



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: 11.04.2018

CIRCULAR

Sub: Organising Value added Course: Certificate training program on Football- 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 Football"**. 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 Co-ordinator Dr S.Anandhi, Department of Physics on or before 25.05.2018. 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
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



Shaheed

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: Certificate training program on Football

Date: 22.05.2018

Name : R. MONISHA

Reg.No. : U17MI006

Gender : FEMALE

Department : MICROBIOLOGY

Year : 2017-2018

Contact No. : 8300261507

Email ID : monisha.micro@gmail.com

Course Applied For : CERTIFICATE TRAINING ON FOOTBALL


Signature

Bharath Institute of Higher Education & Research
School of Arts
Students Registration List
Value Added Course: Certificate training program on Football

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U17PS001	S. RAGAVENDHAR	PHYSICS
2	U17PS002	M. ARPUTHAM	PHYSICS
3	U17PS003	L. PUNITHA	PHYSICS
4	U17PS005	BALAJI R	PHYSICS
5	U17PS006	MEGALA M	PHYSICS
6	U17PS014	MADESH M	PHYSICS
7	U17PS015	SHALINI M	PHYSICS
8	U17PS016	ELAYAKUMAR V	PHYSICS
9	U17PS023	AASHA N	PHYSICS
10	U17CI014	MOHANRAJ V	CHEM
11	U17CI015	SETHURAMAN R	CHEM
12	U17CI019	MUKUNDA KUMAR D	CHEM
13	U17CI020	GOWTHAM D	CHEM
14	U17CI014	MOHANRAJ V	CHEM
15	U17MA014	SALINI R	MATHS
16	U17MA018	MONISHA S	MATHS
17	U17MA019	DEEPAKRAJ M	MATHS
18	U17MA022	DHIVYA V	MATHS
19	U17MA023	KALAIVANI R	MATHS
20	U17MI002	JOTHIKA S	MICRO
21	U17MI006	MONISHA R	MICRO
22	U17MI010	SHABANA YASMEEN A	MICRO
23	U17MI022	SURYA R	MICRO
24	U17MI023	MOHAN RAJ R	MICRO
25	U17BA001	ASWIN S	BBA
26	U17BA002	PRAVEEN M	BBA
27	U17BA003	RAKUL K	BBA
28	U17BA004	KARTHICK J	BBA
29	U17BA007	ABHISHEK J	BBA
30	U17BA013	PRAGADEESH K	BBA
31	U17IA004	CHARUMATHI	TAMIL
32	U17IA002	ARUNDATHI	TAMIL
33	U17IA001	AKILA	TAMIL
34	U17BS020	MAHALAKSHMI M	BIOTECH
35	U17BS018	ISWARYA S	BIOTECH
36	U17BS017	ARAVINDHA M	BIOTECH
37	U17BS016	JAYENDRAN U	BIOTECH
38	U17BS014	SASIDHARAN D	BIOTECH

39	U17BS013	SHOBICA R	BIOTECH
40	U17BS012	SANGAVI P	BIOTECH
41	U17BS010	SUBASH A	BIOTECH
42	U17BS009	HEMA S	BIOTECH
43	U17BE029	NANCY I	ENGLISH
44	U17BE028	SUDHA L	ENGLISH
45	U17BE027	MANJULA N .	ENGLISH
46	U17BE035	EVELIN SHAHARNIYA J	ENGLISH
47	U17BE031	BHARANI KUMAR S	ENGLISH
48	U17CA088	SIVADHARSINI S	BBA
49	U17CA087	SUBRAMANIAN G	BBA
50	U17CA086	MOHAMED RIFAYEE SIKANDAR A	BBA



SCHOOL OF ARTS

Value Added Course:Certificate training program on Football

Syllabus

History of football-Laws of the game and their interpretations-Organization and management of competition.

Qualities of successful Coach. 1. Coaching philosophy and ideal philosophical concepts 2. The responsibilities of the coach 3.Handling of players 4.Role of Coach in the mental preparation of players 5.Mental conditioning 6.Qualities.

