



MEMORANDUM OF UNDERSTANDING

Between

Christ Church College, Kanpur

Represented by

PRINCIPAL

Dr. Joseph Daniel

&

Dept. of Physical Education & Sports,

CSJM University, Kanpur

Represented by

HOD

Dr. Srvan Kumar Yadav

Christ Church College, Kanpur is a Minority Educational Institute up to Post Graduate education affiliated to CSJM University, Kanpur. Christ Church College is a reputed college affiliated to the CSJM University, Kanpur. The College is conducting a Vocational course with the title of Physical Education & sports duly approved by the CSJM University under New Education Policy (NEP-2020). The College has decided to assist the students of Physical education and sports regarding their practical part of the syllabus.

Department of Physical Education & Sports is a prestigious institute offering BPES, B.P.Ed, M.P.Ed, PGDYEd, & Ph.D Courses in the field of Physical Education & Sports. A galaxy of sport personels are associate with the organization have excellent knowledge and training skills regarding the Physical Education & Sports.

1. AIMS

- To provide track and field skill training to the students.
- To train and support the teaching staff.
- To evaluate the progress of training and practical course work.

2. ROLES AND RESPONSIBILTIES

- **Role of Christ Church College, Kanpur**
 - A. To Arrange the Teaching Faculty for the Course.
 - B. To provide interactive classrooms for the Course.
 - C. To provide play ground with required equipment and gears for training of the students related to course work.
 - D. To equip the library with relevant books.
 - **Role and responsibilities of Dept. of Physical Education, CSJM University.**
 - A. To assist and support Christ Church College, Kanpur in training of the Staff and students.
 - B. To provide skill support for the teaching staff in methodology of Physical Education and sports.
 - C. To design the training sessions and practical content as per the course content.
 - D. To provide Instructors and Trainers to the student as per the course content.
 - E. To act as a mutual partner between teachers and students of Christ Church College, Kanpur and Uttar Pradesh Athletics Association giving them access to various training and sports activities and sport meets of Uttar Pradesh Athletics Association.
 - F. To assist Christ Church College, Kanpur in procuring relevant Physical education and sports books for the college Library.
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3. DURATION

This MOU shall be effective upon signatures by the authorized representatives of the parties for a period of two years from the date of signing of MOU. It can be extended/terminated on mutual consent of both parties.

4. VALIDITY

The MOU is valid for two years from the date of signing.

5. TERMINATION

The MOU can be terminated by either of the parties with a six month notice period.

6. AMENDMENT

Any amendment can be made with the consent of all parties' signatory.

7. ADDRESS FOR COMMUNICATION

All the communication shall be dispatched by registered post/email address at following address.

For Christ Church College, Kanpur

Ashishkn01@csjmu.ac.in

office@ccc knp.ac.in

www.ccc.ac.in

Contact: 9839037784

Authorized Signatory

For Dept. of Physical Education & Sports,

CSJM University, Kanpur

phyedu@csjmu.ac.in

www.csjmu.ac.in

Contact: 9125760944

Authorized Signatory


Dr. Joseph Daniel

Principal,

Christ Church College, Kanpur

37/17, The Mall, Kanpur

PIN: 208 001




Dr. Srvan Kumar Yadav

HOD,

Dept. of Physical Education & Sports,

CSJMU Kanpur

PIN: 208 012

Date-26-11-2024



MEMORANDUM OF UNDERSTANDING

Between

Christ Church College, Kanpur

Represented by

PRINCIPAL

Dr. Joseph Daniel

&

UP ATHLETICS ASSOCIATION

Represented by

SECRETARY

Dr. Devesh Dubey

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Uttar Pradesh Athletics Association is a prestigious organization offering full hand support in the field of Physical Education & Sports. A galaxy of sport personel are associate with the organization have excellent knowledge and training skills regarding the Physical Education & Sports.

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➤ Role of Christ Church College, Kanpur

- A.** To Arrange the Teaching Faculty for the Course.
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➤ Role and responsibilities of Uttar Pradesh Athletics Association.

