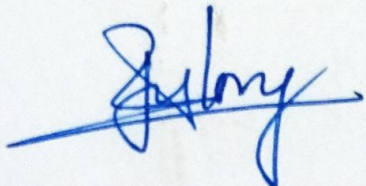
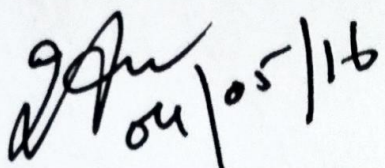
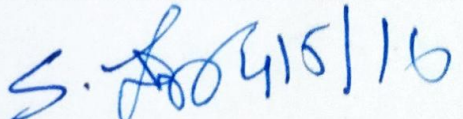
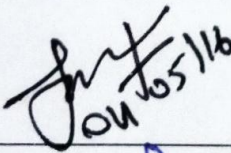

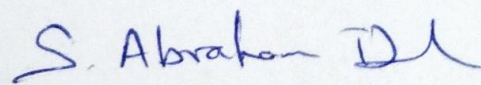
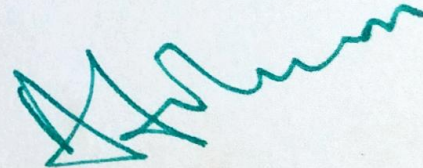


YMCA COLLEGE OF PHYSICAL EDUCATION: CHENNAI:35
MEMBERS PRESENT FOR THE ACADEMIC COUNCIL MEETING
HELD ON 04-05-2016

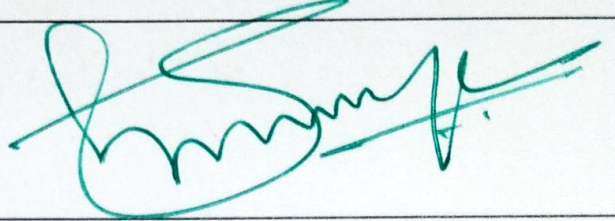
DR.Mrs.GLORY DARLING MARGARET, PRINCIPAL i/c, YMCA COLLEGE OF PHYSICAL EDUCATION.	
DR.MRS.JOTHI DAYANANDAN, ASSOCIATE PROFESSOR, YMCA COLLEGE OF PHYSICAL EDUCATION	 04/05/16
DR.S.JOHNSON PREMKUMAR ASST.PROF, YMCA COLLEGE	 S. 04/05/16
DR.J.JACKSON SUTHERSINGH ASST.PROF. YMCA COLLEGE	 04/05/16
DR.S.GLADY KIRUBAKAR ASST.PROF. YMCA COLLEGE	 04/05/16
DR.S.ABRAHAM DAVIDSON ASST.PROF. YMCA COLLEGE	 S. Abraham D

SPECIAL INVITEE

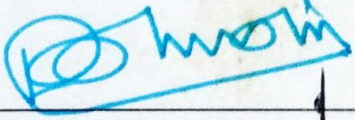
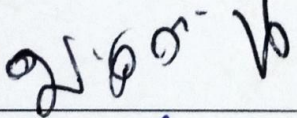
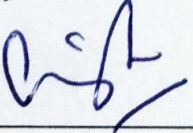
Captain(IN.retd) A.J. Manohar,
Correspondent & Secretary,
YMCA College of Physical
Education, Nandanam, Chennai-35



UNIVERSITY NOMINEES:

DR.BEVINSON, Tamilnadu Physical Education & Sports University	
Dr.Subramaniam, R. Tamilnadu Physical Education & Sports University	

EXPERTS

Mr.John Moris .A Chartered Accountant, Chennai	
Mr.V.R.Thangavelu, Advocate.	
Dr.Priya, MBBS Medicine	

ACADEMIC COUNCIL MEETING

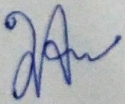
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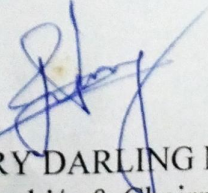
TIME:10.30 a.m.

VENUE: YMCA CONFERENCE HALL

AGENDA

1. Prayer - Captain (IN retd) A.J.MANO HAR
Correspondent & Secretary
2. Welcoming the Members - Dr.(Mrs).Glory Darling Margaret
Principal i/c
3. Apologies for absence (if any)
4. Revision, Modification of Syllabi
MPED, M.Sc,PGDSC (Theory & Practical) - Dr.Glady Kirubakar
BPED (Theory & Practical) - Dr.Abraham Davidson
BMS (Theory & Practical) - Dr.Johnson Premkumar
Optional & Add on Courses - Dr.Jackson Sutharsingh
5. Examination Reforms - Dr(Mrs).K.Jothi Dayanandan
Controller of Examination
6. IQAC - Dr(Mrs).K.Jothi Dayanandan
7. Any other matter
8. Vote of Thanks *was rendered by* - Dr.K.Jothi Dayanandan,
Convenor, AC


Dr.K.JOTHI DAYANANDAN
Convenor, AC


Dr.(Mrs)GLORY DARLING MARGARET
Principal i/c & Chairman AC

YMCA COLLEGE OF PHYSICAL EDUCATION: CHENNAI: 35

Minutes of the Academic Council meeting held at 10.30 a.m. on 4th May 2016 (Wednesday) at the College Conference Hall.

