

**Summer Vacation Coaching Program for UGC NET and SET in Physical Education**



During the summer Vacation for the academic year 2018-2019, the Department of Physical education has organized 30 Days free training coaching in Summer vacation for University Grants Commission National Eligibility Test in Physical Education and State Level Eligibility Test from 26<sup>th</sup>

April 2018 to 25<sup>th</sup> May 2018.



## INTENSIVE TRAINING PROGRAM FOR ANDHRA PRADESH DSC & KVS IN PHYSICAL EDUCATION

On 03<sup>rd</sup> November 2018

- ❖ Department of Physical Education has organized 25 days free coaching classes to unemployed Physical Education aspirants.
- ❖ Initial Step: Being a Physical Director of this College, I got the permission from the Principal to run these classes for 25 days without disturbing the regular classes of Silver Jubilee Graduate classes. I am happy to share that, Dr.K.Uma Devi, principal of this college, permitted us to conduct the classes in Virtual Class without disturbing the regular classes.
- ❖ Based on the KVS &DSC Notification we released a pamphlet regarding the classes through the WhatsApp links for registration. We got a huge response from the unemployed physical education aspirants.
- ❖ Initially we started our Classes at Room No.10. we discussed about entire Syllabus of KVS and D. S. C. Daily classes were initiated 0600 hours to 0800 in the Morning and 1400 hours to 1800 in the evening session. During all the Public holidays the class were conducted from 0800 hours to 1300 hours and 1600 hours to 2000 hours. Every day's class test was conducted to the students.

- ❖ **Day 1: AN 3.11.2018:** In this session I explained about Importance of Test Measurement and Evaluation in Physical education. This topic was not there in previous syllabus. This year



introduced in depth manner. Aims and Objectives of the Test, Measurement and Evaluation was explained.

❖ **Day 2: FN 4.11.2018:** Test Measurement and Evaluation class was continued with ICT. In this class, recap of the previous class and asked some important questions to regain their knowledge. Explained about Principles of Test Measurement and Evaluation and its types, definitions etc. we made it compulsory to ask questions at the end of the class. Before leaving the class, the teacher summed-up the class and ready for the open queries. Students are happy about this kind of practice and they used to rectify their doubts in so far covered topic.

❖ **Day 2 4.11.2018 A.N.:** we shifted our classes from Room No.10 to Virtual Class Room. It was



sufficient and comfortable for 78 members. Test Measurement and Evaluation class was continued with ICT. In this Class General Evaluation Criterion

was discussed i.e Validity, Reliability, Objectivity, Norms, Duplicate forms and Standardized Directions. Its one of the most frequently asked questions in DSC, KVS and NVS UGC NET, SET type of Examinations. We have gone through with the extensive discussion according to the previous questions and relevant matters.

❖ **Day : 3 FN 5.11.2018:** In continuation with the last class, today we discussed about the Physical Fitness and its definitions, Types of Fitness and its evaluation with the help of Test and Measurement. This topic is also most important one, questions are frequently asked from this particular area. It's not an extreme to share that without this topic we cannot expect a question paper in Physical Education.

**Day 3 AN 05.11.2018:** After Completion of Physical Fitness and we came to another important

topic in Test, Measurement and Evaluation is Administration of the tests to measure the individual to evaluate his or her performance.

We covered Cardio Vascular Fitness Test i.e. 12minutes Cooper Test, Harvard Step test, Queens College Step test, Ohio Step Test etc.