- A.** To assist and support Christ Church College, Kanpur in training of the Staff and students.
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For Christ Church College, Kanpur

Ashishkn01@csjmu.ac.in

office@cccknp.ac.in

www.ccc.ac.in

Contact: 9839037784

Authorized Signatory


For Uttar Pradesh Athletics Association

dev.narayan7777@gmail.com

<http://www.upathletics.in/>

Contact: 9336111929

Authorized Signatory


13/2/24
Dr. Joseph Daniel

Principal,

Christ Church College, Kanpur

37/17, The Mall, Kanpur

PIN: 208 001





Dr. Devesh Dubey

Secretary,

Uttar Pradesh Athletics Association

133, Bima Vihar, Lakhanpur, Kanpur

PIN: 208 024

Date-13-02-2024



Christ Church College, Kanpur



UP ATHLETICS ASSOCIATION

MEMORANDUM OF UNDERSTANDING

Between

Christ Church College, Kanpur

Represented by

PRINCIPAL

Dr. Joseph Daniel

&

UP ATHLETICS ASSOCIATION

Represented by

TREASURER

Dr. Devesh Dubey

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- **Role of The Christ Church College, Kanpur**

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For Christ Church College, Kanpur
Authorized Signatory


DR. Joseph Daniel
Principal
Christ Church College, Kanpur
37/17, The Mall, Kanpur

PIN: 208 001

For Uttar Pradesh Athletics Association
Authorized Signatory


Dr. Devesh Dubey
Treasurer
Uttar Pradesh Athletics Association
133, Bima Vihar, Lakhanpur , Kanpur

PIN: 208 024

Dated: 12.02.2022

COURSE NAME : VOCATIONAL COURSE IN PHYSICAL EDUCATION & SPORTS

FACULTY : SCIENCE, ARTS & COMMERCE

COURSE LEARNING OUTCOME:

The immediate need is of good quality physical education and sports professionals at various levels. This demand is increasing these days offering opportunities for all who want to be associated with Sports and build a career in this field. Several job opportunity already exist and new one are taking shape.

There is already a gap today in the demand and supply of professionals in this sector in quantity as well as quality. This vocational course on physical training and sports gives basic exposure of the relevant knowledge and skill required for someone interested in this sector

Participation in such vocational courses should build entry level knowledge and skills giving the student an advantage when pursuing further education in this field or employability skills, should the student decide to go for a job.

Credits: 3

Program: Vocational

Max. Marks: 100

Passing Marks: 33

Department :
Physical
Education &
Sports

Course Code:

SEMESTER I	UNIT	TOPICS	NO OF LECTURES
	I (Theory)	History, Principles and Foundation of Physical education. 1. Meaning, Definition and Scope of Physical Education, Aims and Objective of Physical Education, Importance of Physical Education in present era. Misconceptions about Physical	15

		<p>Education Relationship of Physical Education with General Education. Physical Education as an Art and Science.</p>	
	<p>II (Practical)</p>	<p>Track and Field (Running Jumping Events)</p> <p>Running Event Starting techniques: Standing start, Crouch start and its variations. Proper use of blocks. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug Ground Marking, Rules and Officiating Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques. Types of Hurdles Ground Marking and Officiating. Relays: Fundamental Skills Various patterns of Baton Exchange Understanding of Relay Zones Ground Marking Interpretation of Rules and Officiating.</p> <p>Track and Field Athletics: Jumping Events High Jump (Straddle Roll) Approach Run, Take off Clearance over the bar. Landing</p>	<p>60</p>
	<p>UNIT</p>	<p>TOPICS</p>	<p>NO OF LECTURES</p>
<p>SEMESTER 2</p>	<p>I (Theory)</p> <p>II (Practical)</p>	<p>Anatomy and Physiology</p> <p>Brief Introduction of Anatomy and physiology in the field of Physical Education. Introduction of Cell and Tissue. The arrangement of the skeleton – Function - of the skeleton – Ribs and Vertebral Column and the extremities – joints of the body and their types Gender differences in the skeleton. Types of muscles.</p> <p>Swimming/ Gymnastic (Any one)</p> <p>Gymnastics: Floor Exercise</p>	<p>15</p>

Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap. Vaulting Horse Approach Run, Take off from the beat board, Cat Vault, Squat Vault
Swimming:
 Fundamental Skills
 Entry into the pool.
 Developing water balance and confidence
 Water fear removing drills.
 Floating-Mushroom and Jelly fish etc.
 Gliding with and without kickboard.
 Introduction of various strokes
 Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
 Start and turns of the concerned strokes.
 Introduction of Various Strokes.
 Water Treading and Simple Jumping.
 Starts and turns of concerned strokes.
 Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

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