Members Present:

1. Captain A.J.Manohar (Corres & Sec.,)	-	Special Invitee
2. Dr.(Mrs). Glory Darling Margaret	-	Principal i/c/Chairman, Bos
3. Dr.(Mrs).Jothi Dayanandan	-	Associate Prof, Convenor, AC
4. Dr.Bevinson	-	University Nominee
5. Dr.R. Subramanian,	-	University Nominee
6. Mr.A.John Moris	-	Chartered Accountant, Chennai
7. Mr.V.R.Thangavelu	-	Advocate
8. Dr.Priya, MBBS	-	Medicine
9. Dr.Johnson Premkumar	-	Asst.Prof.
10. Dr.J.Jackson Sutharsingh	-	Asst.Prof.
11. Dr. S. Gladly Kirubakar	-	Asst.Prof.
12. Dr.S.Abraham Davidson	-	Asst.Prof.

Agenda No.1: Prayer:-

The Meeting started with a word of prayer by Captain A.J.Manohar, Correspondent and secretary, YMCA College of Physical Education.

Agenda No.2: Welcome by Chairman:-

Dr.(Mrs) Glory Darling Margret, Principal i/c and Chairman, Academic Council extended a warm welcome to all the experts and members.

Agenda No.3: Apologies of absence (if any):-

Apology of absence was received from Dr.Bevinson, Tamil Nadu Physical Education and Sports University.

Agenda No.4: Revision, Modification of Syllabus (Theory & Practical) - All Courses of study

Syllabus Revision: MPed and MSc

There is no modification of Syllabi for MPed and MSc. Battle rope training is added in the training methods IV Semester Code No.MPC 406

P.G.Diploma in Sports Coaching in Tennis, Swimming and Cricket (One Year)

Same Syllabus will be followed.

It was suggested to change the Subject coding -

Five Theory Papers: PSCC1- PSCC5

Practicals-PSPR6 -PSPR8

There is no option to give marks for the project in the certificates so Forum recommends including marks for the Project in the Syllabus. Discussion was arised to change the nomenclature as PGDC but it was not accepted. Hence PGDSC will be followed and thus no change in nomenclature and Syllabus was approved.

BACHELOR OF PHYSICAL EDUCATION (BPED)

SEMESTER I

BPC 106 – Calsthenics, minor games

BPC 107 – Drill and marching, Aerobics is clubbed as BPC 106.

BPC 108 - Badminton and Ball Badminton, Soft ball

BPC 109 - Table Tennis, Chess, Carom and Tennis is clubbed as BPC 107

BPC 110 - Track Events is charged as Track and Field - Part I – BPC 108

BPC 111 - Teaching Practice is changed as Teaching Practice (General & Particular – 109)
(100 Marks)

SEMESTER II

BPC 206 – Dhands and baithaks, Light Apparatus

BPC 207 – Yoga, Silambam is clubbed as BPC 206

BPC 208 – Basket ball, Volley ball

BPC 209 – Foot ball, Throwball is clubbed as BPC 207

BPC 210 – Filed Fields is changed as Track and Field - Part II (BPC 208)

BPC 211- Teaching Practice is changed as Teaching Practice (General & Particular) BPT 209

BPT 210 is added as Teaching Practice (General & Particular) (200 Marks)

SEMESTER III

BPC 306 Lezhim, Kungfu

BPC 307 Swiss ball, Tennikoit and Core board Training is clubbed as BPC 306 & Battle rope
Training is added.

BPC 308 Cricket, Archery

BPC 309 Hockey, Net ball is clubbed as BPC 307

BPC 310 Throw events is changed as BPC 308 Track & Field – Part III

BPC 311 Intensive Teaching Practice is changed as BPT 309 Teaching Practice (General &
Particular)

BPT 310 Intensive Teaching Practice is added (100 Marks)

SEMESTER IV

BPC 406 Malkhamb & Pyramid, Boxing

BPC 407 Therahand and Ladder Training, Gymnastics are clubbed as BPC 406

BPC 408 Kabaddi, Handball

BPC 409 Khokho, Swimming is clubbed as BPC 407

BPC 410 Coaching lesson and Officiating is changed as BCP 408

BPC 411 External Teaching Practice is changed as BTP 409 T.P.(General & Particular)

BTP 410 is added as Teaching Practice (General & Particular) External (200 Marks)

(Included items mark's reduced for 50 to 25)

The Syllabus was approved.

