

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

J.J. Nagar, Sivapuram Post, Pudukkottai

2.3.2 Details of ICT Enabled Teaching Resources

Department : Physical Education. Academic Year : 2023 - 2024

Name of the Staff : Dr. K. Jagathis Babu. Semester : Odd / Even ✓

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	10.1.24	III B.Sc Phy. Edn	Sports Training	Physiological and Psychological Warming-up.	Power Point.
2.	28.1.24	III B.Sc Phy. Edn	Sports Training	Principles of Sports Training	Power Point.
3.	2.2.24	II B.Sc Phy. Edn	Methods in Physical Education.	Factors influencing Methods	E-content.
4.	14.2.24	II B.Sc Phy. Edn	Methods in Physical Education	Principles of class Management.	Power point.
5.	19.1.24	III B.Sc Phy. Edn	Sports Training	Training Load, Intensity, Density, volume.	Power Point.
6.	21.2.24	II B.Sc Phy. Edn	Methods in Physical Education	Types of Lesson plan. General & specific	Power Point.
7.	29.1.24	III B.Sc Phy. Edn	Sports Training	Iso metric, Isotonic, Iso kinetic Training	U-Tube video.
8.	30.1.24	III B.Sc Phy. Edn	Sports Training	Types of Endurance & Factors determining Endurance	Power point.
9.	2.4.2.24	II B.Sc Phy. Edn	Methods in Physical Education.	Tournaments. Knock-out, League	U-Tube Video.
10.	5.3.24	II B.Sc Phy. Edn	Methods in Physical Education.	Merits & Demerits of Knock-out & League	power Point.
11.	10.3.24	III B.Sc Phy. Edn	Sports Training.	Flexibility	Power Point. U-Tube video.
12.	10.3.24	III B.Sc Phy. Edn	Sports Training	Tactical Training, and Statergy.	Power Point.

Signature of the Staff



Head of the Department
Dr. K. JAGATHIS BABU Ph.D
Head Department of Physical Education
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Principal
Dr. J. PARASURAMAN, M.A, M.B.A, M.C.A, M.Phil, B.Ed, Ph.D
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J.J. College of Arts and Science (Autonomous)
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2.3.2 Details of ICT Enabled Teaching Resources

Department : Physical Education. Academic Year : 2023 - 2024
Name of the Staff : Dr. K. Jagathis Babu Semester : Odd / Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	17.08.23	B.Sc. PE I year.	History & Foundation of Physical Edn	Aim & objectives of Physical Education	Power point.
2.	13.09.23	B.Sc PE III year.	Theories of Track & Field.	Classification of Events.	Power Point
3.	22.09.23	B.Sc PE I year	History & Foundation of Physical Edn.	Physical Education in India after 1947	Power point
4.	19.10.23	B.Sc PE I year.	History & Foundation of Physical Edn.	Educational and Cultural Values of Olympics	Power Point.
5.	25.10.23	B.Sc. PE III year.	Theories of Track & Field.	Types of Finishing	U-Tube video.
6.	21.10.23	B.Sc PE II year	Theories of Track & Field.	Relay baton exchange Visual & No visual Method	U-Tube video.
7.	26.9.23	B.Sc PE I year.	History & Foundation of Physical Edn.	Body Types.	Power Point.
8.	20.8.23	B.Sc PE II year.	Theories of Track & Field.	Pumping techniques of L.J & T.J.	U-Tube video.
9.	2.4.8.23	B.Sc PE III year	Theories of Track & Field.	Combined Events	Power point.
10.	30.10.23	B.Sc PE I year.	History & Foundation of Physical Edn	Leadership in Physical Edn.	Power Point.
11.	25.10.23	B.Sc PE I year.	History & Foundation of Phy. Edn.	Awards and Honors	Power Point.
12.	27.10.23	B.Sc PE III year.	Theories of Track & Field.	Marking Techniques of 400mts & 200mts Track.	U-Tube video.

Signature of the Staff



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2.3.2 Details of ICT Enabled Teaching Resources

Department : physical Education

Academic Year : 2023 - 2024

Name of the Staff : S. SATHYAGANTHI

Semester : Odd / Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	23/06/2023	III B.Sc	Sports Biomechanics	Sports Biomechanics introduction	YouTube videos
2.	29/06/2023	III B.Sc	Sports Biomechanics	Types of Acceleration	power point
3.	30/06/2023	III B.Sc	Sports Biomechanics	Types of Newtons Law	power point
4.	05/7/2023	III B.Sc	Sports Biomechanics	Kinetics & Kinematics	vicky pedia
5.	10/7/2023	III B.Sc	Sports Biomechanics	Lever & Equilibrium	YouTube videos
6.	28/7/2023	III B.Sc	Sports Biomechanics	Biomechanical principles of Running, walking, throwing	YouTube videos
7.	09/08/2023	III B.Sc	Health education	Food and Nutrition introduction	power point
8.	11/08/2023	III B.Sc	Health education	Communicable and non-communicable diseases	powerpoint
9.	25/08/2023	III B.Sc	Health education	Personal health	vicky pedia
10.	28/08/2023	III B.Sc	Health education	Balanced diet	power point
11.	29/08/2023	III B.Sc	Health education	Complex carbohydrate vitamins	YouTube videos
12.	30/08/2023	III B.Sc	Health education	Effect of Alcohol.	power point

