



DEWAJIBHAU BUDHE MEMORIAL EDUCATION SOCIETY'S
DEWAJIBHAU BUDHE MEMORIAL
COLLEGE OF PHYSICAL EDUCATION

GONDIA - 441 601 (M.S.)

(Affiliated to R.T.M. Nagpur University, Nagpur & N.C.T.E.)

D.B.M.SADAN, VIDYA VIHAR, PANGOLI RIVER ROAD, GONDIA KHURD, GONDIA - 441601 (M.S.)
Office : 7588282137, 7020714784, 09423113464 | Website : dbmgondia.org | E-mail : dbmgondia@rediffmail.com

Ref: NAAC 2024/MLD/Cr-2.4.12

Date-13/01/2024

Criteria: 2.4.12	Performance of students during internship is assessed by the institution in terms of observations of different persons such as <ol style="list-style-type: none">1. Self2. Peers (fellow interns)3. Teachers / School* Teachers4. Principal / School* Principal5. B.Ed Students / School* Students (* 'Schools' to be read as "TEIs" for PG programmes)
Findings of DVV	Assessment criteria adopted by each of the selected persons (For Bachelor and PG Programmes as applicable). Two filled in sample observation formats for each of the claimed assessors
Response/ Clarification	<ol style="list-style-type: none">1. Sample filled performance assessment forms and records are attached duly checked and verified by Principal (Appendix I)



DR. AMIT A. BUDHE
PRINCIPAL
D.B.M. COLLEGE OF PHY EDU.
GONDIA

Appendix I



RASHTRASANT TUKDOJI MAHARAJNAGPUR UNIVERSITY NAGPUR

Dewajibhau Budhe Memorial Education Society's

DEWAJIBHAU BUDHE MEMORIAL COLLEGE OF PHYSICAL EDUCATION GONDIA-441601

D. B. M. SADAN, VIDYA VIHAR, PANGOLI RIVER ROAD
GONDIA KHURD, GONDIA - 441 601 (M.S.)

THEORY/PRACTICAL EXAM- SUMMER/WINTER-202³.....
CLASS-B.P.E.S/B.P. Ed/M.P. Ed-I/II/III/IV/V/VI SEMESTER

CENTER CODE--557

ROLL NO.:-- 05 (IN WORDS):-- Five


SUBJECT / CODE:- MPP-C-102 TOTAL MARKS:- _____

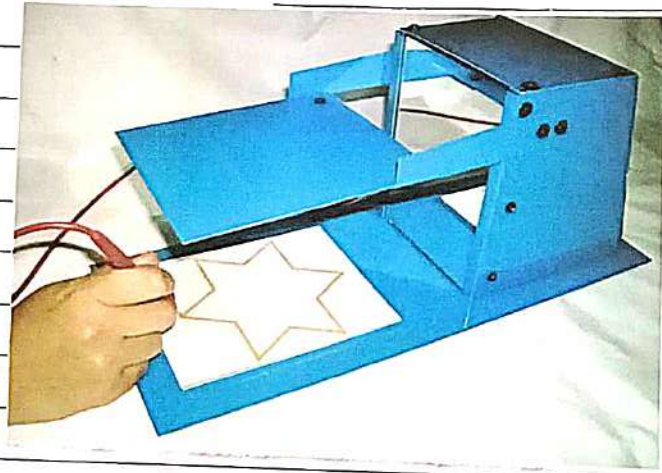
MEDIUM OF ANSWERING THE PAPER:- English INVIGILATOR SIGN:- Pril

DAY & DATE OF EXAM:- 10-11 Jan 2024


SIGNATURE OF CENTER SUPDT.

Head of Department
D.B.M. College of Physical Education


PRINCIPAL
Dr. AMFI A. BUDHIS
PRINCIPAL
D.B.M. COLLEGE



Mirror Drawing Experiment

Aim:-

To study the effect of motor learning with the help of mirror drawing apparatus.

