduction of Test, Measurement	PPT
2	25/2/2022	I	Test, Measurement & Evaluation	Meaning, Definition Test, Measurement, Evaluation	PPT
3	4/3/2022	I	Test, Measurement & Evaluation	Classification of Test	YouTube
4	9/3/2022	I	Test, Measurement & Evaluation	Rating System	PPT
5	14/3/2022	I	Test, Measurement & Evaluation	Test Administration	PPT
6	17/3/2022	I	Test, Measurement & Evaluation	Physical Fitness Types of Phy. Fitness	YouTube
7	28/3/2022	I	Test, Measurement & Evaluation	Push Up Test	YouTube
8	30/3/2022	I	Test, Measurement & Evaluation	Pull Ups - or Chin Ups	PPT
9	2/4/2022	I	Test, Measurement & Evaluation	Sit & Reach Test	PPT
10	15/4/2022	I	Test, Measurement & Evaluation	Strooke Balance Stand Test	YouTube
11	25/4/2022	I	Test, Measurement & Evaluation	Newton motor ability Test	YouTube
12	28/4/2022	I	Test, Measurement & Evaluation	Medicine Ball put Zig-Zag Run	YouTube

*Dhayalan K*  
**Signature of the Staff**

*Dr. K. Jagathisbabu*  
**Head of the Department**

*S. P. Suraman*  
**Principal**

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

**PRINCIPAL**  
 S. P. SURAMAN, M.A., M.B.A., M.C.,  
 M.Phil., B.Ed., Ph.D.  
 J.J. College of Arts and Science  
 (Autonomous)  
 J.J. Nagar, Sivapuram Post,  
 PUDUKKOTTAI - 622 422