

1/9

**J.J. College of Arts and Science (Autonomous)**  
Sivapuram Post, Pudukkottai – 622 422  
(Re-Accredited by NAAC with B++ – 4<sup>th</sup> Cycle)  
Affiliated to Bharathidasan University, Tiruchirappalli

**Department of Physical Education**

**Minutes of the Board of Studies Meeting**

**Meeting No: 05**

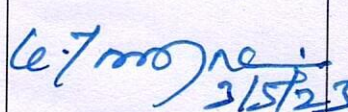
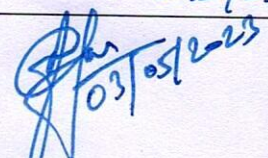
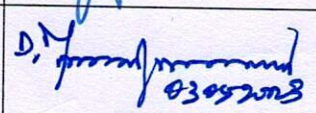
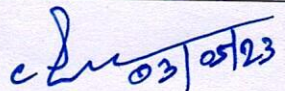
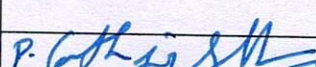
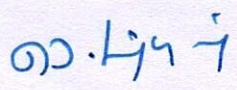
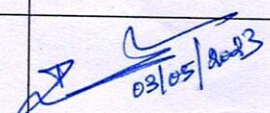
**Date: 03.05.2023 & Time: 11.00 a.m.**

As part of our Autonomy, the Curricula for all the Programmes offered in the College have to be revised once in every three years. Though the Curriculum is revised in 2022, the Current Revision is necessary based on the Notification received from the TANSCHÉ & Parent University.

Hence, this meeting is called for.

The Meeting of the Board of Studies in Physical Education (U.G) for the **Third Revision of the curricula** to be implemented from **2023-2024**, was conducted at 11.00 a.m. on Wednesday, 03.05.2023.

**Members List**

Sl. No.	Name	Designation	Signature
1.	<b>Dr.K. Jagathis Babu</b> Head, Department of Physical Education, J.J.College of Arts and Science(Autonomous), Pudukkottai.	<b>Chairman</b>	 3/5/23
2.	<b>Dr. A. Mahaboobjan</b> Professor, Department of Physical Education and Yoga, Bharathidsan University, Tiruchirappalli.	<b>Nominee from the Parent University</b>	 03/05/2023
3.	<b>Dr. D. Maniazhagu</b> Professor, Department of Physical Education & Sports. Central University of Tamilnadu, Thiruvavur	<b>Subject Expert from Outside the Parent University</b>	 03.05.2023
4.	<b>Dr. C. Ramesh</b> Assistant Professor and Head, Department of Physical Education, Madurai Kamaraj University, Madurai.	<b>Subject Expert from Outside the Parent University</b>	 03/05/23
5.	<b>Ms. P. Catherine Joy Selvakumari</b>	<b>Senior Faculty members of the Department</b>	 3/5/23
6.	<b>Mr.R. Karthikeyan</b>		
7.	<b>Ms. S. Sathya Ganthi</b>		
8.	<b>Mr. R. Yoga Pandian</b> Founder Aathma Yoga Center, East Main Street, Pudukkottai.	<b>Representative from Industry / Corporate</b>	 03.05.23
9.	<b>Dr. N. Rakkesh</b> Physical Director Ramanathan Chettiar Hr. Sec. School, Nachanthupatti, Pudukkottai	<b>Meritorious Alumnus</b>	 03/05/2023

The Chairman, Dr.K.Jagathis Babu chaired the meeting and welcomed all the members to the fifth BoS Meeting. After the brief introduction, the agenda items listed were taken up for discussion and the following resolutions were passed. It was resolved to

1. Follow the instructions from **TANSCHÉ and the Parent University**, it is resolved to include **75 % of mandatory inclusion** content from model syllabus and **25 % of Preferential inclusion** by our Department to preserve equivalence in U.G Degree Programmes to enable student Mobility to be implemented from the academic year 2023 – 2024 onwards is framed and restructured following the guidelines laid down by the UGC - LOCF and Tamil Nadu State Council for Higher Education (TANSCHÉ) and the Parent University.
2. Evaluate the Syllabus followed during the Academic Year 2022 – 2023 based on the first Semester Results.
3. Analyze the previous Curriculum based on the feedback received from the Teachers, Employers, Students and the Alumni.
4. Approve the Curriculum, Course Structure (Syllabi) and Text Books recommended for implementation from 2023-2024 onwards.
5. In the present meeting the General Course Structure for the B.Sc. Physical Education, Health Education and Sports programme and syllabus for the first two semesters were discussed and scrutinized for implementation from the Academic year 2023–2024 onwards based on the communication from the Parent University / TANSCHÉ.
6. Have the following structure for **B.Sc. Physical Education, Health Education and Sports**.