Characteristics and abilities-Methods and principles of teaching and coaching applied in football-Requirement of a player for high performance in Football game-Team behind team-Management and Coaching-Nutrition and supplementation

Warm up-Development of football techniques-(i) Techniques without ball-(ii) Techniques with ball-(iii) Goalkeeping-1.Special techniques of goalkeeper-(b)Attacking techniques-Warm up and physical preparation for goalkeeper

Phases of teaching techniques-Method and means of technique training-Means of evaluation of progress in learning technique-Motor abilities-Training and Coaching Aids-Lead –up games and Minor games

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

Value Added Course: Certificate training program on Football

Course Duration:30 Hrs

S.No	Date	Time	Hour
1	11-06-18	2.00-3.00p.m	1
2	12-06-18	11.00-12.00p.m	1
3	13-06-18	2.00-3.00p.m	1
4	14-06-18	10.00-12.00p.m	2
5	15-06-18	2.00-4.00p.m	2
6	18-06-18	10.00-12.00p.m	2
7	19-06-18	2.00-4.00p.m	2
8	20-06-18	10.00-12.00p.m	2
9	21-06-18	2.00-3.00p.m	1
10	22-06-18	10.00-12.00p.m	2
11	25-06-18	2.00-4.00p.m	2
12	26-06-18	10.00-12.00p.m	2
13	27-06-18	2.00-4.00p.m	2
14	28-06-18	10.00-12.00p.m	2
15	29-06-18	2.00-4.00p.m	2
16	02-07-18	10.00-12.00p.m	2
17	03-07-18	10.00-12.00p.m	2

Bharath Institute of Higher Education & Research
School of Arts
Lesson Plan

Value Added Course: Certificate training program on Football Course Duration:30 Hrs				
S.No	Date	Topic	Time	Hour
1	11-06-18	History of football	2.00-3.00p.m	1
2	12-06-18	Laws of the game and their interpretations	10.00-11.00p.m	1
3	13-06-18	Organization and management of competition.	2.00-3.00p.m	1
4	14-06-18	Qualities of successful Coach.	10.00-12.00p.m	2
5	15-06-18	1. Coaching philosophy and ideal philosophical concepts 2. The responsibilities of the coach	2.00-4.00p.m	2
6	18-06-18	3. Handling of players 4. Role of Coach in the mental preparation of players	10.00-12.00p.m	2
7	19-06-18	5. Mental conditioning 6. Qualities.	2.00-4.00p.m	2
8	20-06-18	Characteristics and abilities-Methods and principles of teaching	10.00-12.00p.m	2
9	21-06-18	-Requirement of a player for high performance in Football	2.00-4.00p.m	1
10	22-06-18	Team behind team-Management and Coaching-Nutrition and Hydration	10.00-12.00p.m	2
11	25-06-18	Warm up-Development of football techniques-	2.00-4.00p.m	2
12	26-06-18	-(i) Techniques without ball-(ii) Techniques with ball-(iii) Coaching	10.00-12.00p.m	2
13	27-06-18	1.Special techniques of goalkeeper-(2)Attacking techniques	2.00-4.00p.m	2
14	28-06-18	Warm up and physical preparation for goalkeeper	10.00-12.00p.m	2
15	29-06-18	Phases of teaching techniques-Method and means of technique training	2.00-4.00p.m	2
16	02-07-18	Means of evaluation of progress in learning technique-Motor abilities	10.00-12.00p.m	2
17	03-07-18	Training and Coaching Aids-Lead –up games and Minor games	10.00-12.00p.m	2



Shree

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

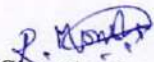
Course Title: Certificate training program on Football

Date: 03.07, 2018

Name: R. MOMISHA
RegNo: U17ME006
Department: MICROBIOLOGY

S.No	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied)						
1.	Ojectives 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:


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



Resource Person Details

Dr. V. Balamurugan

Asst. Prof and Head,

Department of Physics,

Nanthanam Arts & Science College,

Chennai-600035



Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH


School of Arts

Certificate of participation

This is to certify that

MONISHA R

has participated in the Course on Certificate training program on Football, conducted by the school of Arts, BIHER from June 11, 2018 to July 03, 2018.


Dr.S. Anandhi
Course Co-ordinator


Dr.V.Silambarasan
Convener


Dr. A.Muthukumaran
Dean- Arts & Science