

PROGRAMME SCHEDULE FOR TEACHING INTERNSHIP COURSE


ON AND FROM 14/11/2022 TO 21/11/2022

CONDUCTED BY GOVT. PHYSICAL EDUCATION COLLEGE FOR WOMEN, HOOGHLY

RICE RESEARCH STATION. CHINSURAH, HOOGHLY

Day	1 ST Conditioning (7:00 - 7:30) AM	2ND PRACTICAL (7:35 - 8:35) AM	3RD PRACTICAL (8:40 - 9:30) AM	Breakfast (9:30-11:00)AM	1 ST THEORY (11:00 - 12:00) PM	2ND THEORY (12:00 - 1:00) PM	Lunch break (1:00-2:30)PM	4th PRACTICAL (2:30 - 3:30) PM	5th PRACTICAL (3:35 - 4:35) PM	Cultural Programme rehearsals (5:00 - 6:30) PM
14.11.22 Monday	Fitness – Endurance Component (SB/SRP)	Athletic Coaching Principles (SB/SRP)	Social Work (SB)		Nutrition Hygiene (SB)	Store & Library Maintenance (BC&SB)		Cricket (BC)	Gymnastics Skill – advanced evaluation (GCM)	
15.11.22 Tuesday	Fitness – Strength (SRP/SB)	Athletic Coaching Principles (SRP)	Heartfulness team Meditation Principles & Social Values **		Research Statistics (BC)	Purchase Procedure (SM) / Teaching Methods & Skill learning (BB)		Human Performance Lab. Demonstration (BC/BB)	Track & Field Measurement (SRP/SB)	
16.11.22 Wednesday	Fitness – Speed (BB)	Track & Field Measurement (SRP/SB)	Biomechanics & Fundamental moments (BB)		Social Work (BC & SB)	Social Work (BC & SB)		Aerobics/Jumba (SB/GB)	Kho-kho (GB/SB)	
17.11.22 Thursday	Fitness – Flexibility (BC)	Athletic Coaching Principles (SB)	Social Work (BC/SB)		Exercise Physiology & Research (SG)	Exercise Physiology & Research (SG)		Anatomy & Physiology Lab. Demonstration (NM/SBB)	Health & Medical Test Lab. Demonstration (NM)	
18.11.22 Friday	Fitness – General Exercise (NIM/SP)	Practical Teaching Examination (NIM/GB/SP)	Football/Volleyball (NIM/SP)		Psychology & Sports Performance (NIM)	Biomechanics & Principles implementation on skills (SP)		Physiotherapy & Rehabilitation Lab. Demonstration & Massage (GB/MK)	Practical Teaching Examination (SP/NIM/GB)	
19.11.22 Saturday	Fitness – General Exercise (NIM/SP)	Practical Teaching Examination (GB/SP/NIM)	Practical Teaching Examination (SP/GB/NIM)		Statistics (SP)	Theory Teaching Examination (GB/SP/NIM)		Tournament organization /Yoga (SM/MKM)	Theory Examination (SP/NIM/GB)	
21.11.22 Monday	Tournament (Students)				Cultural Programme (Students) 10:00-11:00	Tabulation (SP/NIM/SM) 11:00-12:00		Closing & Certificate Distribution (12:00 -1:00) PM		

NOTE: 1. ** Classes will be started at 9:10 AM Note 2- Inauguration Programme will be held on 14.11.22 at 10:30 am to 11:00 am


10/11/22

IQAC Coordinator

Govt. Physical Education College for Women
Chinsurah (RS), Hooghly

Principal

Govt. Physical Education College for Women
Chinsurah (RS), Hooghly