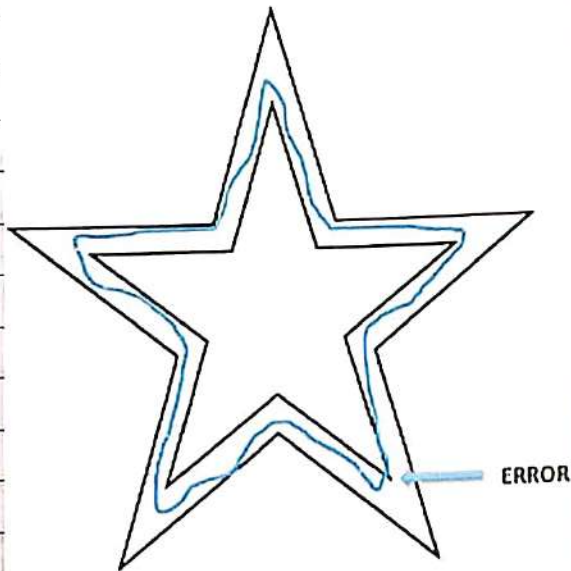
Introduction

Motor learning involves memory for motor skills such as tying your shoes or riding a bicycle. The mirror drawing task has historically been used to study learning and the effect of distributive practice. The task has also been used as a classic experimental practice designed to illustrate the effect of learning. This activity is to provide students with an experience that will allow

Mirror image tracing is primarily a visual spatial task and each half of the brain controls the contralateral side of the body. Right hand controlled by the left hemisphere and left

Apparatus:- Mirror Drawing Apparatus:-

Star Stimulus for use in mirror



Method:-

1) Instruct the participants to place the pointer tip down at any point on the star, between the two borderlines without lifting the pointer up they should trace around the star coming fully back around while trying to stay within the borders. Count the number of times they cross a border.

- 2) After each trial give the participant a break for at least 10 min. The participant receives a long break of 2 hrs between trial 5 and 6, instead of the borders 10 min break between the other trials.
- 3) The participants' task will be to trace the star, trying to stay within the boundary of two outlines.

Analysis:-

Record the number of times the participant crossed the borderlines in each experimental session. Generally, the number of errors will decline over time reflecting motor learning.

Pulse Rate of Human Body

Aim:- To measure the pulse rate of human body manually

Introduction:-

The pulse rate is the heart beats per minute. As the heart pushes blood through the arteries, the arteries expand pulses blood through the flow of the blood. The normal pulse for healthy adults ranges from 60 to 100 beats per minute.

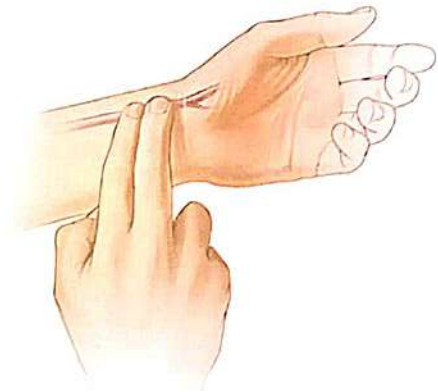
The pulse rate may fluctuate and increase with exercise, illness, injury, and emotions. Females age 12 and older in general tend to have faster heart rates than do males. Athletes, such as swimmers, who do a lot of cardiovascular conditioning, may have heart rates near 40 beats per minute and experience no problems.

Apparatus:- Stopwatch

Method:-

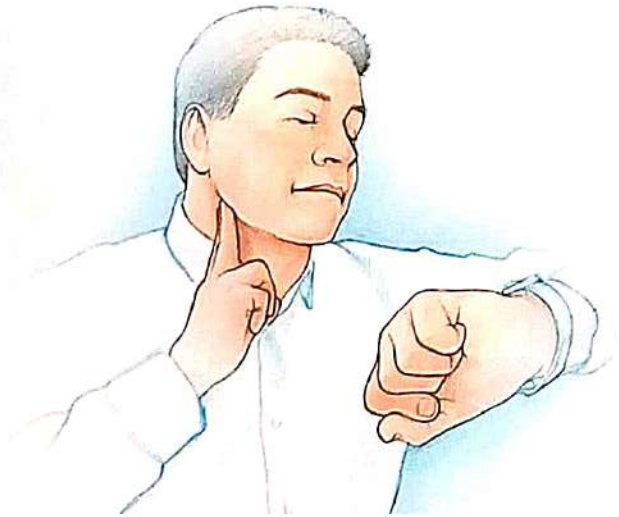
Checking your pulse on the wrist:-

- * Gently place 2 fingers of your other hand on this artery
- * Do not use your thumb, because it has its own pulse that you may feel
- * Count the beats for 30 seconds, and then double the results to get the number of beats per minute



