

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

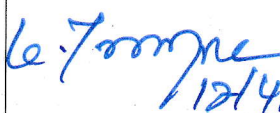
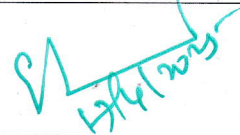
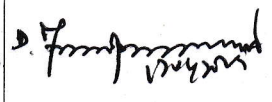
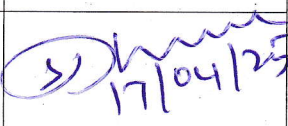
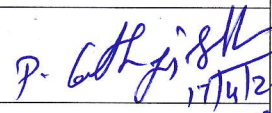
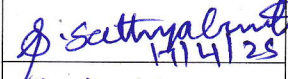
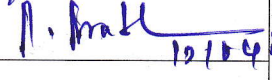
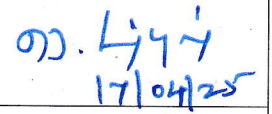
B.Sc. Physical Education, Health Education and Sports

Meeting No: 07

Date: 17.04.2025 & Time: 10.30 a.m.

The Meeting of the Board of Studies in B.Sc. Physical Education, Health Education and Sports (U.G) was held at 10.30 a.m. on Thursday **17.04.2025** to evaluate the Curriculum (R3) introduced during the year 2023- 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.	
2.	Dr. A. Palanisamy	University Nominee, Professor and Head Department of Physical Education and Yoga, Bharathidasan University, Tiruchirappalli.	
3.	Dr. D. Maniazhagu	Subject Expert, Professor, Department of Physical Education & Health Sciences Alagappa University, Karaikudi.	
4.	Dr. S. Dhanaraj	Subject Expert, Associate Professor, Alagappa University College of Physical Education Karaikudi	
5.	Ms. P. Catherine Joy Selvakumari	Faculty members of the Department	
6.	Ms. S. Sathya Ganthi		
7.	Mr. P. Prabhu		
10.	Mr. R. Pandian	Corporate Member, Founder, Aathma Yoga Center, East Main Street, Pudukkottai.	
11.	Mr. PL. Dharmaraj Reg. No. (U17PE2004)	Meritorious Alumnus, Physical Director Annai Matric Hr. Sec. School, Nachanthupatti, Pudukkottai.	

Minutes

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

1. It is resolved to introduce a course titled “**Health and Wellness**” – U3R3HW (under Part – V) in the third semester of the U.G Programme for students admitted from the Academic Year 2024 – 2025 in keeping with the instructions from the Parent University, (Vide. Letter from Registrar i/c No. 692/CCCD/BDU-1/2024, dated 30.12.2024). The syllabus will be as indicated by TANSCHÉ and the evaluation would be as follows, with no formal examination.

Activities (Observation during Practice) : 40 Marks

Attendance : 20 Marks

Report : 40 Marks

The weightage for this course will be 01 credit – 02 teaching hours per week.

2. To review the existing curricula and courses and make changes whenever necessary in the light of stake holder's feedback.
3. It is resolved to motivate the students to do concurrent courses under SWAYAM / MOOCS.
4. It is resolved to continue with the Value Added Course offered by the Department with modification whenever necessary.
5. It is resolved to incorporate Indian Knowledge system in the following courses.

(a) Foundation of Physical Education and Sports (U1R3PECC1) –Unit 3

(b) Yoga Education (U1R3PESEC1:1) (NME) – Unit 1 & II

(c) Theories of Yoga (U6R3 PEDSE8:1) – Unit I & II

Handwritten notes:

- G. Thompson P. 07/4/25
- P. 07/4/25
- M. M. 17/04/25
- S. sathyapant 17/4/25
- P. 17/4/25

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		Health and Wellness	1	01	100
14.		Extension Activity	-	01	-
Total			44	142	4400

D. M. 
 12/4/25
 Le. Torrey
 12/4/25
 P. 
 17/4/25
 S. 
 17/4/25
 D. Ambler
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J.J.COLLEGE OF ARTS AND SCIENCE(AUTONOMOUS)
DEPARTMENT OF PHYSICAL EDUCATION
Proposed Course Structure Based on TANSCH and UGC-LOCF
(Choice Based Credit System)

(Applicable for the Candidates admitted from academic year 2023 -2024 onwards)