S. Sathyaganthi
Signature of the Staff



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Head of the Department
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J.J. College of Arts and Science (Autonomous)

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2.3.2 Details of ICT Enabled Teaching Resources

Department : physical education
Name of the Staff : S. SATHYAGANTHI

Academic Year : 2023 - 2024
Semester : Odd / Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	11/12/2023	I B.Sc	organization & Administration in phy. Edu	ORGANIZATION AND ADMINISTRATION INTRODUCTION	power point
2.	20/12/2023	I B.Sc	organization and Administration Phy. Edu	programme planning	you tube videos
3.	2/1/2024	I B.Sc	organization and Administration in phy. edu	function of management	you tube videos
4.	4/1/2024	I B.Sc	organization and Administration in phy. Edu	Tournament pictures	power point
5.	5/3/2024	I B.Sc	organization and Administration in phy. edu	Gymnasium	powerpoint
6.	20/3/2024	I B.Sc	organization and Administration in phy. edu	Supervision and Equipment	you tube videos
7.	19/12/2023	III B.Sc	safety education and first aid	SAFETY EDUCATION AND FIRST AID	vicky pedia
8.	21/1/2024	III B.Sc	safety education and first aid	Types of fractures	you tube
9.	18/1/2024	III B.Sc	Safety education and first aid	WOUNDS	power point
10.	29/1/2024	III B.Sc	Safety education and first aid	BLEEDING	vickypedia
11.	6/3/2024	III B.Sc	Safety education and first aid	poisoning	you tube videos
12.	21/3/2024	III B.Sc	Safety education and first aid	SNAKE BITE symptoms	power point

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2.3.2 Details of ICT Enabled Teaching Resources

Department : Physical Education
Name of the Staff : R. Karthikeyan

November
Academic Year : 2023 - 2024
Semester : Odd / Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1	26.06.2023	III - B.Sc Phy. Edu	Modern trend in Physical Education	Avenues for placement in School	PPT
2	9.07.2023	II - B.Sc Phy. Edu	Modern trend in Physical Education	Blood Doping	PPT
3	17.07.2023	III B.Sc Phy. Edu	Modern trend in Physical Education	Side effects of Doping	Youtube
4	2.08.2023	III - B.Sc Phy. Edu	Modern trend in Physical Education	Types of Research	PPT
5	22.08.2023	III - B.Sc Phy. Edu	Modern trend in Physical Education	The compulsory Physical Education Programme in School	Youtube
6	9.10.2023	III - B.Sc Phy. Edu	Modern trend in Physical Education	Types of Play Fields	PPT
7	21.06.2023	II B.Sc Phy. Edu	Officiating and coaching - II	Amateurism and Professionalism	PPT
8	3.07.2023	II B.Sc Phy. Edu	Officiating and coaching - II	Types of Finishing	PPT
9	18.07.2023	II B.Sc Phy. Edu	Officiating and coaching - II	Jumping events	Youtube
10	7.08.2023	II B.Sc Phy. Edu	Officiating and coaching - II	Combined events	PPT
11	31.08.2023	II B.Sc Phy. Edu	Officiating and coaching - II	Types of running surface	Youtube
12	03.10.2023	II B.Sc Phy. Edu	Officiating and coaching - II	Basic Rules in track events	PPT


Signature of the Staff




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2.3.2 Details of ICT Enabled Teaching Resources

April

Department : Physical Education

Academic Year : 2023 - 2024

Name of the Staff : R. Karthikeyan

Semester : ~~Odd~~ / Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	3.1.2024	II B.Sc Phy.Edu	Athletic care Rehabilitation	Types of Massage	PPT
2.	19.1.2024	II B.Sc Phy.Edu	Athletic care Rehabilitation	Causes of Good Posture	PPT
3.	9.2.2024	II B.Sc Phy.Edu	Athletic care Rehabilitation	Principle of Heat & Cold application	Youtube
4.	07.03.2024	II B.Sc Phy.Edu	Athletic care Rehabilitation	Techniques of Strapping and Bandaging	PPT.
5.	9.1.2024	III B.Sc Phy.Edu	Theories of Major games	Fundamental Skills in kho-kho	PPT
6.	2.2.2024	III B.Sc Phy.Edu	Theories of Major games	System of Play in Handball	Youtube
7.	6.3.2024	III B.Sc Phy.Edu	Theories of Major games	Origin and History in Football	Youtube
8.	8.3.2024	III B.Sc Phy.Edu	Theories of Major games	Fundamental Skills in Hockey	PPT
9.	4.1.2024	I B.Sc Phy.Edu	Theories of games and sports-II	Layout of Volley ball court	PPT
10.	9.1.2024	I B.Sc Phy.Edu	Theories of games and sports-II	Brady Volleyball Test	PPT
11.	13.2.2024	I B.Sc Phy.Edu	Theories of games and sports-II	Basic skill in kho-kho	Youtube
12.	5.3.2024	I B.Sc Phy.Edu	Theories of games and sports-II	McDonald Soccer Test	PPT

