

SUBHARAM GOVT.DEGREE COLLEGE, PUNGANUR-517247

DEPARTMENT OF PHYSICAL EDUCATION

PROJECT

WORK BY STUDENTS

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6	2019-20	G SRIKANTH	III B.COM-CA	P J ROBERT	PHYSICAL EDUCATION	HISTORY OF VOLLEY BALL GAME
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SUBHARAM GOVT.DEGREE.COLLEGE.



A PROJECT WORK

ON

FUNDAMENTAL PRINCIPLES of FIRST AID

DEPARTEMENT OF PHYSICAL EDUCATION

PUNGANUR, CHITTOOR (DIST), PINCODE:517247



**SUBHARAM GOVT. DEGREE COLLEGE,
PUNGANUR 2018-19**



A PROJECT WORK

ON

FUNDAMENTAL PRINCIPLES of FIRST AID

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2018-19

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⇒ Fundamental Principles of First-aid

Basically it is one Principles of Practice of medicine and surgery that concept of first aid is based. First aid is provided with various objectives, some of which are as follows:-

- (a) To Preserve life of the injured person.
- (b) To take all steps by which preventive measures can be taken.
- (c) To keep the injury under control as a result of which it cannot become more worse.

Thus it can be said that the responsibilities and role of person providing first aid begins as soon as person becomes ill or injured while as soon as medical services are made available, then his responsibilities, come to an end. If the injury or illness is more serious or more than physician can ask first aiders for more assistance. In which condition first aiders should co-operate with him in all possible ways.

⇒ Managing The Injured Person:-

While managing the injured person, first aiders should respond quickly and call for assistance. In saving the life of victim, action should be taken promptly. First aiders should be able to approach the victim in a calm and methodical manner by

* Fracture Neck of Radius :-

When a person gets fallen on the outstretched arm then generally this kind of fracture gets arise. Person suffering from this fracture often complains of fracture gets arise. Person suffering from in the injured area and finds it difficult to rotate the arm in any direction. For treating this kind of fracture, a triangular sling should be used by the first aider.

* Supracondylar Fracture of Humerus :-

This kind of fracture generally occurs near the elbow. The main cause of occurrence of this kind of fracture is fall from a swing as a result of which children are found to be major victims of this fracture. Victim of his fracture complains of pain in the injured part. He finds it difficult to move the elbow in any way and after some time the injured part becomes swollen. This fracture is treated by padding the arm and supporting in a triangular sling.

=> Burns :-

Any wound arising out heat is known as burn. Burns can get arise as a result of dry heat such as fire a piece of hot metal or even

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Sun. It can also as a result of electric current. Corrosive chemicals of various kinds also prove to be main source or arising burns in human beings.

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A PROJECT WORK

ON

HISTORY of VOLLEY BALL GAME

DEPARTEMENT OF PHYSICAL EDUCATION

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A PROJECT WORK

ON

HISTORY OF VOLLEY BALL GAME

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VOLLEYBALL

About the tutorial :- Volley ball is played by two teams in a rectangular court, divided into two equal halves across the length by a net tightly stretched between two poles fixed at either sides of the court. It is one of most popular games and is today widely played across the world. This tutorial will provide you with a bird's-eye-view of this popular game and its rules.

Audience :- Volleyball is widely played across the world and various tournaments are conducted in many countries. People like to watch and play this game. This tutorial is meant for all those readers who to play volleyball.

prerequisites :- There are no prerequisites whatsoever all that you need to have is an eagerness to learn and play this game.

It is a complete rally if one of the teams scores a point.

- Service :- "players hit the ball with their fist, wrist, or arm, from the service zone and it has to move above the net to the other teams play zone.

- warm up sessions :- "players can get used to the environment and practice in a short six to ten minute warm up sessions before the actual game begins.

- Attack hit :- "The hit that sends the ball to the opponent side.

- positional fault :- "players are numbered in anti-clockwise starting from the player in extreme in extreme right position in the back row. So, players in the front row are numbered 4, 3 and 2 and players in the back row are numbered 5, 6 and 1 from are numbered ~~4, 3~~ and they should lie in the same positions declared before beginning a set

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ON

HISTORY of KABADDI

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ON

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INTRODUCTION OF THE^① KABADDI

Introduction of the kabaddi :-

The Ancient scriptures irrespective of the cost creed and religion dictated that God the creator of the world is Himself. The supreme sportsman "Jugod guru" shankaracharya in his commentary on "Upasishad" had disolved that the creation of the world it self is the Greatest sport joy is sport used sport joy.

Kabaddi is basically an outdoor Team game play in tropical of Asia. This is digintous game of India was adopted By other countries in Asia, Pakistan, Nepal, Bhutan, Bangladesh and other countries.