**Distribution of Courses:**

Part	Course	No. of Courses	Credits	Marks
P – I	Language – Tamil / Hindi / French	04	12	400
P – II	Language – English	04	12	400
P – III	Core Course	15	84	2300
	Elective Course(EC)	08		
P –IV	Skill Enhancement Course (SEC)	08	31	1600
	Foundation Course (FC)	01		
	Environmental Studies	01		
	Value Education	01		
	Internship	01		
	Ability Enhancement Compulsory Course (AECC)	04		
P – V	Extension Activity	01	1	-
<b>Grand Total</b>		<b>48</b>	<b>140</b>	<b>4700</b>

  
**Dr. K. JAGATHISBABU** Ph.D  
 Head, Department of Physical Education  
 J.J.College of Arts and Science(Autonomous)  
 Pudukkottai-622422

7. **Implement the following guidelines on Curriculum design given by NAAC**
- Specific mention has been made of Program outcomes (POs), Program specific outcomes (PSOs), Course Outcomes (COs), Programme Educational Objectives (PEOs) and Course Objectives in the Syllabus.
  - Relationship Matrix for CO, PO and PSO for all courses implemented.
  - Curriculum addresses local, Regional, National and Global Needs
  - Courses focus on Employability, Entrepreneurship and Skill Development
  - Courses also focus on Gender, Environment and Sustainability, Human values and Professional Ethics.
8. Introduce Internship- summer vocation at the end of 4th semester under Part IV
9. Introduce Foundation Course (FC) as a new course in the 1<sup>st</sup> semester.
10. Environmental Studies (**IV Sem.**) and Value Education (**V Sem.**) courses to be followed as per the previous curriculum.
11. Introduce professional competency Skill Enhancement Course - Modern Trends in Physical Education under part IV during the 6<sup>th</sup> semester. (It is in the previous curriculum and updated latest trends in three units).
12. **Resolved to have the following 15 Core Courses**

#### SEMESTER I

- Organization , Administration in Physical Education (It is the newly introduced course)
- Theories of Games and Sports – I ( Basketball, Kabaddi, Badminton) (It is the newly introduced course)

#### SEMESTER II

- Methods in Physical Education (It is the course of previous curriculum retained as it is)
- Theories of Games and Sports – II ( Volleyball , Kho-Kho, Football) (It is the newly introduced course)

  
**Dr. K. JAGATHISBARI** (Ph.D.)  
 Head, Department of Physical Education  
 J.J. College of Arts and Science

**SEMESTER III**

1. Theories of Games and Sports –III-(Hockey, Table Tennis, Handball) (It is the newly introduced course)
2. Theories of Track & Field- - I( Track Events & Horizontal Jumps) (It is the course of previous curriculum retained as it is)

**SEMESTER IV**

1. Theories of Track & Field- II( Combined Events & Field Events ) (It is the newly introduced course)
2. Practical-Track and Field -II( Combined Events & Field Events ) (It is the newly introduced course)

**SEMESTER V**

1. Theories of Games and Sports – IV- ( Cricket, Ball Badminton, Tennis) (It is the newly introduced course)
2. Practical- Games and Sports –IV( Cricket, Ball Badminton, Tennis) (It is the newly introduced course)
3. Research Methodology and Statistics in Physical Education(It is the course of previous curriculum retained as it is)

**SEMESTER VI**

1. Sports Training Methods(It is the course of previous curriculum retained as it is)
2. Theories of Games & Sports –V ( Combative Games –Boxing, silambam, Judo,) (It is the course of previous curriculum in practical modified to be a theory paper)
3. Practical- Indigenous Activities ( Mass Demonstration) (It is the course of previous curriculum retained as it is)
4. Project- Model Sports meet(It is the newly introduced course)

  
**Dr. K. JAGATHISBABU** Ph.D.  
 Head, Department of Physical Education  
 J.J.College of Arts and Science(Autonomous)  
 Pudukkottai-622422

