

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

Accredited by NAAC with 'A' Grade, Affiliated to University of Calicut



DEPARTMENT OF B. P. E.
(ACADEMIC YEAR 2022-2023)

IRINJALAKUDA NORTH P.O., THRISSUR, KERALA -680125,

Website: www.christcollegeijk.edu.in, E-mail: office@christcollegeijk.edu.in

Phone - Office (0480) 2825258, Principal: 2820005, Res: 2825384, 2828241, Fax: 2831552

CERTIFICATE COURSE ON RESEARCH

FUNDMENTALS OF RESEARCH IN PHYSICAL EDUCATION

Day-1

DATE : 12/01/2024

VENUE : BPE DEPARTMENT

The program started with prayer at 3 o'clock. Dr. Abhaydev CS, Join Coordinator and Assistant Professor delivered the welcome speech. Then Program Coordinator, Dean and Associate Professor Dr. Anil kumar N gave the Presidential speech. Fr. Dr. Jolly Andrews CMI principal, Christ college irinjalakuda inaugurated the program. Dr. Soni John deliver the invited talk about the topic **Ethical issues in research**. 36 students attended the class. The talk was very important for all of us. It was a one hour class and the class has finished at the time 4 o'clock. Vote of thanks was delivered by

Dr. Anoop Kumar joint coordinator & Assistant



DEPARTMENT OF BPE

**CERTIFICATE COURSE ON
FUNDAMENTALS OF RESEARCH IN
PHYSICAL EDUCATION**

[Programme schedule](#)

Prayer

Welcome Speech

Dr. Abhaydev C S

Joint coordinator & Assistant professor,
Dept of BPE

Presidential Address

Dr. Anil Kumar N

Programme coordinator, Dean & Associate
professor, Dept. of BPE

Inauguration

Fr. Dr. Jolly Andrews CMI

Principal, Christ College Irinjalakuda

Invited talk

Dr. Soni John T

HOD & Associate professor, Dept of BPE
(Topic - Ethical issues in research)

Vote of Thanks

Dr. Anoop Kumar

Joint coordinator & Assistant
professor, Dept of BPE

DATE & TIME 12 January 2024 @ 03 PM

VENUE Department of BPE

professor of BPE department.

RESEARCH PROGRAMME INAUGURATION

Date: 12/1/24

Talk - Dr. Soni John (2024)

Sl No.	Name	Department	Faculty/Student	Signature
1	ABINSHAN VV	BPE	Student	
2	ARHUL K.S	"	"	
3	Mananya K Soman	"	"	
4	Archana S.J	"	"	
5	Akhilamol S	"	"	
6	Aparna V.S	"	"	
7	Crintha maraya	"	"	
8	Ameetha Toy	"	"	
9	Samson Thomas	"	"	
10	Insaf P A	"	"	
11	Salman Fariz S	"	"	
12	Mohammed Jasir P K	"	"	
13	ARJUN RAJESH	"	"	
14	Joseph George	"	"	
15	Vishnudev K.S	"	"	
16	Sidharth S	"	"	
17	Adithyan vas NS	"	"	
18	MOHAMMED MUHSIN	"	"	
19	Thomson Thomas	"	"	
20	MOHAMMED NESEEM	"	"	
21	BUDDHA PETER	"	"	
22	MOHAMMED SHEMIN	"	"	
23	Jithin Kumar A	"	"	
24	ANAND HIRANI	"	"	
25	Sangam N.S	"	"	
26	ARNOLD JOE	"	"	
27	Laby John	"	"	
28	Karthik K	"	"	
29	Aiswarya Antony	"	"	
30	Jeesmon CB	"	"	
31	Anand Santhosh	"	"	
32	Sobasrinath V.S	"	"	
33	Arun B A	"	"	
34	Nandhukrishnan M.V	"	"	

