



Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

SCHOOL OF ARTS

Date: 25.06.2018

CIRCULAR

Sub : Organising Value added Course: Certificate Training Program on Volley Ball - Reg.

With reference to the above mentioned subject, we bring it to your notice that School of Arts, Bharath Institute of Higher Education & Research is organising **Value added course "Certificate Training program on Volley Ball"**. The syllabus and registration form is enclosed below. The candidates those who are interested to join must fill the registration form and submit to the Course Coordinator Dr.Kalaiyarasu. T, Department of Microbiology on or before 04.07.2018. The Registration form received after the mentioned date shall not be entertained under any circumstances.

Encl: A copy of Syllabus & Registration form

Copy To:

- 1.All HODs
- 2.Office File/ Notice Board
- 3.Course Coordinator


Dean Faculty of Arts & Science
Bharath Institute of Higher Education & Research
(Declared as Deemed to be University U/S 3 of UGC Act, 1956)
Chennai-600 073, INDIA



Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 01.09.2018

Name : Shalini . S.
Reg. No. : U18BC010
Gender : Female
Department : B.com
Year : 2018
Contact No. : 9884343619
Email ID : shalini321@gmail.com
Course Applied for : Certificate training programme on Volley ball


Signature



Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 1.09.2018

Name : DILIP.M
Reg. No. : UI8SC048
Gender : Male
Department : BSc - Computer Science
Year : 2018
Contact No. : 8939241315
Email ID : dilip25@gmail.com
Course Applied for : Short term programme on Volley ball

H. Dilip.
Signature



Bharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

SCHOOL OF ARTS

Value Added Course

Courses on Certificate training program on Volley Ball

Syllabus

Historical development of Volleyball at international and national level , Modern trends and developments in volleyball, Organization of FIVB and the confederation, The congress, the board of administration, executive committee, the international commissions, the Permanent Secretariat, the continental confederations.

Selection of a team and conduct of a camp, Playfield technology - planning, construction and maintenance of the Volleyball court. Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing and commentary.

Latest rules, and their interpretations Techniques of coaching – pep talk, coaching- pre match, during and post match, individual and group coaching. Evaluation of player's performance during matches.

Prerequisites of preparation and training-Theory of volleyball training process. General and specific warming up and cooling down (specific exercises for volleyball). Principles of warming up and cooling down and their effects.

Basic skills and techniques-The serve – underhand, tennis, jump and serve, overhead float, Forearm passing, Overhead passing, Spiking / attack, Blocking, Preparation, pre-contact movement, contact.

The court defense – general characteristics, position specific and other defense drills. Lead - up games for beginners in volleyball.

Development of motor components with specific reference to volleyball. Development of volleyball specific fitness components.

Bharath Institute of Higher Education & Research

School of Arts

Lesson Plan

Value Added Course: Courses on Certificate training program on Volley Ball				
S.No	Date	Topic	Time	Hour
1	09.7.2018	Historical development of Volleyball at international and national level , Modern trends and developments in volleyball,	10 AM-12.00 PM	2
2	14.7.2018	Organization of FIVB and the confederation, The congress, the board of administration, executive committee,	10 AM-11.00 AM	1
3	15.7.2018	the international commissions, the Permanent Secretariat, the continental confederations.	10 AM-11.00 AM	1
4	21.7.2018	Selection of a team and conduct of a camp, Playfield technology - planning, construction and maintenance of the Volleyball court	10 AM-12.00 PM	2
5	22.7.2018	Conduct of a tournament, Short-term and long-term planning for organization of a competition, Report writing and commentary.	10 AM-12.00 PM	2
6	28.7.2018	Latest rules, and their interpretations Techniques of coaching	10 AM-11.00 AM	1
7	29.7.2018	pep talk, coaching- pre match, during and post match, individual and group coaching	10 AM-12.00 PM	2
8	04.8.2018	Evaluation of player's performance during matches.	10 AM-12.00 PM	2
9	05.8.2018	Prerequisites of preparation and training-Theory of volleyball training process,	10 AM-12.00 PM	2
10	11.8.2018	General and specific warming up and cooling down (specific exercises for volleyball),	10 AM-12.00 PM	2
11	12.8.2018	Principles of warming up and cooling down and their effects.	10 AM-12.00 PM	2
11			10 AM-12.00 PM	
12	18.8.2018	Basic skills and techniques-The serve – underhand, tennis, jump and serve, overhead float,	10 AM-12.00 PM	2
13	19.8.2018	Forearm passing, Overhead passing, Spiking / attack, Blocking,	10 AM-11.00 AM	1
14	25.8.2018	Preparation, pre-contact movement, contact.	10 AM-12.00 PM	2
15	26.8.2018	The court defense – general characteristics, position specific and other defense drills	10 AM-12.00 PM	2
16	01.9.2018	Lead - up games for beginners in volleyball. Development of motor components with specific reference to volleyball,	10 AM-12.00 PM	2
17	02.9.2018	Development of volleyball specific fitness components.	10 AM-12.00 PM	2

Bharath Institute of Higher Education & Research

School of Arts

Course TimeTable

Value Added Course: Certificate training program on Volley Ball Course Duration:30 Hrs

