NOTICE

DEPARTMENT OF PHYSICAL EDUCATION

Notice regarding Assignment Submission for continuous Evaluation

All the Students of **1st, 3rd, 5th & 7th Semester** of the college pursuing **Physical Education as DSC & MINOR** Subjects are hereby instruct that they are required to submit an assignment within the stipulated schedule given below:

Failure to submit the assignment within the prescribed date affects their Internal Assessment.

Date of Submission	Time	Semester	Paper	Topic (Choose any Two)
24-11-2026	12 PM-1PM	1st Sem, DSC	Introduction of Physical Education and Sports.	1. Need and Importance of Physical Education and Sports. 2. Socialization through Physical Education. 3. Career opportunities of Physical Education and Sports
24-11-2026	12 PM-1PM	3rd Sem, DSC	Management of Physical Education and Sports.	1. Explain about the Management of Playfield and Gymnasium in Physical Education and Sports. 2. Explain Aim and Objectives of Intramural Competition. 3. Discuss the procedure and then draw a Fixture of a 13 Team's Knockout Kabaddi Tournament.
24-11-2026	1PM-2PM	5th Sem, DSC/ Minor	Test, Measurement & Evaluation in Physical Education and Sports.	1. Discuss Importance of Test, Measurement and Evaluation in Physical Education and Sports. 2. What is Somatotype? Discuss Sheldon Somatotypes. 3. Discuss AAHPER YOUTH Physical Fitness Test.
24-11-2026	1PM-2PM	5th Sem, DSC	Science of Sports Training.	1. Write the Principles of Sports Training. 2. What is Training Load? Discuss Causes, Symptoms and Tackling of Over Load. 3. What is Strength? Discuss Method of Strength Development.
24-11-2026	1PM-2PM	7th Sem, MINOR	Inclusive Physical Education and Recreation	1. Discuss Need and Importance of Inclusive Physical Education. 2. What is Amputation? Discuss Inclusive activities for Amputation. 3. Discuss Therapeutic Value of Recreation.

19.11.26

Teacher-in-charge
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