Sl.No	Name	Department	Faculty/student	Signature
35	Keerthi K	BPE	Student	
36	Adithya Gopakumar	"	"	
37	Dr. Abhaydev C.S.	BPE	Assistant Professor	
38	Dr. ANILKUMAR N	"	Associate Prof	
40	Dr. Anoop Sebastian	"	Associate prof	
41	Mrs ANUSHREE DAS	"	Assistant Professor	
42	Keerthi K	"	Student	

Day -2

Date : 13/01/2024

Venue : BPE DEPARTMENT



The program started at 9:30 am. It was Dr. who was taking the class that day. Miss Dr. Neena thekkan welcomed. Then Vivek sir continued the class. The topics of the day were **Research : definition – meaning and**

characteristics of research, Need and importance and scope of physical education and sports, classification and methods of research. The class ended at 1 o'clock. Dr. Abhaydev sir joint coordinator & Assistant professor of BPE department delivered vote of thanks. 36 students participated in the class that day.

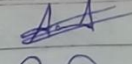
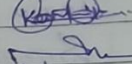
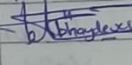
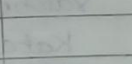
Date: 13/1/24

2nd Day - Research Programme

Talk - Dr. Vinekandan (2024)

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SINO	Name	Department	student/faculty	Signature	SINO
1	Aiswarya Antony	BPE	Student		35
2	ARUNIA S.J	"	"		36
3	Manoja K Somran	"	"		37
4	Akhilamol S	"	"		38
5	Aparna VS	"	"		
6	Lintu mariya	"	"		
7	Akhil K S	"	"		
8	ABINISIRAN V.V	"	"		
9	Aneetta Toy	"	"		
10	Insaf P A	"	"		
11	Samson Thomas	"	"		
12	Jeesmon CB	"	"		
13	Arjun Rajesh	"	"		
14	Mohd Jasir P K	"	"		
15	Salman Fasih S	"	"		
16	Joseph george	"	"		
17	Sidhardh S	"	"		
18	Vishnu Dev K S	"	"		
19	Adityan vas	"	"		
20	Nandhukrishnan	"	"		
21	Thomson Thomas	"	"		
22	Muhammad Muhsin km	"	"		
23	Mohamed Nazeem PN	"	"		
24	Mohamed Shams	"	"		
25	Budha Refs	"	"		
26	Sangamesh V.S	"	"		
27	ANAND HIRAN	"	"		
28	Jitendra Kumar A	"	"		
29	Sabarinath VS	"	"		
30	Arnold Joe	"	"		
31	Loby John	"	"		
32	Aditya Gopakumar	"	"		
33	Arun BA	"	"		
34	KEERTHI K	"	"		

No.	Name.	Department	Faculty/student	Signature
35	Anand Santhosh	BPE	student	
36	Karthik K.K	BPE	student	
37	Dr Neena Thekkan	BPE	Faculty	
38	Dr Abhaydev C.S.	BPE	??	

Day -3

Date : 15/01/2024

Venue : BPE DEPARTMENT

The program started at 2:00 pm. It was Dr. HASAN M A professor of Annamalai university Tamilnadu who was taking the class that day. Miss Dr. Neena thekkan welcomed. Then Hasan sir continued the class. The topics of the

day were Related literature : need of related literature in research – resources, and Tools of research – questionnaire- construction of questionnaire, interview, types of interview . The class ended at 5:30 pm. Dr. Anoop Kumar sir joint coordinator & Assistant professor of BPE department

delivered vote of thanks. 34 students participated in the class that day.