**Day 4 FN 06.11.2018:** In this Section the class was discussed on Physical Fitness Tests namely

AAHPERD		
<ul style="list-style-type: none"> <li>American Alliance for Health, Physical Education, Recreation and Dance.</li> <li>Established by: American Association for Health, Physical Education and Recreation in 1958.</li> <li>To measure Physical Fitness</li> </ul>		
Test Item	Components to Measure	Sex
Pull- ups – Day 1	Arm & Shoulder Griddle Strength	B
Flexed Arm Hang D-1	-do-	G
Sit Ups (Bent Knee)D-1	Abdominal Muscle Endurance	B/G
S. B. J D-1	Leg Strength	B/G
Shuttle Run D-1	Agility/ speed	B/G
50 yards dash (46 mts)	Speed	B/G
200 yards (546 mts)	Endurance	B/G

AAHPERD Fitness Test, Indiana Motor Fitness Test, JCR Motor Fitness Test, Cozens Motor Educability, IWO brace Motor Educability. JCR and its influence on Research play a crucial role to know the explosive power or Leg strength of an individual.

**Day 4 AN 06.11.2018:** Football class was initiated by one of our Team Member Mr.B. Naga Raju

Senior player in Football and Inter University Representative in Football. He explained about the Introduction of the Soccer and Laws of the Soccer. He used to take classes regularly in our institute related to Physical Education Free classes.



**Day 5 FN 07.11.2018:** In this class, we discussed about Test batteries of Various Games and Sports. Another important topic for the all competitive exams and we calculated the problems according to the Formulae. Students were acknowledged with the information which was unknown to them. They enjoyed the topic and they came out with very positive attitude about this chapter. With this topic Test, Measurement and Evaluation chapter was completed.

**Day 5 AN 07.11.2018:** Mr. Shabir who did his NSNIS in Volleyball and represented for Andhra

Pradesh Volleyball Association as well as South Zone Inter University, explained about Volleyball Game, Rules and Regulations and latest changes pertaining to the Volleyball. He demonstrated skill in outdoor ground with new combinations. i.e. one Setter with 3



attackers and two setters with three spikers and one Libero. Skill wise and Referee decisions according to the situations were played in ICT.

**Day 6 FN 08.11.2018:** In this session we discussed about Methods of Physical Education,



Teaching Methods in Physical Education. Types of Tournaments and its formulae, number of byes and allotment of byes were discussed and practiced in that session. We discussed about Knockout or Elimination method of drawing fixtures.

**Day 6 AN 08.11.2018:** In this session I continued the class of Double Elimination and Round

Robbin method of tournament fixtures and its related. This is one of the most important area for all competitive exams in Physical Education. We went thoroughly with previous question papers and discussed according to the pattern of the topic. At the end all the students were confident to answer any question in this topic.



**Day 7 FN 09.11.2018:** Mr. P. Ram Mohan who completed his Master of Physical Education and



Diploma in Yoga has explained the content related to the syllabus. He represented for Kho- Kho and Athletics as Middle-Distance Runner, who qualified AP SET in the year 2018. In this class he covered 8 limbs of Yoga and discussed about the previous questions from the various competitive

exams. Based on that, he motivated the students to answer the questions.

**Day 7 AN 09.11.2018:** Mr. P. Ram Mohan continued his class for detailed discussion on yoga and

he completed his topic on yoga. He prepared 25 questions and asked them to write the examination after that he discussed about each and every question in detail. All the students were satisfied with his level of teaching and explanation about the queries. I am very



much thankful to him because of my word he all the way came from Srikakulam. He is one of my Student since 2016.



After finishing his class, I explained last topic in Methods i.e. Challenge type of Tournaments and Combination type of Tournaments.

**Day 8 FN 10.11.2018 (Second Saturday):** Today the class started at 9 AM. I have taken class on

Injuries in Sports, Types of Injuries and Rehabilitation process of the injuries. Being a sports

person you are very much

prone to the injury state

during your sports career.

Reasons would be varied but

the degree of range of

moment will decide how the

injury is severe. Another

important area for all

competitive examinations.

The pattern of questions



asked may vary according to the level of exam but it's very much useful for the examination point

of view as well as day to day life process. Each of Physical Educationist should have thorough

knowledge on Injury Management, which helps a player can play for long years. They know the

importance of topic and none of the student was disturbed this class. During these four hours of

class we discussed about the Types of Injuries, Fractures, Types of Fractures, Sprains, Strains,

severity of the injuries like Chronic and Acute injuries and their rehabilitation process. I

demonstrated the rehabilitation of various injuries with live demo in class.