Checking your pulse in the carotid artery

- * Place your index and middle fingers on your neck to the side of your windpipe
- * When you feel your pulse look at your watch and count the number of beats in 10 seconds
- * Multiply this number by 6 to get your heart rate per minute



Dry Spirometer

Aim:-

To determine the capacity of lung with the help of dry spirometer

Introduction

A Dry spirometer is the standard equipment used to measure the capacity of the human lungs.

Apparatus:-



Method :-

Take a long inhaled breath and blow that as much as forcefully in dry Spirometer

Analysis :-

Record the pressure reading in dry Spirometer

Goniometer

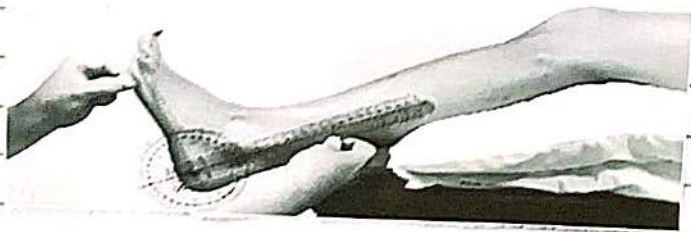
Aim

To determine the range of motion of ankle with the help of goniometer.

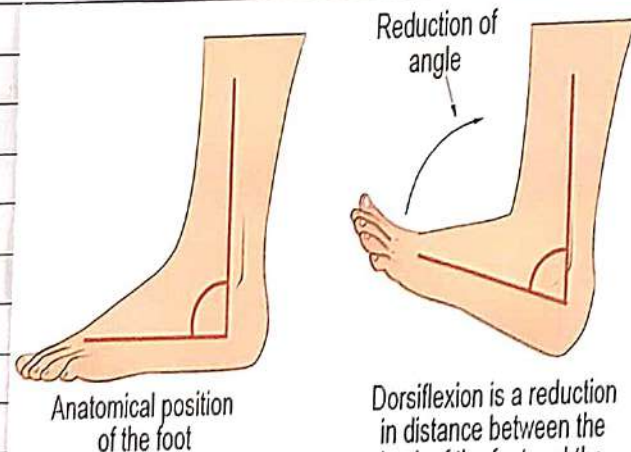
Introduction :- A goniometer is a device used to measure the range of motion around a joint in the body. Range of motion (ROM) is the measurement of the amount of movement around a specific joint or body part. A goniometer is a metal or plastic handheld device with two arms, the stationary arm and the movable arm. Each arm is positioned at specific points on the body and the centre of the centre of the movable arm is positioned at specific points on the body and the center of the goniometer is aligned at the joint to be measured. There are some instance after surgery or only occurs during the measurement.

Apparatus Goniometer.

Starting position For all of the measurements the same starting position is used position the participant on the bed / plinth in long sitting reclined to about 45 degrees place a pillow under upper part of the lower legs of flex the knee to 20-30 and lifting the heels off surface of bed / plinth ensure the patient is comfortable during the measurement could be taken sitting as long as the knee remains more than 20 degrees flexed and heel is not directly resting on a support.



The ankle movement that are being assessed.