THIRD DAY OF RESEARCH PROGRAMME (2024)

Talk DR HASAN. MA

Date: 15/11/24

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Professor Annamalai University

SINO	NAME	DEPARTMENT	STUDENT/FACULTY	SIGNATURE
1	Mannya K. Somran	BPE	student	
2	aparna V.S	"	"	
3	Akhilamol S	"	"	
4	Gintu Moniga	"	"	
5	Archana S.J	"	"	
6	Achal K.S	"	"	
7	Aiswarya Antony	"	"	
8	ABINISHAN.V.V	"	"	
9	Ameetha Toy	"	"	
10	Kaathik K	"	"	
11	Jeesmon C.B	"	"	
12	Salman Fariz S	"	"	
13	Pravin Rajesh	"	"	
14	Joseph George	"	"	
15	Lishnudev K.S	"	"	
16	Mohd Jaseh P.K	"	"	
17	Sridharth S	"	"	
18	Thomson Mohan Lm	"	"	
19	Keerthi U	"	"	
20	Insaf P.A	"	"	
21	Adithyan var N.S	"	"	
22	Buddha PETER	"	"	
23	Mohammed Shemin	"	"	
24	MOHAMMED NESEEM	"	"	
25	Sargamesh.V.S	"	"	
26	Anand Joe	"	"	
27	Jithin Kumar.A	"	"	
28	Anand Santhosh	"	"	
29	Laby John	"	"	
30	ARUN B.A	"	"	
31	ADITHYAN GOPAKUMAR	"	"	
32	Sabarinoth V.S	"	"	
33	Thomson Thomas	"	"	
34	Samson Thomas	"	"	

A handwritten table on lined paper. The columns are labeled: S/No, Name, Department, Faculty, and a column for a signature. The first row contains the number 35, the name 'Dr. Neena Thekkan', 'BPE' under Department, 'Faculty' under Faculty, and a signature. The second row contains the number 36, the name 'Dr. MA HASSAN', and is otherwise blank. There are some faint markings and a '211' in the top right corner of the page.

S/No	Name	Department	Faculty	
35	Dr. Neena Thekkan	BPE	Faculty	<i>[Signature]</i>
36	Dr. MA HASSAN			

Day - 4

Date : 16/01/2024

Venue: BPE DEPARTMENT

The program started at 2:00 pm. It was Dr. Bintu T kalyan HOD and assistant professor of department of physical education, christ college irinjalakuda

who was taking the class that day. Javio jose sir assistant professor of bpe dapartmen welcomed. Then Bintu sir continued the class. The topics of the day were **Research problem : criteria for selecting and locating research problem, Hypothesis : meaning- formulation of hypothesis – types of hypothesis.** The class ended at 5:30 pm. Miss Lisa rachel Assistant professor of BPE department delivered vote of thanks.33 students participated in the class that day.



GPS Map Camera



Irinjalakuda, Kerala, India
9657+M9C, Irinjalakuda, Kerala 680125, India
Lat 10.359572°
Long 76.213354°
16/01/24 02:52 PM GMT +05:30

4th DAY OF RESEARCH PROGRAMME (2024)
Talk - Dr. Bmtu

Date: - 16/1/24

SINO.	Name	Department	Student/Faculty.	Signature.
1.	namanya K. Sranan	BPE	Student	
2.	Gintu Maniga	BPE	Student	
3.	Anand Santhosh	BPE	Student	
4.	ABINISHAN.V.V	"	"	
5.	Abhin K.S	"	"	
6.	Nishnudev K.S	"	"	
7.	Jeesman C.B	"	"	
8.	Aiswarya Antony	"	"	
9.	Richard	"	"	
10.	Arjun Ramesh	"	"	
11.	Salman Fariz	"	"	
12.	Insaf P A	"	"	
13.	Joseph George	"	"	
14.	Jasir . P k	"	"	
15.	Muhsin E M	"	"	
16.	Budha Peter	"	"	
17.	Adithyan var	"	"	
18.	Mohammed Shemin	"	"	
19.	Mohammed Naseem	"	"	
20.	Samson Thomas	"	"	
21.	Anand Indran	"	"	
22.	Jithin lacman . A	"	"	
23.	Aneetta Toy	"	"	
24.	Sargamesh.	"	"	
25.	Arnold Joe	"	"	
26.	Thomson Thomas	"	"	
27.	Kartik . k	"	"	
28.	Adithyan kumar	"	"	
29.	Lady John	"	"	
30.	Keerthi K	"	"	
31.	Aparna VS	"	"	
32.	Achalamol S	"	"	
33.	Nandhakrishna	"	"	

