

J.J. College of Arts and Science (Autonomous)

Sivapuram Post, Pudukkottai – 622 422

(Re-Accredited by NAAC – 4th Cycle)

Affiliated to Bharathidasan University, Tiruchirappalli

Department of Physical Education

Minutes of the Board of Studies in

B.Sc. Physical Education, Health Education and Sports

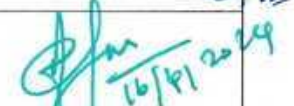
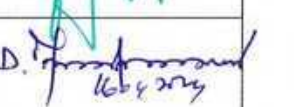
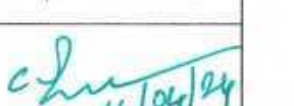
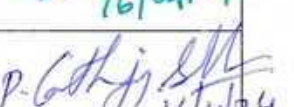
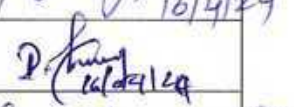
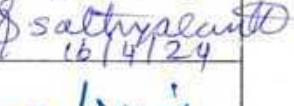
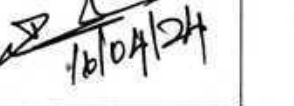
Meeting No: 06

Date: 16.04.2024

Time: 11.00 am

The Meeting of the Board of Studies in B.Sc. Physical Education, Health Education and Sports (U.G) for the **Third Revision of the curricula** to be implemented from **2023-2024**, was conducted at 11.00 am on Tuesday 16.04.2024.

Members List

S.No.	Name	Designation	Signature
1.	Dr.K. Jagathis Babu	Chairman,Head Department of Physical Education, J.J.College of Arts and Science(Autonomous), Pudukkottai.	 16/4/24
2.	Dr. A. Mahaboobjan	University Nominee,Professor Department of Physical Education and Yoga, BharathidasanUniversity, Tiruchirappalli.	 16/4/24
3.	Dr. D. Maniazhagu	Subject Expert, Professor, Department of Physical Education & Sports. Alagappa University, Karaikudi.	 16/4/24
4.	Dr. C. Ramesh	Subject Expert, Assistant Professor and Head, Department of Physical Education, Madurai Kamaraj University, Madurai.	 16/04/24
5.	Ms. P. Catherine Joy Selvakumari	Faculty Members of the Department	 16/4/24
6.	Mr.R. Karthikeyan		 16/4/24
7.	Ms. S. SathyaGanthi		 16/4/24
10.	Mr. R. Pandian	Corporate Member, Founder, Aathma Yoga Center, East Main Street, Pudukkottai.	 16/4/24
11.	Dr. N. Rakesh	Meritorious Alumnus,Physical Director Ramanathan Chettiar Hr. Sec. School, Nachanthupatti, Pudukkottai.	 16/04/24

Minutes

The Chairman, **Dr. K.Jagathis Babu** chaired the meeting and welcomed all the members to the Sixth BoS Meeting. After the brief introduction, the following resolutions were passed after deliberation.

1. In his notification No: 1616, dated 10.08.2021, the Chief Secretary, Department of Higher Education, Government of Tamil Nadu, has given the Autonomous Colleges, the freedom to retain / reframe their syllabi, Course Structure etc., in keeping with their perceptions on Institutional / local needs.
2. The College Council at its meeting held on 16.09.2023 resolved that our Institution will gratefully accept the academic freedom and empower the Boards of Studies either to retain or to reframe their Curriculum for various Programmes under CBCS and UGC- LOCF.
3. However, the Course Structure for the U.G. programmes at Institutional level will have to follow a uniform pattern with minor variations depending on the discipline specific needs.
4. It is resolved to modify and follow a total of 43 courses, 4300 marks and 141 credits for the U.G. Programmes.

Distribution of Courses - U.G.

Sl.No.	Part	Courses	No. of Courses	No. of Credits	Marks
1.	I	Language Courses	4	12	400
2.	II	English Courses	4	12	400
3.	III	Core Courses	11	51	1100
4.		Core Practical	3	14	300
5.		Project Work	1	04	100
6.		Discipline Specific Elective Courses	8	24	800
7.	IV	Internship	1	02	100
8.		Skill Enhancement Courses	7	14	700
9.		Value Education	1	02	100
10.		Environmental Studies	1	02	100
11.		Foundation Course	1	02	100
12.	V	Gender Studies	1	01	100
13.		Extension Activity	-	01	-
Total			43	141	4300

