

**Sarat Centenary College**  
**Department of Physical Education**  
**Assignment for internal assessments for Sem-V General course**

<b>Paper</b>	<b>Assignments (Attempt any one) 10X1=10</b>	<b>WhatsApp number (To be submitted)</b>
<b>Course Code- CC1C</b> Anatomy, Physiology and Exercise Physiology	1. Principles of Sports Training. <b>Or</b> 2. Factors of training load.	<b>9088262518</b>
<b>Course Code- SEC1</b> Track and Field	1. Chain play in Kho-Kho. <b>Or</b> 2. Sit on the box (Parallel and Bullet toe method) in Kho-Kho.	

**❖ The assignment must carry the following details of the student:**

1. Name of the Student:
2. University Roll number:
3. University Registration number:
4. Paper Details: (including paper Type, Number and Title)
5. Mobile Number and/or e-Mail Address:

**❖ For each paper create separate file.**

**❖ Date of submission 28/02/2021.**

Head of the Department of Physical  
Education  
Sarat Centenary College  
Dated: 23 February 2021