



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: 13.06.2021

CIRCULAR

Sub : Organising Value added Course: (Online)
Course on physical health and sports- 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 "Course on Physical health and Sports"**. 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 Ms. D. Sharmila, Department of Microbiology on or before 20.06.2021 . 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

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



Sharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 13/6/2021

Name : Sneha S

Reg. No. : U16M1009

Date of Birth : 04/03/96

Gender : F

Department : microbiology

Year :

Contact No. : 9362244002

Email ID : microsne@gmail.com

Course Applied for : course on physical health and ^{and} _{and}


Signature



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SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 13/6/2021

Name : Smettha A
Reg. No. : U16M010
Date of Birth : 03/07/96
Gender : F
Department : Microbiology
Year :
Contact No. : 9344567891
Email ID : mic smettha@gmail.com
Course Applied for : Course on physical health and sport

Signature

Bharath Institute of Higher Education & Research
School of Arts
Students Registration List
Value Added Course: Course on Physical health and Sports

S.NO	REG. NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U16MI009	SNEHA S	BSC-MICRO
2	U16MI010	SWETHA G	BSC-MICRO
3	U16MI011	PONNIAMMAL A	BSC-MICRO
4	U16MI012	DINESH KUMAR M	BSC-MICRO
5	U16MI013	AMIRTHA GNANA SUNDARI V	BSC-MICRO
6	U16MI014	MICHEAL RAJA P	BSC-MICRO
7	U16MI015	V SANTHOSH KUMAR	BSC-MICRO
8	U16MI016	BHAVANI R	BSC-MICRO
9	U16MI017	DELSY MERLYN S	BSC-MICRO
10	U16BS001	SATHYA N	BSC-BIOTECH
11	U16BS002	VIJAY D	BSC-BIOTECH
12	U16BS003	VIGNESH T	BSC-BIOTECH
13	U16BS004	AJITH P	BSC-BIOTECH
14	U16BS005	MAGALAKSHMI K S	BSC-BIOTECH
15	U16BS006	GOWTHAM B	BSC-BIOTECH
16	U16BS007	NARMADHA M	BSC-BIOTECH
17	U16BS008	JAYASREE R	BSC-BIOTECH
18	U16BS009	BHARGABJYOTI BORAH	BSC-BIOTECH
19	U16BS010	MARTIN MANUEL	BSC-BIOTECH
20	U16CA001	ARUN S	BSC-BCA
21	U16CA002	YUVANESH K	BSC-BCA
22	U16CA003	NANDHINI POOJA R	BSC-BCA
23	U16CA004	SARAVANAN K	BSC-BCA
24	U16CA005	EVANGELIN DARTHI K	BSC-BCA
25	U16CA006	SURYA PRAKASH S	BSC-BCA
26	U16CA007	PREM J	BSC-BCA
27	U16CA008	NARENDHAR S	BSC-BCA
28	U16CA009	HARIHARAN E	BSC-BCA
29	U16CA010	GIRIDHARAN J	BSC-BCA
30	U16SC002	TAMILARASI S	BSC-CS
31	U16SC003	K SARATH KUMAR	BSC-CS
32	U16SC004	GOKUL G	BSC-CS
33	U16SC005	KARTHIK RAJA R	BSC-CS
34	U16SC006	SOWMIYA G	BSC-CS
35	U16SC007	RAJAASHOK S	BSC-CS
36	U16SC008	RAJESH S	BSC-CS

37	U16SC009	VIGNESH J	BSC-CS
38	U16SC010	MOHAN C	BSC-CS
39	U16SC011	SUSENDRAN T	BSC-CS
40	U16PS001	SAMYUKTHA P	BSC-PHYSICS
41	U16PS002	ISHWARYA S	BSC-PHYSICS
42	U16PS004	VASANTHAKUMAR V	BSC-PHYSICS
43	U16PS005	S KALPANA	BSC-PHYSICS
44	U16PS006	SELVAKUMAR K	BSC-PHYSICS
45	U16PS007	KASIVISVANATHAN S	BSC-PHYSICS
46	U16PS008	YUVARANI M	BSC-PHYSICS
47	U16PS011	HARITHA SHREE H P	BSC-PHYSICS
48	U16PS012	THILLAIRAJAN K M	BSC-PHYSICS
49	U16PS013	MEGANATHAN R	BSC-PHYSICS
50	U16CI002	ANANDHI S	BSC-CHEMISTRY
51	U16CI003	KEERTHANA T	BSC-CHEMISTRY
52	U16CI004	MURUGAN G	BSC-CHEMISTRY
53	U16CI005	KALPANA K	BSC-CHEMISTRY



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SCHOOL OF ARTS

Value Added Course

Course on Physical health and Sports

Syllabus

Importance and Scope of Physical Education. Modern concept of Health, Physical fitness and Wellness. Components of Physical Fitness Physical fitness components - Speed, Strength, Endurance, Flexibility and Coordinative Abilities

Types of Physical Fitness - Health related Physical Fitness - Performance Related Physical Fitness - Cosmetic fitness, Fitness Balance. Determinants of Health Physical Activity and Health Benefits .