Dorsiflexion is a reduction in distance between the back of the foot and the shin

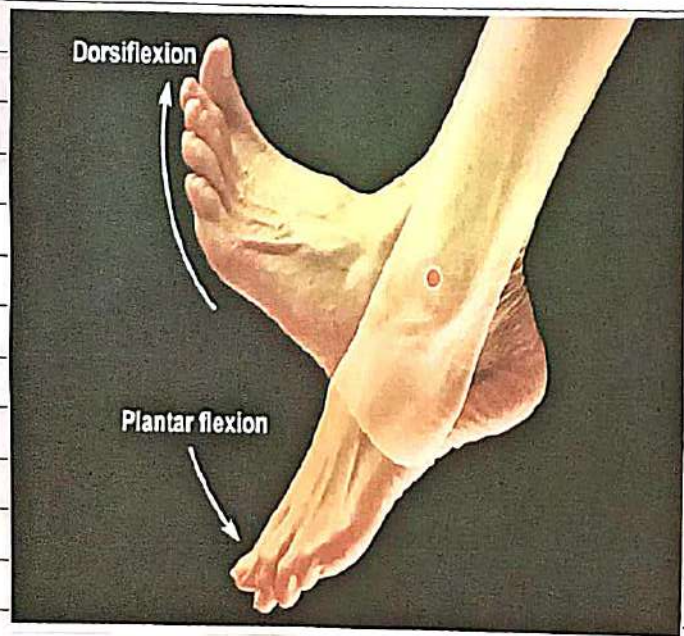
Method

Measuring the range of motion

- 1) For the purposes of the trial, measure angle of ankle

* Ask the patient to move as far as comfortable not into pain measure how far the patient can move the foot / ankle then selves do not assist the movement

* Angles are measured from neutral (P. lankes grade) which is measured as 0°.



Breath Holding Capacity Test

Test your ability to inhale and hold your breath

Apparatus:- Stop watch, Score sit., Pen

Administration helps the woman to sit in a normal position wake up!

The devotee is asked the woman concentrate on his soul and allow that to flow into the arms in a simple Practice. The Examinee will ask him to take

Scoring

The average breath :- holding duration was 52 + 11



RASHTRASANT TUKDOJI MAHARAJNAGPUR UNIVERSITY NAGPUR

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D. B. M. SADAN, VIDYA VIHAR, PANGOLI RIVER ROAD
GONDIA KHURD, GONDIA - 441 601 (M.S.)

THEORY/PRACTICAL EXAM- SUMMER/WINTER-202.....

CLASS-B.P.E.S/B.P. Ed/M.P. Ed-I/II/III/IV/V/VI SEMESTER

CENTER CODE--557

ROLL NO.:- 13 (IN WORDS):- THIRTEEN

SUBJECT / CODE:- MPPC - 102 TOTAL MARKS:- _____

MEDIUM OF ANSWERING THE PAPER:- ENGLISH INVIGILATOR SIGN:- [Signature]

DAY & DATE OF EXAM:- 10-01-2024 - 11-01-24

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SIGNATURE OF CENTER SUPDT.
Head of Department
D.B.M. College of Physical Education
Gondia (M.S.)

[Signature]
PRINCIPAL
DR. AMIT A. BUDHE
PRINCIPAL
D.B.M. COLLEGE OF PHYSICAL
EDUCATION, GONDIA

Sports Psychology

Mirror Drawing Experiment

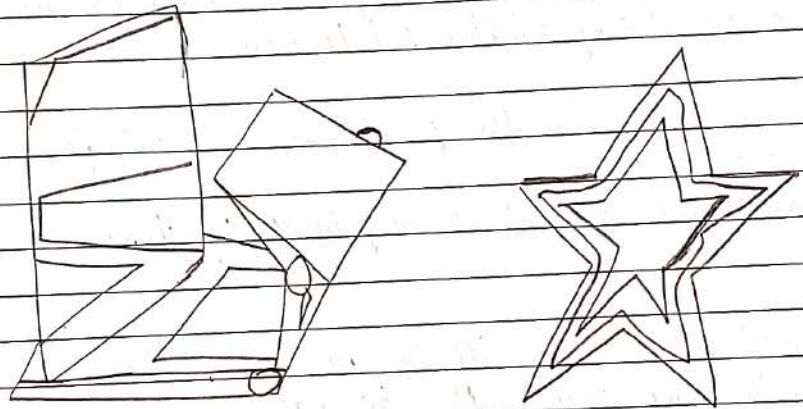
Aim: To study the effect of motor learning with the help of mirror drawing apparatus.