Students raised so many questions in this topic pertaining to injuries during their performance and

I tried my level best to impart knowledge on rehabilitation process. We can use static yogic

exercises to develop the strength after injury. We discussed latest question format for National

level exams on postures and corrective measures of postural deformities. They thoroughly gone

through with the presentation and live demo of the rehab process.

**Day 8 AN 10.11.2018:** Mr. Sudha & Mr Ram Mohan combinedly explained about Athletics.



They have taken class with the help of ICT for Video Presentations of each and every event i.e. Track events and Field Events. Field events were explained by Sudha from Visakhapatnam who

represented for

All India Inter University Athletic competitions. Mr Ram Mohan explained about Track events who represented for All India Inter University Athletic Competitions



in Middle distance Run. Both of the students were taken classes in the year 2017 DSC free coaching classes.

**Day 09 FN & AN: 11.11.2018 (SUNDAY):** Mr.Y. Bhaskar Reddy student of Silver Jubilee



Government College 2016 -2019 Batch, student of Life Science and a very good player in Badminton and as well as Ball badminton. He represented South Zone Inter University Ball Badminton Tournament from our College, discussed about Health Education. He discussed about the

definitions of Health and importance of health, types of Diseases (Viral, Bacterial, Helminthic etc.) and period of incubation. He covered both the sessions. He is very much passionate in teaching and he succeeded with his teaching ability. Its one of the important areas of competitive

examination that was discussed based on the previous examination questions and given detailed information of previous questions. Now he is pursuing his masters in Anthropology in Andhra University, simultaneously preparing for Civils too.

**Day 10 FN 12.11.2018:** **Mr.G. Chitti Babu**, who completed his Masters in Physical Education from Andhra University, Visakhapatnam, Represented for All India Inter University Softball Tournament. Rules and Regulations were explained and game situations.



**Day 10 AN 12.11.2018:** **Mr. Subramanyam Tangutoori** working as Physical Director in Government High School, Panyam, who qualified University Grants Commission National Eligibility Test and State Level Eligibility Test in the year 2014. He explained definitions of Organization and Administration in Physical Education. Chief elements of Organization and Administration, Basic Principles of Organization and Administration, Kinds of Administration.



**Day 11 FN 13.11.2018:** *Mr. Sudha* explained about Kabaddi, History of the Game, Rules and Regulations of the Game, Situations of the game explained in ICT presentations.



**Day 11 AN 13.11.2018:**

*Mr. P. Ram Mohan* explained about yoga postures.

**Day 12 FN 14.11.2018:** Explained about Injuries



**Day 12 AN 14.11.2018:** Mr.P. Srinivasulu pursuing his Masters in Physical Education from

Royalaseema University, who represented 25 Nationals in Handball and 6 Nationals in Rugby explained about History of Handball, Rules and Regulations of Handball, Signals of Referee and their duties. He has been associated with me since 2013. He presented videos on different skills,



signals of Referees and discussed various competitive previous papers.

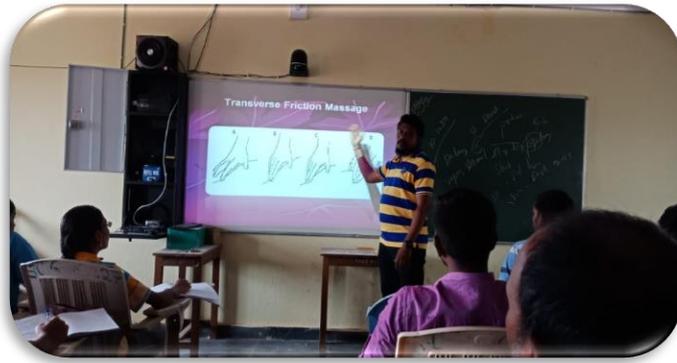
**Day 13 FN & AN 15.11.2018:** Entire day was focused on Grand Test and evaluation process of each and every question.