Effect of Exercise on Body systems: Circulatory, Respiratory, Endocrine, Skeletal and Muscular Role of Physical Education. Programme on Community Health Promotion (Individual, Family and Society)

Nutrition and Health Concept of Food and Nutrition. Balanced Diet, Vitamins – Malnutrition Lifestyle/Hypo-kinetic Diseases and its Management - Diabetes - Hypertension - Obesity - Osteoporosis - CHD - Back pain. Determining Caloric Intake and Expenditure

Body mass Index/Skin fold Measurement, BMR, Pulse Rate, Blood Pressure, Obesity. Causes and Preventing Measures – Role of Diet and Exercise, Principles of First Aid

Sports and Life Skills Education Sports and Socialization. Physical Activity and Sport – Emotional Adjustment and Wellbeing Substance.

Abuse among Youth – Preventive Measures and Remediation Yoga- Padmasana - Halasana - Bhujangasana - Shalabhasana - Dhanurasana - Shavasana - Vajrasana - Chakrasana - Trikonasana - Padahasthasana, Meditation and Relaxation

Sports and Character Building Values in Sports, Sports for World Peace and International Understanding Scientific Basis of Sports Mechanics and sports, Psychology of Sports Performance ,Social aspects of Sports.

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

Value Added Course: Course on Physical health and Sports Course Duration: 30 Hrs				
S.No	Date	Topic	Time	Hour
1	21.06.2021	Introduction - Modern concept of Health	12 PM - 2 PM	2
2	25.06.2021	Physical fitness components	12 PM - 2 PM	2
3	26.06.2021	Types of physical fitness-Health related	12 PM - 2 PM	2
4	02.07.2021	Gender identity and socialization practices	12 PM - 2 PM	2
5	03.07.2021	Determinants of Health Physical Activity	12 PM - 2 PM	2
6	09.07.2021	Effect of Exercise on Body systems-Circulatory, Respiratory, Endocrine	12 PM - 1 PM	1
7	10.07.2021	Effect of Exercise on Body systems-Skeletal and Muscular	12 PM - 1 PM	1
8	16.07.2021	Programme on Community Health Promotion	12 PM - 2 PM	2
9	17.07.2021	Nutrition and Health Concept of Food and Nutrition	12 PM - 2 PM	2
10	23.07.2021	Lifestyle/Hypo-kinetic Diseases and its Management	12 PM - 2 PM	2
11	24.07.2021	Determining Caloric Intake and Expenditure	12 PM - 2 PM	2
12	30.07.2021	Body mass Index/Skin fold Measurement	12 PM - 1 PM	1
13	31.07.2021	Sports and Life Skills Education -Physical Activity and Sport	12 PM - 1 PM	1
14	06.08.2021	Abuse among Youth – Preventive Measures and Remediation Yoga	12 PM - 2 PM	2
15	07.08.2021	Sports and Character Building Values in Sports	12 PM - 2 PM	2
16	13.08.2021	Scientific Basis of Sports Mechanics and sports	12 PM - 2 PM	2
17	14.08.2021	Social aspects of Sports	12 PM - 2 PM	2

Bharath Institute of Higher Education & Research

School of Arts

Course TimeTable

Value Added Course: Course on Physical health and Sports

Course Duration: 30 Hrs

S.No	Date	Time	Hour
1	21.06.2021	12 PM - 2 PM	2
2	25.06.2021	12 PM - 2 PM	2
3	26.06.2021	12 PM - 2 PM	2
4	02.07.2021	12 PM - 2 PM	2
5	03.07.2021	12 PM - 2 PM	2
6	09.07.2021	12 PM - 1 PM	1
7	10.07.2021	12 PM - 1 PM	1
8	16.07.2021	12 PM - 2 PM	2
9	17.07.2021	12 PM - 2 PM	2
10	23.07.2021	12 PM - 2 PM	2
11	24.07.2021	12 PM - 2 PM	2
12	30.07.2021	12 PM - 1 PM	1
13	31.07.2021	12 PM - 1 PM	1
14	06.08.2021	12 PM - 2 PM	2
15	07.08.2021	12 PM - 2 PM	2



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Course Feedback Form

Value Added Course

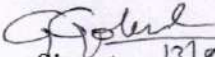
Date: 13.08.2021

Course Title: Course on Physical health and Sports

Name : G. Gokul
Reg. No. : U16SC004
Department : B.Sc. 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:


Signature 13/8/21



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Course Feedback Form

Value Added Course

Date: 13.08.2021

Course Title: Course on Physical health and Sports

Name : Prem. J
Reg. No. : U16CA007
Department : BSc - 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:


Signature



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School of Arts

CERTIFICATE OF PARTICIPATION

This is to certify that

DINESH KUMAR M

has participated in the Course on Physical health and Sports, conducted
by School of Arts, BIHER, from June 21, 2021 to August 14, 2021.

Ms. D. Sharmila
Course Co-ordinator

Dr. A. Muthukumaravel
Dean - Arts and Science