



GOVERNMENT COLLEGE KASARAGOD

VIDYANAGAR, KASARAGOD, KERALA, 671123

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NAAC 3RD CYCLE ACCREDITATION

**ADD ON COURSE:
ADVANCED COACHING IN COMBAT SPORTS
TAEKWONDO**



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04994 256027 principalgcksd@gmail.com www.gck.ac.in

Name of the add on course: Advanced coaching in combat sports taekwondo

Name of the programme: Advanced coaching in combat sports taekwondo

Duration: 42 hrs 21 days

List of the students enrolled

(22) *Dr. Ananthapadmanabha A.I.*

GOVERNMENT COLLEGE KASARAGOD
DEPARTMENT OF PHYSICAL EDUCATION
CENTRE FOR EXCELLENCE 2018-19
LIST OF PARTICIPANTS

NAME OF PROGRAMME: COACHING IN COMBACT SPORTS (TAEKWONDO)
DURATION: 17.01.2019 TO 18.02.2019 (21DAYS DURATION)

SL NO	NAME	CLASS
1	MEENAKSHI M	II B.COM
2	KEERTHI A	II BA. ENGLISH
3	SAHANA A	I BA HISTORY
4	ANUSHA B	I BA ENGLISH
5	SAHANA N	I B.COM
6	SHYMA N	I BA HSTORY
7	SALINI S	I BA ECONOMICS
8	SHIFALI S RAJ	I BA HISTORY
9	VIDYAKUMARI	I BA ECONOMICS
10	DEEKSHA J	III BSC CHEMISTRY
11	VINAY VR	I B.SC GEOLOGY
12	SHUITH TS	I BSC MATHS
13	AHAMMED KABEER	I BSC MATHS
14	ABIN S PRADEEP	I BA ENGLISH
15	NANDAKISHOR VP	I BSC PHYSICS
16	ABOBACKER SIDDIQUE	III BA MALAYALAM
17	HARSHAVARDAN	I BA ENGLISH
18	SREEROOP CK	I BSC CHEMISTRY
19	DILEEP M	I BSC ZOOLOGY

Name and Signature of the Principal
Dr. Ananthapadmanabha A.I.

GOVERNMENT COLLEGE KASARAGOD

Date.....

RAJU M.C.
ASST. PROFESSOR
DEPT. OF PHYSICAL EDUCATION
GOVT. COLLEGE KASARAGOD
VIDYANAGAR P.O. - 671 123



Curriculum

Course outcomes CO 1 :Develop advanced skill in taekwondo.

CO 2 : Acquiring total fitness

PROGRAMME SCHEDULE

GOVERNMENT COLLEGE KASARAGOD
DEPARTMENT OF PHYSICAL EDUCATION
CENTRE FOR EXCELLENCE 2018-19 COACHING IN COMBACT SPORTS BOXING
INSTRUCTORS DIARY

SLNO	DATE	ACTIVITY DONE
1	17.1.2019	INTRODUCTION WARMING UP RUNNING GROUND D EXERSISE WHOLE BODY EXERCISE
2	18.1.2019	INTRODUCTION WARMING UP RUNNING GROUND D EXERSISE WHOLE BODY EXERCISE FOOT WORK IN BOXING
3	19.1.2019	WARMING UP RUNNING FOOT WORK PUNCHING
4	21.1.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT
5	22.1.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT
6	23.1.2019	FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT FACE TO FACE FIGHTING STRECHING
7	25.1.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT
8	26.1.2019	FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT FACE TO FACE FIGHTING STRECHING
9	27.1.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT

SIGN OF INSTRUCTOR *Amik*

SIGN OF SUPERVISING TEACHER *[Signature]*

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Date.....

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PRINCIPAL
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Name and Signature of the Principal
Dr. Ananthapadmanabha A.I.

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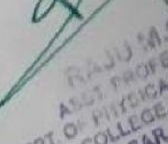
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CENTRE FOR EXCELLENCE 2018-19 COACHING IN COMBACT SPORTS BOXING
INSTRUCTORS DIARY

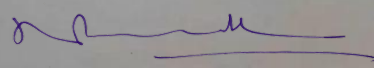
SLNO	DATE	ACTIVITY DONE
10	28.1.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT
11	29.1.2019	FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT FACE TO FACE FIGHTING STRECHING
12	30.1.2019	FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT FACE TO FACE FIGHTING STRECHING
13	31.1.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT
14	1.2.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT
15	2.2.2019	FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT FACE TO FACE FIGHTING STRECHING
16	4.2.2019	FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT FACE TO FACE FIGHTING STRECHING


SIGN OF INSTRUCTOR


SIGN OF SUPERVISING TEACHER




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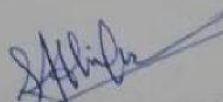
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SLNO	DATE	ACTIVITY DONE
17	5.2.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT
18	6.2.2019	FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT FACE TO FACE FIGHTING STRECHING
19	7.2.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT
20	8.2.2019	WARMING UP RUNNING FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT
21	9.2.2019	FOOT WORK PUNCHING SHADOW FIGHT PAD FIGHT FACE TO FACE FIGHTING STRECHING


SIGN OF INSTRUCTOR


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DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE

OF COMPLETION

THIS CERTIFICATE IS AWARDED TO

VINAY VR

I BSc Geology

for completing 42 hours advanced coaching in Taekwondo from 17-01-2019 to 18.02.2019
conducted by Department of Physical Education under the scheme Centre for Excellence
funded by Directorate of Collegiate Education Government of Kerala .

**Kasaragod
09.02.2019**


HOD





Name and Signature of the Principal
Dr.Ananthapadmanabha.A.I

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