**Day 14 FN 16.11.2018:**

Discussed about Manipulations of Massage and Types of Massage Techniques.

**Day 15 FN 17.11.2018:** In continuation with the previous Class, Massage types were explained.



**Day 15 AN 17.11.2018:** **Mr.N. Govind** explained about Badminton, who represented South Zone Inter University Competitions.

**Day 16 FN 18.11.2018:** **Mr.B. Manjunath** working as Physical Education Teacher in Ananthapuramu, who represented Nationals in Kho-Kho and South Zone Inter University competitions. He is one of my students among whom selected for Andhra Pradesh State Topper in DSC 2014. He explained History of Kho-Kho, Rules and Regulations of Kho-Kho and Latest changes in Kho-Kho.



**Day 16 AN 18.11.2018:** Mr. Manjunath B Continued after Noon session with History of Physical Education, where he covered Ancient History of Physical Education, Modern History of Physical Education.

**Day 17 F.N. & A.N. 19.11.2018:** 2<sup>nd</sup> Grand Test was organized and evaluated immediately. All the questions were covered according to the syllabus and discussed with the students in detail.

**Day 18 F.N 20.11.2018:** In this session I discussed about History of Tennis, Rules and Regulations, Judgements and some of the bio mechanical analysis on the game were discussed. After completion of the class, one exam was conducted to the students with different pattern. Entire topic was covered in these 15 questions.

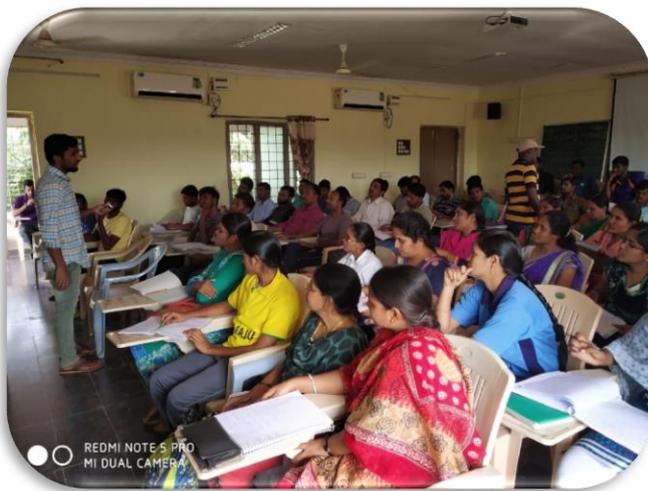


So every body have difficult situation while answering the questions. But when we discussed and informed the tips of the questions they realized and they rectified their mistakes.

**Day 18 AN 20.11.2018:** In the After Noon Session I discussed about Bio Mechanical Influences on various games and Sports. We discussed about Kinesiology of Physical Education i.e. involvement of Muscles during the performance. Explained about Newton laws of Motion, Levers and Planes and Axis and their importance in Physical Education was discussed. Its very important topic in all competitive examinations. According to the previous year question paper analysis, each paper has 4 to 5 questions in all so far covered Bio Mechanics and Kinesiology area.

**Day 19 FN 21.11.2018:** Mr.Y. Bhaskar

Reddy covered anatomy of Human Digestive System.



**Day 19 A.N. 21.11.2018:** Mr.Y.

Bhaskar Reddy Covered Anatomy of Nervous System.

**Day 20 F.N. 22.11.2018:** In this session we discussed about Human anatomy and Physiology of Circulatory System with video presentations.



