



**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**

**CIRCULAR**

**Sub: Organising Value added Course: Short term Courses on Sports science - I- 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 "Short term Courses on Sports Science"**. 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 Asst. Prof. Indra Lakshmi, Department of Arts on or before 18.06.2019. 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**  
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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 & Research**  
**School of Arts**  
**Lesson Plan**

Value Added Course: Short Term courses on Sports Science			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	18.06.2019	Meaning of Physiotherapy, Scope and utility of physiotherapy, Physiotherapy insprain, strain, muscle pull, muscle soreness, Hydrotherapy, meaning, precaution ingiving the hydrotherapy, Benefits of hydrotherapy.	2.00-3.00p.m	1
2	20.06.2019	Massage: Meaning and importance in sports, Physical benefits of massage with itsutility in sports, Electrotherapy: Meaning & Importance, Danger of usingElectrotherapy, Benefits of Electrotherapy	10.00-11.00p.m	1
3	24.06.2019	Meaning of Thermo Therapy, Physiological effects of Thermo-therapy. Do's anddon't do's in Thermo Therapy, Cryo-Therapy importance of- Cryo Therapy methodemployed in Cryo Therapy	2.00-3.00p.m	1
4	27.06.2019	Exercise therapy meaning of therapeutic exercise, kinds and its utility in sports.Therapeutic exercise for person suffering from back pain and spondylises.	10.00-12.00p.m	2
5	29.06.2019	Meaning of Rehabilitation, importance of Rehabilitation Principles of re-habilitation,Role of Physical Education Teacher in rehabilitation.	2.00-4.00p.m	2
6	02.07.2019	Meaning of Psychology and Sports Psychology, Scope of Sports Psychology,Psychological factors affecting Sports Performance. Learning, types oflearning, Factors affecting learning curve.	10.00-12.00p.m	2
7	05.07.2019	Meaning and definition of motivation. Types of motivation techniques ofmotivation, importance of motivation in Physical Education and Sports.Techniques of theories.	2.00-4.00p.m	2
8	09.07.2019	Growth & Development, Various stages of growth and development, growthand development during childhood (Psychological, Physical & MotorDevelopment) Psychological characteristics of an adolescent. Problem of anadolescent.	10.00-12.00p.m	2
9	11.07.2019	Meaning and definition of personality, Dimensions of personality, Personalitytraits, factors affecting personality. Role of Physical activities in developmentof personality.	2.00-3.00p.m	2
10	15.07.2019	Meaning of Individual Differences, Type of Individual Differences, Factorsaffecting Individual Differences, Meaning and Definition of emotion	10.00-12.00p.m	2
11	17.07.2019	Training load, load adaptation, overload and recovery, factors of load	2.00-4.00p.m	2
12	19.07.2019	Circuit training, interval training, (Fartlek training, plyometric training, Sprinttraining.	10.00-12.00p.m	2
13	23.07.2049	Development of Motor components: Speed, Strength, endurance, flexibility,agilit y	2.00-4.00p.m	2



14	26.07.2019	Periodization: Meaning and definition of periodization, importance of periodisation single, double and triple, periodization, long term and short term plan, planning for competition main and build up competitions	10.00-12.00p.m	2
15	30.07.2019	Meaning, Definition of Sports Sociology, Importance of Sports.	2.00-4.00p.m	2
16	02.08.2019	Physical Education and Sports as a Social Phenomenon.	10.00-11.00a.m	1
17	07.08.2019	Women in Sports: Social myths related with women. Attitude of Society towards sports man and Sports women. Future of women participation in sports	10.00-12.00p.m	2