Introduction :

Motor learning involve memory for motor skills such as tying your shoes or riding a bicycle. The motor drawing task has historically been used to study learning and the effects of distributive practice. The task has also been used as a classic experimental activity designed to illustrate the effects of learning. The activity is designed to provide students with an experience that will allow for comparison of the left and right hand.

Apparatus :- Mirror Drawing Apparatus

Figure :-



Star stimulus for use in mirror drawing.

Method:

1. Instruct the participants to place the pointer tip down at any point on the star, between the 2 borderlines. Without lifting the pointer up, they should trace around the star, coming fully back around while trying to stay within the borders.
2. After each trail, give the participant a break for at least 10 min.
The participant received a long break of 2 hrs.
3. The participant's task will be to trace the star, trying to stay within the boundary of the 2 outlines.

Analysis

Record the No. of times the participant crossed the borderline in each experimental session.

Pulse Rate of Human Body

Aim: To measure the pulse rate of human body manually.

Introduction:

The pulse rate is the number of times the heart beats/min. As the heart pushes blood through the arteries the arteries expand and contract with the flow of the blood.

The normal pulse for healthy adults ranges from 60 to 100 beats/min.

The pulse rate may fluctuate and increase with exercise, illness, injury and emotions.

Apparatus: Stopwatch

Method:-

1. Checking your pulse on the Wrist
 - Gently place 2 fingers of your other hand on this artery.
 - Don't use your thumb.
 - Count the beats for 30 sec.
2. Checking your pulse in the Carotid artery
 - Place your index and middle fingers on your neck to the side of your wind pipe.
 - When you feel your pulse, look at your watch and count the no. of beats.
 - Multiply this No. by 6 to get your heart rate/min.

Result

Record the pulse rate.

Day Spirometer

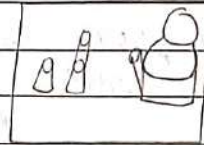
Aim: To determine the capacity of lung with the help of day spirometer.

Introduction:

A day spirometer is the standard equipment used to measure the capacity of the human lungs.

Apparatus: Day spirometer

Figure 1:-



Method:- Take a long inhaled breath & blow that as much as forcefully in day spirometer.

Analysis:-

Record the pressure reading in day spirometer.

~~Spinal Biomechanics~~

GONIOMETER

Aim: To determine the range of motion of ankle with the help of goniometer.

Introduction

A goniometer is a device used to measure the range of motion around a joint in the body.

Range of Motion (ROM) is the measurement of the amount of movement around a specific joint or body part.

A goniometer is a metal or plastic handheld device with two arms, the stationary arm and the moveable arm.

There are some instances after surgery or injury where measuring the ROM may be painful, but the pain is usually short-lived and only occurs during the measurement.

Apparatus: Goniometer.

Starting position

For all the measurement, the same starting position is used. Position the participant on the bed/plinth in long sitting, inclined to about 45 degree.

Place a pillow under upper part of the lower leg to flex the knee to 20-30° and lifting the heel off the surface. If the possible for the patient to get into the starting position then the measurement.

The ankle movement that are being assessed are:

Dorsiflexion

Plantarflexion

Method 1:-

Measuring the range of motion

- The purpose of the trial, measure angle of ankle.
- angle are measured from neutral (plantar grade) which is measured as 0°.

Breath Holding Capacity Test

Test your ability to inhale and hold your breath.

Apparatus:- Stop watch, Score Sit, Pen

Administration helps the woman to sit in a normal position Wake up!

The devotee is asked to concentrate on his soul and allow that to flow into the arms in a simple practice. The examiner will ask him to take.

Scoring

The average breath-holding duration was 52 ± 11 .



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THEORY/PRACTICAL EXAM- SUMMER/WINTER-202.....