Day – 5

Date : 22/01/ 2024

Venue : BPE DEPARTMENT

The program started at 2:00 pm. It was Dr. Biju Iona professor of Panampilly College Chalakudy who was taking the class that day. Miss Dr. Neena Thekkan welcomed. Then Biju Iona sir continued the class. The topics of the day were **Experimental research – meaning – need of experimental research, Historical research :Meaning – collection of data: primary and secondary source, survey :case study – need of case study . The**

class ended at 5:30 pm. Deepak sir Assistant professor of BPE department delivered vote of thanks.34 students participated in the class that day.



5th DAY OF RESEARCH PROGRAMME (2024)

Talk - Dr. Biju Iona

21 73 Date :- 22/1/24

S.No.	Name	Department	Student/Faculty	Signature
1	Arun. B.J	BPE	Student	
2	Manya K Soman	"	"	
3	Akhilamol.S	"	"	
4	Apoorva .VS	"	"	
5	Gintu manya	"	"	
6	ABINISHAN.V.V	"	"	
7	Archana s j	"	"	
8	Karshika K	"	"	
9	Athul K.S	"	"	
10	Samson Thomas	"	"	
11	MOHAMMED NASEEM	"	"	
12	Mandini Krishna	"	"	
13	Arijun Rajah	"	"	
14	Sulwan Faris	"	"	
15	Wishnu dev K.S	"	"	
16	Joseph George	"	"	
17	Mohal Jasti.P.K	"	"	
18	Sangamesh.V.S	"	"	
19	Thomson Thomas	"	"	
20	Anand Santhosh	"	"	
21	Adithyan .a	"	"	
22	Muhammad Murtaza	"	"	
23	Arun .S	"	"	
24	Vijay Kumar A	"	"	
25	Sridharsh S	"	"	
26	Mohammed Shemis	"	"	
27	Arnold Joe.	"	"	
28	Amritha Joy	"	"	
29	Aiswarya Antony	"	"	
30	Adithya Gopakumar	"	"	
31	Sabarinath VS	"	"	
32	Insaf PA	"	"	
33	Keerthi K	"	"	
34	Buddha Peter	"	"	

Day -6

Date : 27/01/2024

Venue : BPE DEPARTMENT

The program started at 9:30 am . It was Dr. Sudheesh assistant professor LNCPE Trivandrum, who was taking the class that day. Miss Neena thekkan.welcomed. Then sudheesh sir continued the class. The topics of the day were **Experimental research – meaning – need of experimental research, Historical research :Meaning – collection of data: primary and secondary source, survey :case study – need of case study** . The class ended at

5:30 pm. Deepak sir Assistant professor of BPE department delivered vote of thanks.33 students participated in the class that day.



 GPS Map Camera



Irinjalakuda, Kerala, India
9657+M9C, Irinjalakuda, Kerala 680125, India
Lat 10.359567°
Long 76.21336°
27/01/24 03:18 PM GMT +05:30

6th Day of Research programme (2024)

