



DIRECTORATE OF PHYSICAL EDUCATION
(M.P.Ed) UNIVERSITY OF KASHMIR
(NAAC ACCREDITED GRADE "A+")
HAZRATBAL SRINAGAR, KASHMIR- 190006

Notice

It is notified for the information to all the students of M.P.Ed 3rd semester (batch 2019) that they has to submit assignment (hand written) by or before 20th June, 2021. The topic for assignment and email address of concerned teacher is given for every course.

Course :- Sports Training

Email Address surjeet@uok.edu.in

S.No	Name	Topic for assignment
1	Shahnaza Akther	Elaborate Design a training programme for the development of strength for seniors boys
2	Parminder Kour	Frame periodization plan for juniors boys (athletic) for which competition will be held after 5 years
3	Mudasir Ahmad Bhat	Tactics describe all defensive tactics of your own games
4	Rubeena Fayaz	Tactics, Describe all offensive tactics of your own games
6	Showkat Ahmad Khan	Describe procedure for the Talent Identification and Development (Volley ball players)
7	Javeed Amin Shah	Describe procedure for the Talent Identification And Development (football players)

Subject: Sports Psychology

Email Address:- haqzahoorbhat@gmail.com

S.No	Name	Topic for Assignment
1	Showket Ahmad	Relationship of sports psychology with other sports sciences.
2	Rubeena Fayaz	
3	Mudasir Ahmad Bhat	Relationship of personality to sports performance
4	Shahnaza Akhter	
5	Javid Ahmad Shah	Motor development and phases of motor development
6	Parminder Kour	



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Subject: Exercise physiology

Email Address:- nasirbashirnp@gmail.com

S.No	Name	Topic for assignment
1	Showket Ahmad	Structure and Function of Skeletal Muscle and its Properties
2	Rubeena Fayaz	
3	Mudasir Ahmad Bhat	Structure of Heart and Effect of Exercise on Cardiovascular System
4	Shahnaza Akther	
5	Javeed Amin Shah	Meaning and Methods of Doping and its Side Effect on Health
6	Parminder Kour	

Sd-
Dr. Surjeet Singh
Coordinator (M.P.Ed)
Phy.Edu.& Sport