CLASS-B.P.E.S/B.P.Ed/M.P.Ed-I/II/III/IV/V/VI-SEMESTER

CENTER CODE--557

ROLL NO.:- 01 (IN WORDS):- one

SUBJECT / CODE:- M.P.P.C - 102 TOTAL MARKS:- _____

MEDIUM OF ANSWERING THE PAPER:- English INVIGILATOR SIGN:- [Signature]

DAY & DATE OF EXAM:- 10-11 Jan 2024

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Head of Department
D.B.M. College of Physical Education
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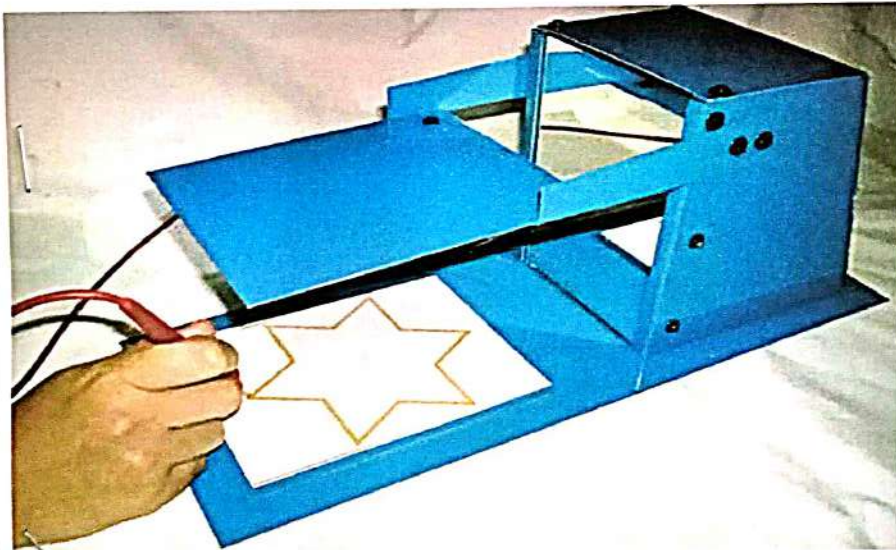
[Signature]
DR. AMTI A. BUDHE
PRINCIPAL
D.B.M. COLLEGE OF PHYSICAL
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MIRROR DRAWING EXPERIMENT

Aim :- To study the effect of motor learning with the help of mirror drawing apparatus.

Introduction :- Motor learning involve memory for motor skills such as tying your shoes or riding a bicycle. The mirror drawing task has historically been used to study learning & the effects of distributive Practice. The task has also been used as a classic experimental activity designed to illustrate the effects of learning. This activity is designed to provide students with an experience that will allow for comparison of the left & right hand. Mirror image tracing is primarily a visual-spatial task, & each half of the brain