13. Resolved to have the following Electives (Generic/Discipline Specific) Courses .

**SEMESTER I:**

1. Foundation of Physical Education and Sports (It is the course of previous curriculum )
2. Sports Nutrition (It is the newly introduced course)

**SEMESTER II:**

1. Anatomy and Physiology (It is the Course of previous Curriculum)
2. Sports Journalism(It is the Course of previous Curriculum)

**SEMESTER III:**

1. Fundamentals of Sports Kinesiology (Title changed and it is the Course of previous Curriculum)
2. Camping and recreation (It is the Course of previous Curriculum)

**SEMESTER IV:**

1. Sports Physiotherapy (It is the newly introduced course)
2. Adapted Physical Education(It is the Course of previous Curriculum)

**SEMESTER V:**

1. Exercise Physiology (It is the newly introduced course)
2. Nutrition for Healthy Life(It is the Course of previous Curriculum)
3. Sports Psychology and Sociology (It is the Course of previous Curriculum)
4. Sports Technology (It is the Course of previous Curriculum)

**SEMESTER VI:**

1. Fundamentals of Biomechanics (Title changed and it is the Course of previous Curriculum)
2. Olympic value Education and Doping (It is the Course of previous Curriculum)
3. Fitness Management (It is the newly introduced course)
4. Gym Management (It is the Course of previous Curriculum)

  
D.K. JAGATHISBA  
Head, Department of Physical Education  
J.J.College of Arts and Science(Autonomous)  
Pudukkottai-622422

14. Resolved to have the following 8 Skill Enhancement Courses

**SEMESTER-1**

**Skill Enhancement Course- 1 (Non Major Elective):**

1. Yoga and Fitness (It is the newly introduced course)
2. Health Education and First Aid (It is the newly introduced course)

**SEMESTER-II**

**Skill Enhancement Course- 2 (Non Major Elective):**

1. Practical - Games and Sports – II ( Volleyball , Kho - Kho, Football) (It is the newly introduced course)
2. Practical- Indoor Games ( Chess, Carrom,) & Weight lifting (It is the newly introduced course)

**Skill Enhancement Course- 3 (Non Major Elective):**

1. Health Education (It is the course of previous curriculum)
2. An Introduction to Aerobics & Gymnastics (It is the newly introduced course)

**SEMESTER-III**

**Skill Enhancement Course- 4 (Non Major Elective):**

1. Practical-Track and Field - --I( Track Events & Horizontal Jumps) (It is the course of previous curriculum retained as it is)
2. Practical – Aerobics and Gymnastics (It is the newly introduced course)

**Skill Enhancement Course- 5 (Non Major Elective):**

1. Practical-Games and Sports –III-(Hockey, Table Tennis, Handball) (It is the newly introduced course)
2. Practical – Games and Sports ( Boxing, Silambam and Judo(It is the course of previous curriculum retained as it is)

**SEMESTER- IV**

**Skill Enhancement Course- 6 (Non Major Elective):**

1. Test, Measurement and Evaluation in Physical Education (It is the course of previous curriculum retained as it is)

**Dr. K. JAGATHISBABU** Ph.D  
Head, Department of Physical Education  
J.J.College of Arts and Science(Autonomous)  
Pudukkottai-622422

- 2. Injury Management in Sports (It is the newly introduced course)

**Skill Enhancement Course- 7 (Non Major Elective):**

- 1. Practical - Test, Measurement & Evaluation in Physical Education (It is the course of previous curriculum retained as it is)
- 2. Practical – Training Methods –Continuous training , Interval training ,Fartlek training, weight training, Plyometric training, Circuit training and High altitude Training

**15. Resolved to offer the following Foundation course (FC) in the first semester**

- 1. Practical – Games and Sports – I ( Basketball, Kabaddi, Badminton) -(It is the newly introduced course)

**16. Resolved to offer the following Ability Enhancement Compulsory courses in the first 2 Semesters**

- 1. Introduction to Study Skills -(It is the newly introduced course)
- 3. Life Skills-(It is the newly introduced course)
- 4. Safety Education and First Aid (It is the Course of previous Curriculum)
- 5. Computer Application (It is the newly introduced course)