**Day 20 A.N. 22.11.2018:** In this Session **Mr.K. Vamsi Krishna** who completed his Masters in



Physical Education and qualified Andhra Pradesh State Level Eligibility Test and who represented South Zones in Hockey explained about Hockey. In this topic he covered History of Hockey, Trends in Hockey, Rules and Regulations and

situational video presentations according to the decision given by the referee. **Mr.K. Mahesh** also completed his Masters in Physical Education, who represented many Nationals from Andhra Pradesh



explained about Situations and Recent Changes in International Hockey arena.

**Day 21 FN 23.11.2018:** In this session I explained Anatomy of Human Respiratory System and

Physiology of Respiratory System.

We have gone extensively with the subject matter which plays a crucial role in Physical Activity, like  $VO_2$  max, Endurance Capacity and Sprinting activities. We also discussed about High altitude performances and their role to enhance in



erythropoiesis etc. This is another important area for all competitive exams.

**Day 22 to 25 (24.11.2018 to 27.11.2018):** I explained about Science of Sports Training which is

heart of the Physical Education. We came across with the different Training methods and implementation on beginners, intermittent athletes and advanced athletes.

As a coach or Physical Education Personal should know the degree of difficulty of intensity of exercise, load and volume of

exercises. During these days they thoroughly enjoyed the sessions and they feel very happy that they learn many things about Training. Apart from that, we discussed about Periodization of

Training as well as Physiological effects of Exercise.

In between these classes on **25.11.2018 A.N Shri**

**Shankar** Physical Director in Z.P.High School, Kurnool, well renewed personality in Ball badminton explained about the History of the Game and Rules & Regulations.



## Closing Ceremony

Finally, this intensive Training Program come to an end on 28<sup>th</sup> November 2018. Today's Closing Ceremony acknowledges the completion of the 25 days of Intensive Coaching on DSC and KVS in Physical Education. On behalf of the Department of Physical Education, I invited Our Beloved Principal **Dr.K.Uma Devi** madam to address the aspirants in the capacity of Chief Guest. I invited IQAC coordinator **Dr.A.S. Kanna** to address the aspirants and to motivate the students for their future preparation. I also invited **Dr.G.N.Jagan** Lecturer in Hindi to motivate the students.



**Dr.K. Uma Devi** Principal of the college congratulated the Department of Physical Education and Sports to conduct this Intensive training for 25 days on free of cost. It's a great training program to help the poor students those who are not able to spent huge amount for coaching. She asked the

students to give feedback on this Intensive Training Program.

**Dr.A.S.Kanna** Lecturer in English and IQAC coordinator addressed the august gathering that it



was an great opportunity to be part of this kind of training Program. I have one experience in last year by the same department that he organized Free classes for DSC in Auditorium. Every day it was full of students. I had an opportunity to share my knowledge in that batch. It has to

continue for ever in view of the upgradation of Physical Education as well as personnel of Physical

education. As per your feed backs, I am happy that this training program was a grand success, definitely it was an added advantage to this institution. I wish you all Good luck. ....

**Dr.G.N.Jagan** working as Lecturer in Hindi, he motivated the students, how to prepare for the competitive exams and he shared his experiences while he prepared for different kind of examinations. Department of Physical Education is always a stepping head to conduct this kind of training program when compared to entire state. According to my knowledge he is the only person who is providing free coaching for all levels of Competitive Coaching in Physical Education.



## Response from the students

I am Bhanu Sirisha from Prakasham District, Andhra Pradesh, expressed her sincere thanks for a great training Program on Physical Education. I am very poor not able to spent fees for coaching, because I am depending up on my mother and I used to go for daily wages works when I have a free time to support my mother and my family. If I, went for any other coaching center, I have to spent more than