S.No	Date	Time	Hour
1	09.7.2018	10 AM-12.00 PM	2
2	14.7.2018	10 AM-11.00 AM	1
3	15.7.2018	10 AM-11.00 AM	1
4	21.7.2018	10 AM-12.00 PM	2
5	22.7.2018	10 AM-12.00 PM	2
6	28.7.2018	10 AM-11.00 AM	1
7	29.7.2018	10 AM-12.00 PM	2
8	04.8.2018	10 AM-12.00 PM	2
9	05.8.2018	10 AM-12.00 PM	2
10	11.8.2018	10 AM-12.00 PM	2
11	12.8.2018	10 AM-12.00 PM	2
12	18.8.2018	10 AM-12.00 PM	2
13	19.8.2018	10 AM-12.00 PM	2
14	25.8.2018	10 AM-11.00 AM	1
15	26.8.2018	10 AM-12.00 PM	2
16	01.9.2018	10 AM-12.00 PM	2
17	02.9.2018	10 AM-12.00 PM	2

Bharath Institute of Higher Education & Research
School of Arts
Students Registration List
Value Added Course: Certificate Training Program on Volley Ball

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U18MI024	MAGLIN NAGOMI V	BSC-MICRO
2	U18MI025	KASTHURI S	BSC-MICRO
3	U18MI026	ESWARI G	BSC-MICRO
4	U18BS023	AJAA PA	BSC-BIOTECH
5	U18BS020	DURGA BHAVANI S	BSC-BIOTECH
6	U18PS022	MADHUPRIYA S	BSC-PHYSICS
7	U18PS023	JASTUSBABU N	BSC-PHYSICS
8	U18CI018	SATHYARAJ G	BSC-CHEM
9	U18CI019	SANTHOSH S	BSC-CHEM
10	U18CI020	AJITH PRAKASH G	BSC-CHEM
11	U18CI021	THANGAMANIKANDAN K	BSC-CHEM
12	U18CI022	SURENDHAR G	BSC-CHEM
13	U18MA010	AYENDRILA SENGUPTA	BSC-MATHS
14	U18MA011	SANDHIYA K	BSC-MATHS
15	U18MA012	RAJKUMAR R	BSC-MATHS
16	U18MA013	SUSHMITHA P	BSC-MATHS
17	U18SC051	KANIMOZHI R	BSC-COMP
18	U18SC045	SAJIN V	BSC-COMP
19	U18SC046	DINESH B	BSC-COMP
20	U18SC048	DILIP M	BSC-COMP
21	U18SC049	HARIHARAN V	BSC-COMP
22	U18SC050	MOHAN RAJ D	BSC-COMP
23	U18CA033	NARESHKUMAR S	BCA
24	U18CA034	SAIRAM M	BCA
25	U18CA035	SURYA S	BCA
26	U18CA036	MANOJKUMAR B	BCA
27	U18CA037	IRFAN M	BCA
28	U18CA038	RICKY DANIEL R	BCA
29	U18CA039	AUBREY JUDE PHILBERT	BCA
30	U18CA040	AJAY D	BCA
31	U18BC001	SRIRAM K	B.Com
32	U18BC002	SIDDHARTHA V	B.Com
33	U18BC003	DIVYA G	B.Com
34	U18BC004	PARTHIBAN M	B.Com
35	U18BC005	DEVENDRAN R	B.Com
36	U18BC006	BHUVANESHWARI L	B.Com
37	U18BC007	KARTHICKRAJ G	B.Com
38	U18BC008	JAYAPRIYA M	B.Com
39	U18BC009	ANNAPOORANI R	B.Com
40	U18BC010	SHALINI S	B.Com



Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

SCHOOL OF ARTS

Course Feedback Form

Value Added Course

Date: 01.09.2018

Course Title: Certificate Training program on Volley Ball

Name : DIVYA.G.
Reg. No. : U18BC003
Department : B.Com

S.No.	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied)						
1.	Objectives of the course clear to you					✓
2.	Course contents met with your expectations					✓
3.	Lecture sequence was well planned					✓
4.	Lectures were clear and easy to understand				✓	
5.	Teaching aids were effective					✓
6.	Instructors encourage interaction and were helpful				✓	
7.	The level of the course					✓
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give Suggestion for the improvement of the course :

very well organised valley ball
programme.

Divya.G.
Signature



Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

SCHOOL OF ARTS

Course Feedback Form

Value Added Course

Date: 01.09.2018

Course Title: Certificate Training program on Volley Ball

Name : Ajay.D
Reg. No. : V18CA040
Department : BCA

S.No.	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied)						
1.	Objectives of the course clear to you					
2.	Course contents met with your expectations					
3.	Lecture sequence was well planned					
4.	Lectures were clear and easy to understand					
5.	Teaching aids were effective					
6.	Instructors encourage interaction and were helpful					
7.	The level of the course					
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give Suggestion for the improvement of the course :

D. Ajay.D
Signature



Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

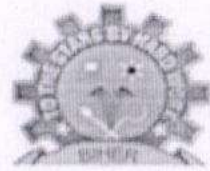
(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

SCHOOL OF ARTS



Name of the course	Certificate Training program on Volley Ball
Handled by	Dr. Kalaiarasan. T Asst. Prof, Department of Microbiology School of Arts, BIHER.

u.



Bharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

School of Arts

CERTIFICATE OF PARTICIPATION

This is to certify that

MAGLIN NAGOMI V

has participated in the Certificate Training Program on Volley Ball, conducted by School of Arts, BIHER, from July 09, 2018 to September 02, 2018.

T. Kalaiyarasu

Dr. T. Kalaiyarasu

Course Co-ordinator

K. E. Vivekanandhan

Dr. K.E. Vivekanandhan

Convenor

A. Muthukumaravel

Dr. A. Muthukumaravel

Dean - Arts and Science