Talk - Dr Sudheesh
Assistant Professor, LNCEP

Date: 27/1/24

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SlNo	Name	Department	student / Faculty	Signature
1.	Archana S.J	BPE	Student	Archana
2.	Karthik K	"	"	Karthik
3	ABINISHAN V V	"	"	Abinishan
4	Manya K Samson	"	"	Manya
5	Joseph George	"	"	Joseph
6	Nandhukrishnan	"	"	Nandhukrishnan
7	Aliswanya Antony	"	"	Aliswanya
8	Jessmon C B	"	"	Jessmon
9	Sidharth S	"	"	Sidharth
10	Abdul KS	"	"	Abdul KS
11	Arijun Rajan	"	"	Arijun
12	Insaf PA	"	"	Insaf
13	Thomson Thomas	"	"	Thomson
14	Vishnuvardhan K S	"	"	Vishnuvardhan
15	Samson Thomas	"	"	Samson
16	MOHAMMED NESEM	"	"	Mohammed
17	ADITHYAN VAS	"	"	Adithyan
18	BUDDHA PETER	"	"	Buddha
19	ANAND HIDAN	"	"	Anand
20	Mohammed Shemio	"	"	Mohammed
21	ARAWO JOE	"	"	Arawo
22	Sabarinath VS	"	"	Sabarinath
23	Ameetha TOU	"	"	Ameetha
24	Jithin kumar.A	"	"	Jithin
25	Salman Fariz S	"	"	Salman
26	Mohd Jasin P K	"	"	Mohd Jasin
27	Anand Santhosh	"	"	Anand
28	Laby John	"	"	Laby John
29	Keerthi K	"	"	Keerthi
30	Adithya Gopakumar	"	"	Adithya
31	Aamir B A	"	"	Aamir
32	Sangamurthi VS	"	"	Sangamurthi
33	Muhammad Muhsin bin	"	"	Muhammad
34	Dr Sudheesh C.S	Dept. of Exercise Physiology	Asst. Prof.	Sudheesh

SAS - LNCEP

Day -7

Date : 07/02/2024

Venue: BPE DEPARTMENT

The program started at 2:00 pm. It was Dr. Dhinu MR director and associate professor sree sakaracharya university of Sanskrit, kalady who was taking the class that day. Dr. Abhay dev sir welcomed. Then Dhinu sir continued the class. The topics of the day were **sampling : meaning of sample – types of sample , research design – meaning – need of research design – features.** The class ended at 3:30. Dr. Anoop Sebastian sir Assistant professor of BPE department

delivered vote of thanks.33 students participated in the class that day.



7th Day of Research programme - (2024)
 talk :- Dr. Dhinu

15 date - 7/6/24

no.	Name	Department	Student/Faculty	Signature
1	Aparna V	BPE	Student	
2	Mannya Le Soman	"	"	
3	Gouti Maniya	"	"	
4	Archana S.J	"	"	
5	Karthik K	"	"	
6	Akshayamol	"	"	
7	Aiswarya Antony	"	"	
8	ABINISHAN.V.V	"	"	
9	SALMAN FARIZ.S	"	"	
10	ATHUL K.S	"	"	
11	Mohd Jazba Pk	"	"	
12	Rijun Rajesh	"	"	
13	KARTHIK.K	"	"	
14	YISHNUDEV K.S	"	"	
15	BUDDHA PETER	"	"	
16	Samson Thomas	"	"	
17	ARNOLD JOE	"	"	
18	Thomson Thomas	"	"	
19	Jithinkumar.A	"	"	
20	Anand Santhosh	"	"	
21	ANAND HIRAN	"	"	
22	Sangamesh V.S	"	"	
23	Laby John	"	"	
24	Ameeta Joy	"	"	
25	Mohammed Shamir	"	"	
26	Sabarinath V.S	"	"	
27	NANDHUKUMAR	"	"	
28	MUSAMEED IMRAN KM	"	"	
29	Insaaf P.A	"	"	
30	Aradhya Lakshmi	"	"	
31	Asim B.S	"	"	
32	Adithyan vas N.S	"	"	
33	Keedath K	"	"	

Christ College irinjalakuda

Department of BPE

Certificate course on Fundamentals of Research in Physical Education and Sports

Course Objective:

To provide the knowledge of various research methods to be implemented in conducting quality and meaningful research in the field of Physical education and sport sciences.

