



# SYMBIOSIS COLLEGE OF ARTS & COMMERCE

An Autonomous College | Under Savitribai Phule Pune University

Reaccredited 'A+' with 3.51 CGPA For Third Cycle By NAAC | College with Potential for Excellence

21<sup>st</sup> April 2022

## Notice for Backlog Physical Education Exam (April 2022)

### Semester II Backlog Exam April 2022

- The practical backlog examination of 100 Marks will be conducted for Semester II Backlog Physical Education subject
- The Practical Backlog examination will have 3 Physical Fitness tests and a hand written project. Read the procedure of the test and perform accordingly.

#### **Physical Fitness Test – Semester II**

1. **Wall Squat** - Place your back against the wall and have your feet about 6-9 inches away from the wall. Slide down the wall into a squat position so your knees are at about a 90-degree angle. Hold this position for the designated period of time.
  2. **Floor Touch Test** - The student has to stand erect, bare-footed, hands at sides and feet together. The student then has to lean down slowly to touch the floor with their finger-tips for 10 seconds. Bouncing and jerking is not allowed. The student has to make sure that the knees are not bent while doing this. Knees have to be straight.
  3. **Bent Knee Sit ups** - The student has to lie on the back with knees bent, feet on the floor with heels not more than 12 inches from the buttocks. The angle of the knees should not be less than 90degree. The student has to put his or her hand on the back of the neck with finger clasped and to place the elbows squarely on the mat or turf or floor. The student's feet are to be held by a companion to ascertain that the feet do not leave the surface and remain touching it. Then the student is asked to tighten the abdominal muscles and to bring the head and elbows to the knees. The entire above process constitutes one sit up. Maximum sit-ups done correctly in one minute will be counted.
- The Examination will be held Online through Microsoft Teams meeting on 14<sup>th</sup> May at 2.30 pm
  - Code to join the Teams **ltnxu6g**
  - Those students who have a backlog in Physical Education Semester 2 and have filled the backlog form are required to join Microsoft Team with above code by 10<sup>th</sup> May 2022.
  - Please ensure that you have **uninterrupted power supply and Internet connectivity** during the Examinations.



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- Assessment will be done by Internal and External Examiner.
- The list of eligible students will be uploaded in the Teams along with their seat numbers. Students will have to appear for the Practical exam with Seat numbers.

## Students have to ensure that:

- a) They are properly dressed.
- b) The camera has to be placed towards your right or left side and you are visible clearly from head to toe.
- c) You have done sufficient warm up before you perform the exercises.

## Project Work – Semester II

Students have to submit a handwritten project work on any one sport which they like in Teams under Assignment created.

## The project to be prepared has to cover the following contents -

- History of the Game
- Ground measurements – Drawn diagram with proper labelling
- Skills of the game
- Basic rules of the game

## Instructions to be followed while writing –

Handwriting should be legible and in black ink to facilitate scanning.

On the top right hand side of each page the student should write:

1. Full Name
2. Seat number
3. Signature
4. Page No.

**All students please note that it is mandatory for the students to submit the Hand Written Project along with the Practical exam.**

Mr. Anirudha Sharma  
Director of Physical Education & Sports

Dr. Yogini Chiplunkar  
Controller of Examination