(i.e. right hand controlled by the right hemisp-



Star Stimulus for use in mirror drawing

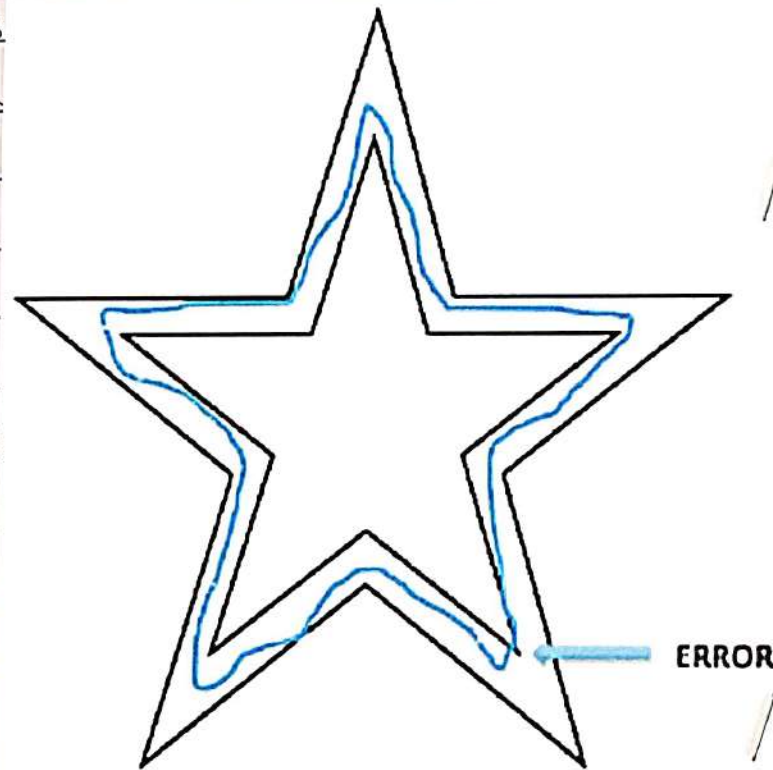
Method :-

1. Instruct the Participants to place the pointer tip down at any point on the star, between the two borderlines. without lifting the pointer up, they should trace around the star, coming fully back around while trying to stay within the borders count the number of times they cross a border as errors.
2. After each trial, give the Participant a break for at least 10 min. The Participant received a long break of 2 hrs usual 10-min break between the oth
3. The Participant's task will be to trace boundary of the two outlines.

Analysis :-

Record the number of times t each experimental session. Generally, time, reflecting motor learning.

	1	2	3	4	5



PULSE RATE OF HUMAN BODY

Aim:- To measure the pulse rate of human body manually.

Introduction:- The Pulse rate is the number of times the heart beats Per minute. As the heart pushes blood through the arteries, the arteries expand & contract with the flow of the blood. The normal Pulse for healthy adults ranges from 60 to 100 beats Per minute. The Pulse rate may fluctuate & increase with exercise, illness, injury & emotions. Females ages 12 & older, in general, tend to have faster heart rates than do males. Athletes such as runners, who do a lot of cardiovascular conditioning may have heart rates near 40 beats Per min & experience no problems.

Apparatus:- Stopwatch.

Method:-

1. checking your pulse on the wrist.

- Gently place 2 fingers of your other hand on this artery.
- Do not use your thumb, because it has its own pulse that you may feel.
- Count the beats for 30 seconds, & then double the result

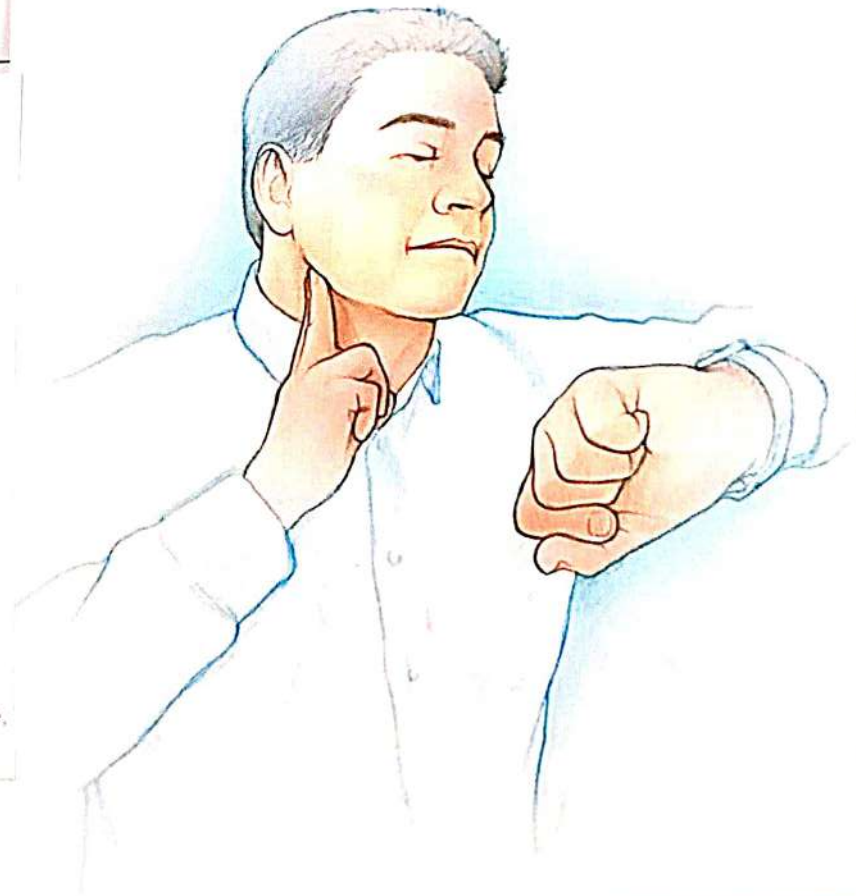
to find the number of beats Per minute.