Learning Outcomes

- Create and embark on knowledge about research in physical education.
- To learn the types and methods of research and equip the students with basic literature search strategies, the steps in searching literature, and locating a research problem.
- The students will become familiar with the basics of the research process, which will enable them to formulate research problems and conduct research.
- Students will be aware of various ethical issues in the area of research in physical education and sports.

Syllabus

Unit-I (10 Hr)

- Research : Definition - Meaning and Characteristics of Research
- Need and Importance and Scope of Physical Education and Sports.
- Classification and Methods of Research
- Research Problem :Criteria for selecting and locating research problem
- Hypothesis: Meaning - formulation of Hypothesis – Types of hypothesis

Unit-II (5 Hr)

- Sampling: meaning of sample- types of sample

- Research design:- meaning – need of research design- features
- Experimental research- Meaning – Need of experimental research
- Historical research: Meaning- collection of data: Primary and secondary source
- Survey : case study – Need of case study

Unit - III (3hr)

- Related Literature: Need of related literature in research -sources
- Tools of Research – Questionnaire- Construction of questionnaire, Interview: types of interview

Unit-IV(10 Hr)

- Research Proposal: Meaning –Important aspects - Significance of Research Proposal.
- Research Reports: Format in Physical Education: Introduction- literature survey, Methodology- Analysis – Summary and Conclusions –Format of bibliography

Unit - V (2hr)

- Ethical Issues in Research, Various areas of scientific dishonesty, Protecting human subjects.

References :

Thomas, Jerry R, Nelson Jack K & Silverman Stephen J (2011). Research Methods in Physical Activity (6th Ed) United Kingdom: Human Kinetics.

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Best & Kahn (2003) Research in Education, 10th Ed. New Jersey; Prentice Hall, Inc.

Clarke David. H & Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey; Prentice Hall Inc.

Craig Williams and Chris Wragg (2006) Data Analysis and Research for Sport and Exercise Science, London: Routledge Press

Cresswell, John W. (2016) Research Design (5th Ed), New York: Sage Publications.

Jerry R Thomas & Jack K Nelson (2000) Research Methods in Physical Activities; Illinois; Human Kinetics

Kamlesh, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi



CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA

Affiliated to University of Calicut and Reaccredited by NAAC with 'A++' & SAAC 'A+'
www.christcollegeijk.edu.in

DEPARTMENT OF BPE

Christ College (Autonomous) Irinjalakuda



Certificate of Merit

**CERTIFICATE COURSE ON
FUNDAMENTALS OF RESEARCH IN PHYSICAL EDUCATION**

This is to certify that

Girija Mariya

of Fourth Year B.P.Ed. Student

*has successfully completed the Certificate Course in Fundamentals of Research in
Physical Education conducted by the Department of BPE.*

He / She has secured A+ Grade.

DR. ANILKUMAR N.
Course Coordinator
Dean & Associate Professor, BPE

DR. SONI JOHN T.
Head of the Department
Associate Professor, BPE

Rev. Fr. DR. JOLLY ANDREWS
Principal



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DEPARTMENT OF BPE
Christ College (Autonomous) Irinjalakuda

Certificate of Merit

CERTIFICATE COURSE ON FUNDAMENTALS OF RESEARCH IN PHYSICAL EDUCATION

This is to certify that

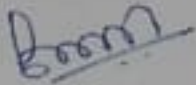
Adithya Gopakumar

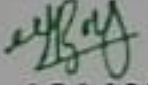
of Fourth Year B.P.Ed. Student

*has successfully completed the Certificate Course in Fundamentals of Research in
Physical Education conducted by the Department of BPE.*

He / She has secured A Grade.


Dr. ANILKUMAR N.
Course Coordinator
Dean & Associate Professor, BPE


Dr. SONI JOHN T.
Head of the Department
Associate Professor, BPE


Rev. Fr. Dr. JOLLY ANDREWS
Principal