

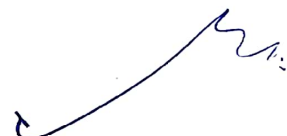
DIRECTORATE OF SPORTS & PHYSICAL EDUCATION,
UNIVERSITY OF JAMMU
("A+" Grade University-Accredited by NAAC)

No: PE/24/4073
Date: 13/11/2024

Max. Marks: 40

Date Sheet of Internal Practical of B.P. Ed 1st Semester NON-CBCS, 2024-25.

Date	Course Code	Subject	Time
21.11.2024	PC-101	Calisthenics-Mass PT, Free Hand Exercises, Band Drills	07:00 am
21.11.2024	PC-102	Track and Field: - Sprints, Long Jump, Shot Put	2:00 pm
22.11.2024	PC-103	Aerobics and Gymnastics	07:00 am
22.11.2024	PC-104	Kabaddi and Kho-Kho	2:00 pm


(Dr. Daud Iqbal Baba)
Director





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Date Sheet of Internal Practical of B.P. Ed 3rd Semester NON-CBCS, 2024-25.

Date	Course Code	Subject	Time
25.11.2024	PC-301	Track and Field: -Triple Jump, Javelin Throw, Long Distance Races	07:00 am
25.11.2024	PC-302	Combative Sports: -Wrestling and Boxing	2:00 pm
26.11.2024	PC-303	Team Games: -Football and Hockey	07:00 am
26.11.2024	TP-304	Classroom Teaching on the topic of the syllabus	2:00 pm


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No: PE/24/4074
Date: 13/11/2024

Max. Marks: 40

Date Sheet of Internal Practical of M.P. Ed 1st Semester CBCS, 2024-25.

Date	Course Code	Subject	Time
27.11.2024	PSMPPC-101	Track and Field: - Sprints, Long Jump, Shot Put	07:00 am
27.11.2024	PSMPPC-102	Coaching Skills: - Kabaddi and Cricket	2:00 pm
28.11.2024	PSMPPC-103	Yoga: - Aerobics / Yoga	07:00 am
28.11.2024	PSMPPC-104	Coaching Skills: - Volleyball and Table Tennis	2:00 pm

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Date Sheet of Internal Practical of M.P. Ed 3rd Semester CBCS, 2024-25.

Date	Course Code	Subject	Time
29.11.2024	PSMPPC-301	Track and Field: - Throwing Events	07:00 am
29.11.2024	PSMPPC-302	Games Specialization: - Wrestling and Boxing (any two)	2:00 pm
30.11.2024	PSMPPC-303	Coaching Lessons of Track and Field: - Sprints and Relay Races, Track	07:00 am
30.11.2024	PSMPPC-304	Football and Table Tennis	2:00 pm


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