**Bharath Institute of Higher Education & Research**

School of Arts

Course TimeTable

Value Added Course:Short term course on Sports science

Course Duration:30 Hrs

S.No	Date	Time	Hour
1	18.06.2019	2.00-3.00p.m	1
2	20.06.2019	10.00-11.00p.m	1
3	24.06.2019	2.00-3.00p.m	1
4	27.06.2019	10.00-12.00p.m	2
5	29.06.2019	2.00-4.00p.m	2
6	02.07.2019	10.00-12.00p.m	2
7	05.07.2019	2.00-4.00p.m	2
8	09.07.2019	10.00-12.00p.m	2
9	11.07.2019	2.00-3.00p.m	2
10	15.07.2019	10.00-12.00p.m	2
11	17.07.2019	2.00-4.00p.m	2
12	19.07.2019	10.00-12.00p.m	2
13	23.07.2049	2.00-4.00p.m	2
14	26.07.2019	10.00-12.00p.m	2
15	30.07.2019	2.00-4.00p.m	2
16	02.08.2019	10.00-11.00a.m	1
17	07.08.2019	10.00-12.00p.m	2





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## SCHOOL OF ARTS

### Course Feedback form

### Value Added Course

Course Title: Short term course on Sports science

Name: *Anusha R*

RegNo: *UMBT027*

Department: *Biotechnology*

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: *could have had for a longer period of time*

Signature





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## SCHOOL OF ARTS

### Course Feedback form

### Value Added Course

Course Title: Short term course on Sports science

Name: *Karthick P*

RegNo: *019CS009*

Department: *Computer Science*

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: *None. Great course*

*Karthick P*  
Signature





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SCHOOL OF ARTS

Registration Form

Value Added Course -Short Term courses on Sports science

Date: 18.06.2019.

Name : Denanath Sahu

Reg.No. : V19 BT0032

Gender : Male

Department : Biotechnology

Year : 2019

Contact No. : 86 10883901

Email ID : denanathsahu006@gmail.com

Course Applied For : Sports Science

  
Signature





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## SCHOOL OF ARTS

### Registration Form

#### Value Added Course - Short Term courses on Sports science

Date: 16.06.2019

Name : Priya R  
Reg.No. : U19 BE 026  
Gender : Female  
Department : English B.A  
Year : 2019  
Contact No. : 861008395  
Email ID : priyar@yahoo.co.in  
Course Applied For : Sports Science

  
Signature



**Bharath Institute of Higher Education & Research**  
**School of Arts**  
**Course TimeTable**

Value Added Course: Short term course on Sports science

Course Duration: 30 Hrs

S.No	Date	Time	Hour
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3	24.06.2019	2.00-3.00p.m	1
4	27.06.2019	10.00-12.00p.m	2
5	29.06.2019	2.00-4.00p.m	2
6	02.07.2019	10.00-12.00p.m	2
7	05.07.2019	2.00-4.00p.m	2
8	09.07.2019	10.00-12.00p.m	2
9	11.07.2019	2.00-3.00p.m	2
10	15.07.2019	10.00-12.00p.m	2
11	17.07.2019	2.00-4.00p.m	2
12	19.07.2019	10.00-12.00p.m	2
13	23.07.2049	2.00-4.00p.m	2
14	26.07.2019	10.00-12.00p.m	2
15	30.07.2019	2.00-4.00p.m	2
16	02.08.2019	10.00-11.00a.m	1
17	07.08.2019	10.00-12.00p.m	2





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School of Arts

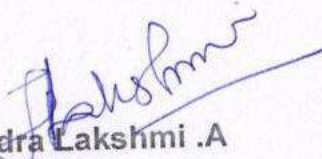
**CERTIFICATE OF PARTICIPATION**

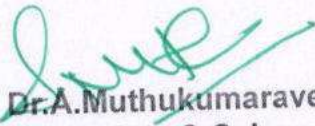
This is to certify that

*Karthick. I*

has participated in the Course on Short Term courses on Sports Science, conducted by the School of Arts, BIHER  
from 18.06.2019 to 07.08.2019.

  
Course Co-ordinator

  
Indra Lakshmi .A  
Convenor

  
Dr. A. Muthukumaravel  
Dean-Arts & Science





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### Resource Person Details

Dr.L. Amirtha Sindhu,  
Head Of the Department,  
Department of French,  
Sri Sankara Arts & Science College,  
Kanchipuram