**Newly Introduced Core courses**

- 1. Organization , Administration in Physical Education
- 2. Theories of Games and Sports – I ( Basketball, Kabaddi, Badminton)
- 3. Theories of Games and Sports – II ( Volleyball , Kho-Kho, Football)
- 4. Theories of Games and Sports –III-(Hockey, Table Tennis, Handball)
- 5. Theories of Track & Field- II( Combined Events & Field Events )
- 6. Practical-Track and Field -II( Combined Events & Field Events )
- 7. Theories of Games and Sports – IV- ( Cricket, Ball Badminton, Tennis)
- 8. Practical- Games and Sports –IV( Cricket, Ball Badminton, Tennis)
- 9. Theories of Games & Sports –V ( Combative Games –Boxing, Silambam, Judo,)
- 10. Project- Model Sports meet

**Dr. K. JAGATHISBABU Ph.D**  
 Head. Department of Physical Education  
 J.J.College of Arts and Science(Autonomous)  
 Pudukkottai-622422

### Newly Introduced Electives (Generic/Discipline Specific) Courses

1. Sports Nutrition
2. Sports Physiotherapy
3. Exercise Physiology
4. Fitness Management

### Newly Introduced Skill Enhancement Courses

1. Yoga and Fitness
2. Health Education and First Aid
3. Practical - Games and Sports – II ( Volleyball , Kho - Kho, Football)
4. Practical- Indoor Games ( Chess, Carom,) & Weight lifting
5. An Introduction to Aerobics & Gymnastics
6. Practical – Aerobics and Gymnastics
7. Practical-Games and Sports –III-(Hockey, Table Tennis, Handball)
8. Injury Management in Sports
9. Practical – Training Methods –Continuous training , Interval training ,Fartlek training, weight training, Plyometric training, Circuit training and High altitude Training

### Newly Introduced Foundation course (FC)

1. Practical – Games and Sports – I ( Basketball, Kabaddi, Badminton)

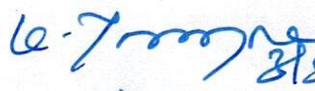
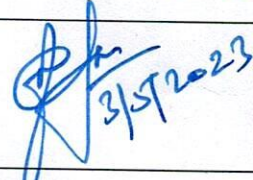

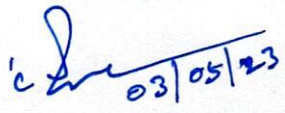
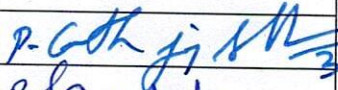
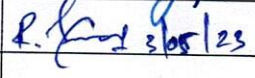
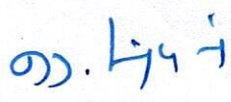
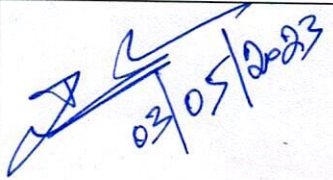
### Newly Introduced Ability Enhancement Compulsory Courses

1. Introduction to Study Skills
2. Life Skills
3. Computer Application



  
**Dr. K. JAGATHISBABU Ph.D**  
 Head, Department of Physical Education  
 J.J.College of Arts and Science(Autonomous)  
 Pudukkottai-622422

## Members Present

Sl. No.	Name	Signature
1.	<b>Dr.K. Jagathis Babu</b> Head, Department of Physical Education, J.J.College of Arts and Science(Autonomous), Pudukkottai.	 31/5/23
2.	<b>Dr. A. Mahaboobjan</b> Professor, Department of Physical Education and Yoga, BharathidsanUniversity ,Tiruchirappalli.	 31/5/2023
3.	<b>Dr. D. Maniazhagu</b> Professor, Department of Physical Education & Sports. Central University of Tamilnadu, Thiruvarur	 03/05/2023
4.	<b>Dr. C. Ramesh</b> Assistant Professor and Head, Department of Physical Education, Madurai Kamaraj University, Madurai.	 03/05/23
5.	<b>Ms. P. Catherine Joy Selvakumari</b>	 31/5/23
6.	<b>Mr.R. Karthikeyan</b>	 3/5/23
7.	<b>Ms. S. Sathya Ganthi</b>	
8.	<b>Mr. R. Yoga Pandian</b> Founder Aathma Yoga Center, East Main Street, Pudukkottai.	 03/05/23
9.	<b>Dr. N. Rakkesh</b> Physical Director Ramanathan Chettiar Hr. Sec. School, Nachanthupatti, Pudukkottai	 03/05/2023

J.J.COLLEGE OF ARTS AND SCIENCE(AUTONOMOUS)