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- ## SEMESTER I

- ## SEMESTER II

- ### SEMESTER III

- ### SEMESTER IV

8. Track and Field Practical -II (Jumps and Throws) (This course / paper is newly introduced)

8. Track and Field Practical -II (Jumps and Throws) (This course / paper is introduced)

9. Fundamentals of Research and Statistics (Title Revised)
10. Basics of Sports Physiotherapy(This course / paper is newly introduced)
11. Theories of Games and Sports – III (Hockey, Table Tennis, Tennis) (This course / paper is newly introduced)
12. Games and Sports Practical - III(Hockey, Table Tennis, Tennis)(This course / paper is newly introduced)

SEMESTER VI

13. Principles of Sports Training(Title Changed and contents revised)
14. Sports Psychology and Sociology (Contents revised)
15. Project Work (Retained as it is)

12. Resolved to have the following Discipline Specific Elective (DSE) Courses for B.Sc. Physical Education, Health Education and Sports.

SEMESTER I

DSE -1

1. Health Education and First Aid(Retained as it is)
2. Sports Journalism(Retained as it is)

SEMESTER II

DSE -2

1. Theories of Games and Sports – II (Volleyball, Kho-kho, Football)(Unit contents are revised)

SEMESTER III

DSE -3

1. Basic Biomechanicsin Sports (Title Revised)
2. Essentials of Exercise Physiology(This course / paper is newly introduced)

SEMESTER IV

DSE -4

1. Test and Measurement in Physical Education (Title revised, unit contents remains the same)
2. Advancement of Sports Technology (Title revised,unit contents remains the same)



 P. G. ... 16/04/24

 D. ... 16/04/24

 S. Sathya ... 16/04/24

 C. ... 16/04/24

 M. ... 16/04/24

 G. ... 16/04/24

 S. ... 16/04/24

 L. ... 16/04/24

SEMESTER V

DSE -5

1. Sports Injury Management(This course / paper is newly introduced)
2. Sports Kinesiology(This course / paper is newly introduced)

DSE -6

1. Indigenous activities Practical (Mass Demonstration)(Contents revised)

SEMESTER VI

DSE -7

1. Modern Trends in Physical Education(Retained as it is)
2. Contemporary issues in Physical Education(This course / paper is newly introduced)

DSE -8

1. Theories of Yoga (This course / paper is newly introduced)
2. Career opportunities in Physical Education (Retained as it is)

13. Resolved to have the following Skill Enhancement Courses for B.Sc. Physical Education, Health Education and Sports

SEMESTER I

SEC 1- NME I [offered to other Department]

1. Yoga Education(This course / paper is newly introduced)
2. Life Style Disorder (This course / paper is newly introduced)

SEMESTER II

SEC 2 - NME 2[offered to other Department]

1. Nutrition for Healthy life (This course / paper is newly introduced)
2. Safety Education and First Aid (This course / paper is newly introduced)

SEC 3

1. Games and Sports Practical- II (Volley, Kho-Kho, Football)(contents revised)

SEMESTER III

SEC 4

1. Sports First Aid(This course / paper is newly introduced)
- Gym Management (Retained as it is)

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P. G. ... 16/04/24
S. Sathya ... 16/04/24
C. ... 16/04/24
L. ... 16/04/24
D. ... 16/04/24

SEMESTER IV

SEC 5

1. Sports Nutrition and weight Management (This course / paper is newly introduced)
2. Adapted Physical Education (Retained as it is)

SEC 6

1. Test and Measurement in Physical Education Practical (Title revised, unit contents remains the same)

SEMESTER VI

SEC 7

1. Yogic Practices (This course / paper is newly introduced)

14. Resolved to have the following Courses for B.Sc. Physical Education, Health Education and Sports.

SEMESTER I

1. Foundation Course – Games and Sports – I Practical (Basketball, Kabaddi, Badminton) (contents revised)

SEMESTER V

1. Internship (This course / paper is newly introduced) – To be carried out in the fourth semester vacation.

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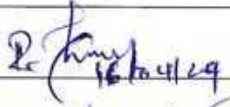
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P. Githjish
16/4/24

D. Yampangmum
16/4/24

C. L.
16/04/24

G. T. 70009
16/4/24

F. Sallhyalpen
16/4/24

P. Jany
16/04/24

O. Lijji

CC-Core Course, **DSE**-Discipline Specific Elective, **SEC**-Skill Enhancement Course, **FC** – Foundation Course.
P –Practical,
INT- Internship.(Summer Internship, Vacation of IV Semester HolidaysMinimum 10 Days, Maximum 15 days)
 Total Credit -141, Total Marks- 4300. Extension activities shall be outside the instruction hours.
CIA-Continuous Internal Assessment

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16/4/24

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6-7 m 1614/2009
♀ *saligna* 1614/2009

16/04/24

Rec. King
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