Rs.20,000 for three months, Before I came to here, this was the mindset. I am searching for this kind of institution because of my financial conditions. At this juncture I received a message from my friends that Kalyan sir is going to start again free DSC and NVS classes for Physical Education aspirants, then it self I decided to go Kurnool and to join immediately where I missed in 2017 batch. When I met sir in the department with lot of beard and doing some work on system, it was the first time I have seen sir looks like Yogi is doing something for the welfare of the human beings. Five to six people are waiting for his call. The team of Khyati entered my details and added in the what's app group. First day to till the last class sir maintained same energy, same enthusiasm, same efforts, up dated information, Material preparation, Question paper preparation, Evaluation, analysis how a single man can do all those things. Really, I wondered by knowing the fact that, he is a short sleeper. They covered Great ICT presentation style with lots of opportunities to ask questions and talk about real life examples which all made for a really enjoyable and informative coaching on free of cost. "This has more than met my expectations." "A wonderfully practical training - both personally and professionally. I am very much thankful to the sir as well as Department of Physical Education and team of this training program. Thank you all...."

**Mr.Raja Rao from Vishakhapatnam, Andhra Pradesh,** I knew Kalyan sir since 2016, when I



was pursuing my Masters in Physical Education in Andhra University. He came to Andhra University for his Orientation Course in Academic Staff College. He came to the department and got the permission from Prof. Shyam babu sir, Head of the Department of Physical

Education. Then we met him along with sir and he introduced sir. HOD sir informed us those who are interested to listen the classes for UGC NET and SET in Physical Education for Paper - II and Paper – III, they can attend the classes from tomorrow onwards 6 AM to 8.30 AM and 5.30PM to 8.30PM. He further also informed us its free of cost and utilize the services of Dr.Y. Kalyan Kumar, who will stay for 20 days here. As he mentioned time he promptly came on foot with Laptop bag and he used to start the class sharp 6: AM. The command on the subject was excellent and the way of teaching with day to day sports examples are awesome. A lay man can understand his examples according to the theory which he explains in the class. I never feel a single class was bore. I went to NIS Diploma in Boxing with his guidance. I came back now for NVS in Physical Education. Even though I completed my NSNIS in Boxing still he updated me with so many new training methods which leads to the development of performance of an individual. I am very much thankful to sir and his team for a fantastic class as well as nice explanations. One of the added advantages in this training is that previous paper discussions. Its really helped all of us to rectify our mistakes. The concept of sir while discussing the paper is great. He never accepts straight away the correct option. He wants to get the answer after fruitful discussion and everybody should involve in all the four options, by this we can able to generate another four questions according to the options. That's the specialty of the sir.

**Narasimha from Ananthapuramu**, expressed that, this was an amazing experience of these 25 days and we got plenty of knowledge in the field of Physical Education. It was a new experience that gave wise situational presentations through video and rules and Regulations through the medium of ICT. Practical demonstration. One of the biggest assets from these classes that, how to analyze



an unknown question. That was a great asset to the individuals. Really, I am expressing my sincere thanks and gratitude to the institution for providing free training program for DSC in Physical Education. I salute to you and your team members for a great opportunity. Most of the people are from economically poor background but I am confident we are wealthy enough in subject matter.

**Dr.K. Uma Devi** Principal responded it was a heavy-hearted feeling to hear the situations of Physical Education students, I am very fortunate enough to be associated with the training program. It was a great work and effort which was made by our staff member Dr.Y. Kalyan Kumar. From the bottom of my heart I am expressing my sincere thanks and I wish you all the very best for your future exams.

Before going for the Vote of thanks, the Department of Physical Education has distributed the Examination material to all students.



Department of Physical Education has felicitated the chief Guest and other distinguished guest.



**Principal and Coordinator for IQAC respectively in the college.**

**18-08-2018**



A guest lecture was organized by the Department of Commerce on "Career Guidance" for III & V semester students in B.Com. Mr.C.A.Venkatarami Reddy was the resource person who has been working as the Vice President of

Dutch Bank, Mumbai.

**18-08-2018**

Mr. M. Karunakar, (2015-2018) who has just graduated out from the institution and got admission for MBA through CAT examination at Central University of Hyderabad,



visited the college and interacted with II BA & II B.Com students regarding the opportunities after degree.