DEPARTMENT OF PHYSICAL EDUCATION

B.Sc. Physical Education, Health Education and Sports

Proposed Course Structure Based on TANSCH

(For the Candidates admitted from the year 2023-24)

Semester.	Part	Course Code	Course Title	Instruction Hrs / Week	Credit	Exam Hours	Marks		Total Marks
							CIA Marks	SE Marks	
I	1.1 Language	U1R3TL1	Tamil/ Hindi/ French - I	4	3	3	25	75	100
	1.2 Language	U1R3EL1	English-I	4	3	3	25	75	100
	1.3 Core Course- CC I	U1R3PECC1	Organization , Administration in Physical Education	5	4	3	25	75	100
	1.4 Core Course- CC II	U1R3PECC2	Theories of Games and Sports – I (Basketball, Kabaddi, Badminton)	4	4	3	25	75	100
	1.5. Elective -I Discipline Specific	U1R3PEDSE1:1	Foundation of Physical Education and Sports	4	3	3	25	75	100
	1.6 Skill Enhancement Course –I (SEC -1)	U1R3PESEC1:1	Yoga and Fitness	3	2	3	25	75	100
	1.7 Ability Enhancement Compulsory Course – (AECC) Soft Skill-I	U1R3AECC1	Soft Skill- Introduction to Study Skills	3	2	3	25	75	100
	1.8 Skill Enhancement Course –I ( Foundation Course)	U1R3PEFCP	Practical – Games and Sports – I ( Basketball, Kabaddi, Badminton)	3	2	3	25	75	100
	<b>Total</b>				<b>30</b>	<b>23</b>	-	-	-
II	2.1 Language	U2R3TL2	Tamil/ Hindi/ French - II	4	3	3	25	75	100
	2.2 Language	U2R3EL2	English-II	4	3	3	25	75	100
	2.3 Core Course- CC III	U2R3PECC3	Methods in Physical Education	5	4	3	25	75	100
	2.4 Core Course- CC IV	U2R3PECC4	Theories of Games and Sports – II ( Volleyball , Kho-Kho, Football)	4	4	3	25	75	100
	2.5. Elective -II Discipline Specific	U2R3PEDSE2:1	Anatomy and Physiology	4	3	3	25	75	100
	2.6 Skill Enhancement Course –II (SEC-2)	U2R3PESEC2:1P	Practical - Games and Sports – II ( Volleyball , Kho - Kho, Football)	3	2	3	25	75	100
	2.7 Skill Enhancement Course –III (SEC-3)	U2R3PESEC3:1	Health Education	3	2	3	25	75	100
	2.8 Ability Enhancement Compulsory Course – (AECC) Soft Skill-II	U2R3AECC2	Soft Skill- Life Skills	3	2	3	25	75	100
					<b>30</b>	<b>23</b>	-	-	-

Semester.	Part	Course Code	Course Title	Instruction Hrs / Week	Credit	Exam Hours	Marks		Total Marks
							CIA Marks	SE Marks	
III	3.1 Language	U3R3TL3	Tamil/ Hindi/ French - III	4	3	3	25	75	100
	3.2 Language	U3R3EL3	English-III	4	3	3	25	75	100
	3.3 Core Course- CC V	U3R3PECC5	Theories of Games and Sports –III-(Hockey, Table Tennis, Handball)	4	4	3	25	75	100
	3.4 Core Course- CC VI	U3R3PECC6	Theories of Track & Field- - I( Track Events & Horizontal Jumps)	5	4	3	25	75	100
	3.5.Discipline Specific Elective -III ( DSE-3)	U3R3PEDSE3:1	Fundamentals of Sports Kinesiology	4	3	3	25	75	100
	3.6 Skill Enhancement Course –IV (SEC-4)	U3R3PESEC4:1P	Practical-Track and Field --I( Track Events & Horizontal Jumps)	3	1	3	25	75	100
	3.7 Skill Enhancement Course –V (SEC-5)	U3R3PESEC5:1P	Practical-Games and Sports –III-(Hockey, Table Tennis, Handball)	3	2	3	25	75	100
	3.8 Ability Enhancement Compulsory Course – (AECC) Soft Skill-III	U3R3AECC3	Safety Education and First Aid	2	2	3	25	75	100
	<b>Total</b>				<b>30</b>	<b>22</b>	<b>-</b>	<b>-</b>	<b>-</b>
IV	4.1 Language	U4R3TL4	Tamil/ Hindi/ French - IV	4	3	3	25	75	100
	4.2 Language	U4R3EL4	English-IV	4	3	3	25	75	100
	4.3 Core Course- CC VII	U4R3PECC7	Theories of Track & Field- II( Combined Events & Field Events )	5	4	3	25	75	100
	4.4 Core Course- CC VIII	U4R3PECC8P	Practical-Track and Field -II( Combined Events & Field Events )	4	4	3	25	75	100
	4.5.Discipline Specific Elective -IV ( DSE- 4)	U4R3PEDSE4:1	Sports Physiotherapy	3	3	3	25	75	100
	4.6 Skill Enhancement Course –VI (SEC- 6)	U4R3PESEC6:1	Test, Measurement and Evaluation in Physical Education	3	2	3	25	75	100
	4.7 Skill Enhancement Course –VII (SEC- 7)	U4R3PESEC7:1P	Practical - Test, Measurement & Evaluation in Physical Education	2	2	3	25	75	100
	4.8 Ability Enhancement Compulsory Course – (AECC) Soft Skill-IV	U4R3AECC4	Computer Application	3	2	3	25	75	100
	4.9	U4R3EVS	Environmental Studies	2	2	3	25	75	100
	<b>Total</b>				<b>30</b>	<b>25</b>	<b>-</b>	<b>-</b>	<b>-</b>