The game demanded Agility muscular co-ordination, breath Holding capacity, quick Responses and a great deal of presence of mind kabaddi was probability invented to develop defensive response by an individual Against group attacks and a group respons to an individual attack.

BASIC DEFENSIVE SKILL :-

A. ANKLE HOLD :-

Ankle hold is an individual defensive skill in kabaddi, used by defensive players against leg thrusts and foot touches by raiders during an attack or when the raider is on the bonus line. This is useful for corner players because every raider would try to cross the bonus line at the corner side of the court.

Body position :-

Count No 1 :-

Keep the body position slightly tilted towards the raider. Place the body weight on the toes. Leading leg bent, toes knee. Take a comfortable stance for quick reaction.

Observation and Anticipation :-

A defensive player must analyse the raider's movements before going to ankle hold. Careful observation is needed to good catches.

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HISTORY of OLYMPIC – GAME'S

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HISTORY OF OLYMPIC- GAMES

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2021-2022

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Olympic Games

The modern Olympic Games or olympics (French: olympiques) are the leading international sporting events featuring summer and winter sports competitions in which thousands of athletes from around the world participate in a variety of competitions. The olympics Games are considered the world's foremost sports competition with more than 200 teams, representing sovereign states and territories, participating. The Olympic Games are normally held every four years, and since 1994, have alternated between the summer and winter Olympic every two years during the four year period.

Their creation was inspired by the ancient Olympic Games (Ancient Greek: ΟΛΥΜΠΙΚΟΙ ΑΓΩΝΕΣ), held in olympic, Greece from the 8th century BC to the 4th century AD. Baron Pierre de Coubertin founded the International Olympic Committee (IOC) in 1894 leading to the first modern Games in Athens in 1896. The IOC is the governing body of the Olympic Movement (which encompasses all entities and individuals involved in the Olympic Games) with the Olympic charter defining its

Ancient Olympics

The ancient Olympics Games were religious and athletic festivals held every four years at the sanctuary of Zeus in Olympic, Greece. Competition was among representatives of several city-states and kingdoms of Ancient Greece. These Games featured mainly athletic but also combat sports such as wrestling and the pankration, horse and chariot racing events. It has been widely written that during the games, all conflicts among the participating city-states were postponed until the games were finished. This cessation of hostilities was known as the Olympic peace or truce. This idea is a modern myth because the Greeks never suspended their wars. The truce did allow those religious pilgrims who were travelling to Olympic to pass through warring territories unmolested because they were protected by Zeus.

The origin of the Olympics is shrouded in mystery and legend. One of the most popular myths identifies Heracles and his father Zeus as the progenitors of the games. According to legend, it was Heracles who first called the games "Olympic" and established the custom of holding them every

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HEALTH RELATED FITNESS

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**SUBHARAM GOVT. DEGREE COLLEGE,
PUNGANUR 2022-2023**



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ON

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Health Related Fitness:-

The physical fitness and wellness are inter-related to each other. physical fitness is the sum of the five motor abilities namely "strength", "speed", "endurance", "flexibility" and "coordinative abilities". The most important aim of sports exercise is to improve and maintain the physical fitness and wellness of the human being. Exercise is an essential element in the achievement and maintenance of physical fitness and wellness of human being.

The consensus of scientific opinion today is that exercise is essential. In the opinion of the authority, exercise suited to the individual should be done for a specific duration regularly at least 4 to 6 days a week for maintaining physical fitness and wellness of human beings.

Components of physical Fitness and Wellness:-

physical fitness covers organic fitness as an individual. The main components of physical fitness of an are speed, strength, endurance, flexibility, agility, Cardiovascular fitness and co-ordinative ability.

Cardiovascular Endurance



- Mile
- Pacer

Muscular Endurance

- Flex Arm Hang
- Push up
- Curl ups



Muscular Strength



- Bench Press
- Squat
- Bicep Curl

Flexibility



- Sit & Reach
- Shoulder Flexibility

Body Composition



- BMI
- Skin Fold

Specific Circuit Training:-

In the programs meant for this kind of training, the exercise is completely done for some special sport or some special feat. Sometimes the action to strengthen just one set of muscles is performed by means of several exercise by this training method.

In circuit training method, the following points should be noted while including exercise in a circuit:

- (i) The selection of exercise of a circuit should be such as are helpful.
- (ii) The exercises should be selected keeping in view the capacity.
- (iii) The type of Competition for which training, the circuit is being made.

Advantages of Circuit Training:-

- (i) It provides an interesting atmosphere.
- (ii) It is easy and interesting method of training.
- (iii) It can be performed indoors as well as outdoors.
- (iv) It can be easily supervised by the coach.