2. Checking your Pulse in the carotid artery:-

- Place your index & middle fingers on your neck to the side of your wind pipe.
- when you feel your pulse, look at your watch & count the number of beats in 10 seconds.
- Multiply this number by 6 to get your heart rate per minute.



© Healthwise,



DRY SPIROMETER

Aim:- To determine the capacity of lung with the help of dry Spirometer.

Introduction:- A dry spirometer is the standard equipment used to measure the capacity of the human lungs.

Apparatus:- Dry Spirometer.

Method:- Take a deep breath and blow that as much

in dry spirometer.



GONIOMETER

Aim :- To determine the range of motion of ankle with the help of goniometer.

Introduction :- A goniometer is a device used to measure the range of motion around a joint in the body. Range of motion (ROM) is the measurement of the amount of movement around a specific joint or body part. A goniometer is a metal or plastic handheld device with two arms, the stationary arm & the moveable arm. Each arm is positioned at specific points on the body & the centre of the goniometer is aligned at the joint to be measured. Numbers representing angular distance are on the device, much like a protractor. Measuring ROM is usually a painless procedure. There are some instances after surgery or injury where measuring the ROM may be painful, but the pain is usually short-lived & only occurs during the measurement.

Apparatus :- Goniometer.

Starting Position :- For all of the measurements, the same starting position is used. Position the participant on the bed/plinth in long sitting, reclined to about 45 degrees. Place a pillow under upper part of the lower legs to flex the knee to 20-30°.

the patient is comfortable during the measurements. If it is not possible for the patient to get into the starting position, then the measurements could be taken sitting, as long as the knee remains more than 20 degrees flexed & the heel is not directly resting on a support.



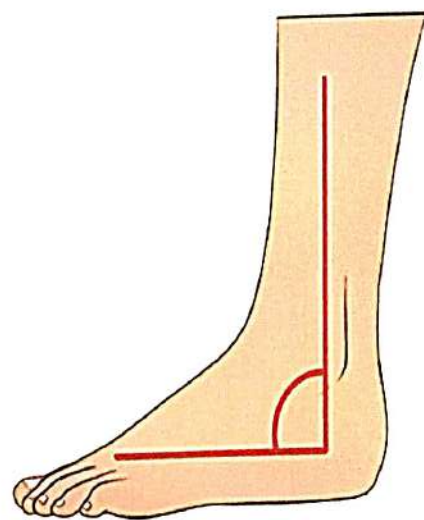
The ankle movements that are being assessed are:-
Dorsiflexion plantarflexion.

Method :-

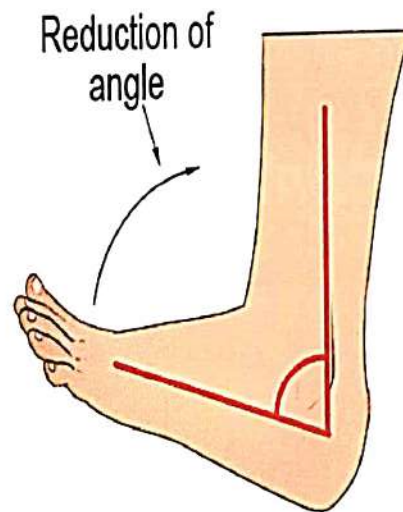
Measuring the range of motion.

- For the purposes of the trial, measure angle of ankle.

- Ask the patient to move as far as comfortable, not pain, measure how far the patient can move the foot/ankle themselves, do not assist the movement.
- Angles are measured from neutral (plantar grade), which is measured as 0°.



Anatomical position
of the foot



Dorsiflexion is a reduction
in distance between the
back of the foot and the
shin

Breath Holding Capacity Test

Test your ability to inhale & hold your breath

Apparatus:- Stop watch, Score sit, Pen

Administration helps the woman to sit in a normal position
wake up!

The devotee is asked to concentrate on his soul & allow that to flow into the arms in a simple Practice. The examines will ask him to take.

Scoring:-

The average breath:- holding duration was 52 ± 11 .