Semester.	Part	Course Code	Course Title	Instruction Hrs / Week	Credit	Exam Hours	Marks		Total Marks
							CIA Marks	SE Marks	
V	5.1 Core Course-CC IX	U5R3PECC9	Theories of Games and Sports – IV- ( Cricket, Ball Badminton, Tennis)	6	4	3	25	75	100
	5.2 Core Course-CC X	U5R3PECC10	Practical- Games and Sports –IV( Cricket, Ball Badminton, Tennis)	5	4	3	25	75	100
	5.3 Core Course-CC XI	U5R3PECC11	Research Methodology and Statistics in Physical Education	5	4	3	25	75	100
	5.4.Discipline Specific Elective V ( DSE-5)	U5R3PEDSE5:1	Exercise Physiology	6	3	3	25	75	100
	5.5 Discipline Specific Elective VI ( DSE-6)	U5R3PEDSE6:1	Sports Psychology and Sociology	6	3	3	25	75	100
	5.6	U5R3VE	Value education	2	2	3	25	75	100
	5.7 Summer Internship / Industrial Training	U5R3PEINTP	Internship Activity		2	3	25	75	100
	<b>Total</b>				<b>30</b>	<b>22</b>	<b>-</b>	<b>-</b>	<b>-</b>
VI	6.1 Core Course-CC XII	U6R3PECC12	Sports Training Methods	5	4	3	25	75	100
	6.2 Core Course-CC XIII	U6R3PECC13	Theories of Games & Sports –V ( Combative Games-Boxing Silambam, Judo)	6	4	3	25	75	100
	6.3 Core Course-CC XIV	U6R3PECC14P	Practical- Indigenous Activities ( Mass Demonstration)	6	4	3	25	75	100
	6.4 Core Course-Project with Viva - VocE CC XV	U6R3PECC15PW	Project- Model Sports meet		4	3			100
	6.4 Discipline Specific Elective VII ( DSE-7)	U6R3PEDSE7:1	Fundamentals of Biomechanics	5	3	3	25	75	100
	6.5.Discipline Specific Elective VIII ( DSE-8)	U6R3PEDSE8:1	Fitness Management	6	3	3	25	75	100
	6.7 Skill Enhancement Course –VIII (SEC- 8)	U6R3PESEC8	Employability Readiness	2	2	3	25	75	100
			Extension Activity		1				
<b>Total</b>				<b>30</b>	<b>25</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>700</b>
					<b>140</b>				<b>4700</b>

CC-Core Course , , DSE-Discipline Specific Elective, SEC-Skill Enhancement Course, FC – Foundation Course , AECC – Ability Enhancement Compulsory Course, P –Practical, INT- Internship. Total Credit -140, Total Marks- 4700. Extension activities shall be outside the instruction hours. CIA-Continuous Internal Assessment

  
**Dr. K. JAGATHISARAN** Ph.D.  
 Head, Department of Physical Education  
 J.J.College of Arts and Science (Autonomous)  
 Pudukkottai-622422