B.Sc. Physical Education, Health Education and Sports

Semester.	Course Category	Course Code	Course	Instruction Hrs / Week	Overall Credit	Exam Hours	Marks			
							CIA Marks	ESE Marks	Total Marks	
I	Part-I	U1R3TL1/ HL1/FL1	Tamil/ Hindi/ French - I	6	3	3	25	75	100	
	Part-II	U1R3EL1	English-I	6	3	3	25	75	100	
	Part-III	U1R3PECC1	Foundation of Physical Education and Sports	5	5	3	25	75	100	
		U1R3PECC2	Theories of Games and Sports – I (Basketball, Kabaddi, Badminton)	5	5	3	25	75	100	
		U1R3PEDSE1:1	Health Education and First Aid	4	3	3	25	75	100	
		U1R3PEDSE1:2	Sports Journalism							
	Part- IV	U1R3SEC1 (NME)	To be opted from other Department	2	2	3	25	75	100	
		U1R3PEFCP	Practical – Games and Sports – I (Basketball, Kabaddi, Badminton)	2	2	3	40	60	100	
	Total			30	23	-	-	-	700	
II	Part-I	U2R3TL2 HL2/FL2	Tamil/ Hindi/ French - II	6	3	3	25	75	100	
	Part-II	U2R3EL2	English-II	6	3	3	25	75	100	
	Part-III	U2R3PECC3	Organization, Administration in Physical Education	5	5	3	25	75	100	
		U2R3PECC4	Anatomy and Physiology	5	5	3	25	75	100	
		U2R3PEDSE2	Theories of Games and Sports – II (Volleyball , Kho-Kho, Football)	4	3	3	25	75	100	
	Part-IV	U2R3SEC2 (NME)	To be opted from other Department	2	2	3	25	75	100	
		U2R3PESEC3P	Practical - Games and Sports – II (Volleyball , Kho - Kho, Football)	2	2	3	40	60	100	
				30	23	-	-	-	700	

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17/04/25

Semester.	Course Category	Course Code	Course	Instruction Hrs / Week	Credit	Exam Hours	Marks			
							CIA Marks	ESE Marks	Total Marks	
III	Part-I	U3R3TL3 HL3/FL3	Tamil/ Hindi/ French - III	5	3	3	25	75	100	
	Part-II	U3R3EL3	English-III	5	3	3	25	75	100	
	Part-III	U3R3PECC5	Theories of Track and field.	5	5	3	25	75	100	
		U3R3PECC6P	Track and field Practical - I (Track, Hurdles, Relay and Combined events)	5	5	3	40	60	100	
		U3R3PEDSE3:1	Basic Biomechanics in Sports	3	3	3	25	75	100	
		U3R3PEDSE3:2	Essentials of Exercise Physiology							
	Part-IV	U3R3VE	Value Education	2	2	3	25	75	100	
		U3R3PESEC4:1	Sports First Aid	3	2	3	25	75	100	
		U3R3PESEC4:2	Gym Management							
	Part-V	U3R3HW	Health and Wellness	2	1				100	
Total				30	24	-	-	-	800	
IV	Part-I	U4R3TL4 HL4/FL4	Tamil/ Hindi/ French - IV	5	3	3	25	75	100	
	Part-II	U4R3EL4	English-IV	5	3	3	25	75	100	
	Part-III	U4R3PECC7	Methods in Physical Education	5	5	3	25	75	100	
		U4R3PECC8P	Track and Field Practical -II (Jumps and Throws)	5	5	3	40	60	100	
		U4R3PEDSE4:1	Test and Measurement in Physical Education	3	3	3	25	75	100	
		U4R3PEDSE4:2	Advancements of Sports Technology							
		U4R3PESEC5:1	Sports Nutrition and Weight Management	3	2	3	25	75	100	
		U4R3PESEC5:2	Adapted Physical Education							
	Part-IV	U4R3PESEC6P	Test and Measurement in Physical Education - Practical	2	2	3	40	60	100	
		U4R3ES	Environmental Studies	2	2	3	25	75	100	
	Total				30	25	-	-	-	800

S. Y. Srinivasan
12/4/25

K. Srinivasan
12/4/25

S. Sathya Narayanan
P. Sathya Narayanan
17/4/25

P. Sathya Narayanan
17/4/25

P. Sathya Narayanan
17/4/25

Semester.	Course Category	Course Code	Course	Instruction Hrs / Week	Credit	Exam Hours	Marks		
							CIA Marks	ESE Marks	Total Marks
V	Part-III	U5R3PECC9	Fundamentals of Research and Statistics	6	5	3	25	75	100
		U5R3PECC10	Basics of Sports Physiotherapy	6	4	3	25	75	100
		U5R3PECC11	Theories of Games & Sports –III (Hockey, Table Tennis, Tennis)	5	4	3	25	75	100
		U5R3PECC12P	Games & Sports –Practical-III (Hockey, Table Tennis, Tennis)	5	4	3	40	60	100
		U5R3PEDSE5:1	Sports Injury Management	4	3	3	25	75	100
		U5R3PEDSE5:2	Sports Kinesiology						
		U5R3PEDSE6P	Indigenous Activities (Mass Demonstration)- Practical	4	3	3	40	60	100
	Part-IV	U5R3PEINT	Internship Activity		2				100
	Total			30	25	-	-	-	700
VI	Part-III	U6R3PECC13	Principles of Sports Training	6	4	3	25	75	100
		U6R3PECC14	Sports Psychology and Sociology	6	4	3	25	75	100
		U6R3PECC15PW	Project Work	4	4	3	40	60	100
		U6R3PEDSE7:1	Modern Trends in Physical Education	5	3	3	25	75	100
		U6R3PEDSE7:2	Contemporary Issues in Physical Education						
		U6R3PEDSE8:1	Theories of Yoga	4	3	3	25	75	100
		U6R3PEDSE8:2	Career Opportunities in Physical Education						
	Part-IV	U6R3PESEC7P	Yogic Practices	4	2	3	40	60	100
	Part-V	U6R3GS	Gender Studies	1	1	3	25	75	100
			Extension Activity		1				
	Total			30	22	-	-	-	700
	Extra Credit Online courses SWAYAM – MOOCS (4)				142 (4)				4400