Signature of the Staff



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2.3.2 Details of ICT Enabled Teaching Resources

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

April
Academic Year : 2023 - 2024
Semester : Odd / Even

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	9.1.24	III. B.Sc. Phy. Edn	Athletic Care & Rehabilitation	Kyphosis, Lordosis Scoliosis	PPT
2.	2.2.24	III. B.Sc. Phy. Edn.	Athletic Care & Rehabilitation	Types of Massage	PPT
3.	6.3.24	III. B.Sc. Phy. Edn	Athletic Care & Rehabilitation	Infrared, ultrasound & shortwave therapy	PPT.
4.	4.1.24	II. B.Sc. Phy. Edn	Sports Training	Speed & Strength - Types & Method of improving	You tube.
5.	19.1.24	II. B.Sc. Phy. Edn	Sports Training	Flexibility & Co-ordination - Types & Method of improving	You tube.
6.	29.1.24	II. B.Sc. Phy. Edn.	Sports Training	Periodization - Types of Periodisation	PPT.
7.	13.2.24	II. B.Sc. Phy. Edn.	Test and Measurement.	AAPHERED YOUTH PHYSICAL FITNESS TEST	You tube.
8.	20.2.24	II. B.Sc. Phy. Edn	Test and Measurement	Johnson Basketball test Mc. donald soccer test	P. PT.
9.	07.3.24	II. B.Sc. Phy. Edn	Test and Measurement.	Height, Weight, Length, Girth, & Physiological measurement	PPT
10.	9.1.24	I. B.Sc. Phy. Edn	Anatomy & Physiology	classification of Bones & Joints.	PPT
11.	21.2.24	I. B.Sc. Phy. Edn	Anatomy & Physiology	Digestive system	PPT
12.	5.3.24	I. B.Sc. Phy. Edn.	Anatomy & Physiology.	Circulatory System	PPT

P. Cath Joy Selva
Signature of the Staff



Dr. R. Jagathis Babu
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2.3.2 Details of ICT Enabled Teaching Resources

November

Department : Physical Education

Academic Year : 2023 - 2024

Name of the Staff : P. Catherine Joy
SelvakumariSemester : Odd / ~~Even~~

Sl. No.	Date	Class	Course Title	Topic	Type of ICT Tool(s) used
1.	16.8.23	I.B.Sc. Phy.Edn	Theories of Games & sports-I	Basketball game fouls & Violation	You tube.
2.	12.9.23	I.B.Sc. Phy.Edn	Theories of Games & sports-I	Kabaddi offensive & defensive skills	P.PT
3.	21.9.23	I.B.Sc. Phy.Edn	Theories of Games & sports-I	Layout of Basketball Kabaddi, Badminton court	video
4.	20.10.23	I.B.Sc. Phy.Edn	Theories of Games & sports-I	Basic skills in Badminton game	PPT.
5.	26.6.23	II.B.Sc. Phy.Edn	Introduction to Anatomy & Physiology	Cell structure, Cell division mitosis	PPT
6.	1.8.23	II.B.Sc. Phy.Edn	Introduction to Anatomy & Physiology	Bones of the Skull	PPT
7.	5.9.23	II.B.Sc. Phy.Edn	Introduction to Anatomy & Physiology	Respiratory system Lung volumes & capacity	PPT
8.	26.9.23	II.B.Sc. Phy.Edn	Introduction to Anatomy & Physiology	Kidney structure & function	PPT
9.	20.10.23	II.B.Sc. Phy.Edn	Introduction to Anatomy & Physiology	Types of Glands	PPT
10.	24.8.23	III.B.Sc. Phy.Edn	Psychology & Sociology	Branches of sports Psychology	PPT.
11.	26.9.23	III.B.Sc. Phy.Edn	Psychology & Sociology	Learning theory.	PPT
12.	17.10.23	III.B.Sc. Phy.Edn	Psychology & Sociology	Emotion factors	PPT.

P. Catherine Joy
Signature of the Staff

L. Jagathis Babu
Head of the Department
Dr. K. JAGATHISBABU Ph.D
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