BACHELOR OF MOBILITY SCIENCE (BMS)

FIRST SEMESTER:

- BMCC 101 : Introduction to movement education mobility science, psychology guidance & counseling.
- BMCC 102 : Introduction to Anatomy Physiology Ophthalmology and Audiology.
- BMCC 103 : Yoga Education for disabled.
- BMEC 104 : Health Education, Nutrition, Safety Education, First-aid and Physiotherapy.
- BMEC 105 : Rehabilitation Management for disabled.

SECOND SEMESTER:

- BMCC 201 : Physical Education, Applied Physical fitness for the disabled & Recreation & Camping
- BMCC 202 : Organization & administration Methods & materials for Teaching & Techniques and
Aids for mobility Science & Evaluation of mobility Science.
- BMCC 203 : Principles & Techniques of Officiating for General games & Adapted game (Track & Field, Volleyball, Kabaddi, Kho-kho, Tennis, Table Tennis and Cricket)
- BMEC 204 : Educational Psychology & Sociology for the disabled.
- BMEC 205 : Computer Application in Adapted Physical Education.

BMCC 101 :

INTRODUCTION TO MOVEMENT EDUCATION MOBILITY SCIENCE PSYCHOLOGY GUIDANCE AND COUNSELLING

UNIT –I: Introduction to Movement Education History of movement Education Aims and objectives of Education, physical wellness, Mental Distress, Emotional stability, Social, moral uprightness, intellectually able, Spiritually holy, Application of movement education, Significance and factors involved and fundamentals in movement, Non-locomotor and Locomotor movement.

UNIT –II Types of aids for mobility for various disabilities. Types of aids primary aid, Secondary aid, **Classification of aids-for Visual Handicap-** Human guides and Dog guide, Mechanical aids- Long cane , Electronic Aids, Communication aids. **Auditory Handicap-** slight, mild, marked severe, total. **Orthopaedic-** Callipers, Crotches, Wheel chair, Trichair, Bicycle Artificial limb. **Communication aids-** Braille, Talking Books, Auditory route Maps, Sign Language.

UNIT –III Psychology -Meaning, importance and scope of psychology, Nature of motivation; factors influencing motivation, motivation and techniques and its impact on disabilities. Nature of learning, theories of learning Laws of learning, Learning curve and transfer of learning.

Unit -IV Memory remembering and forgetting- factors influencing forgetting ,short term and long term memory, factors affecting memory. **Intelligence** – Nature theories of intelligence, factors influencing intelligence. **Attitudes** – Nature ,components of attitudes, interpersonal and intergroup attitudes, factors influencing attitudes.

Unit-V Guidance and Counselling – Meaning, definition of guidance and counselling, Purpose of counselling ,range and methods of counselling, preparation for counselling types of interviews, methods of counselling, process of counselling, Role of counsellor and qualities of a counsellor.

References

1. Alan Lyaskey, Children and Themes Oxford University Press London – 1974, Anderson Harold II (ED)
2. Ann Hitchison –Lab annotation, New Direction Books, James Laughlin, New York 1961.
3. Barbara Knapp-skill in sport-Routledge and Kegan Paul, London 6th ed 1973
4. Mohan, V.M (1969) Principles of Physical Education. Delhi: Metropolitan Book Dep.
5. Obertuffer, (1970) Delbert Physical Education New York: Harper and Brothers publisher.

BMCC102

INTRODUCTION, ANATOMY, PHYSIOLOGY, OPHTHAMOLOGY AND AUDIOLOGY

Unit I Introduction of Cell and Tissue, Arrangement of the skeleton-Function of the skeleton – Ribs and Vertebral column and the extremities- joints of the body and their types, Arches of the feet, functioning of the joints.

Unit II Important Organs and systems – Blood and circulatory system – Constituents of blood and their functions- functions of blood groups –clotting of blood Structure of the heart- properties of the heart, **Respiratory system**- The respiratory passage the lungs and their structure and exchange of gases in the lungs- Mechanism of respiration. **Digestive System**- A brief study of the structure and functions of tongue, teeth salivary glands stomach, small and large intestines, Pancreas and the liver.

Unit III Important Organs and systems- The excretory system- Brief account of the structure and functions of the kidney and the skin. The Ductless Glands A brief account of the functions only of the pituitary, Thyroid, Parathyroid, adrenals and sex glands. The neurons –functions of the cerebellum and cerebral localization functions of the cerebellum, medulla and spinal cord- Reflex arc- Autonomic nervous system.

Unit IV: Ophthalmology – The Anatomy of the Eye, The physiology of the Eye, -Physiology of the vision – Visual perception , The Neurology of Vision , The visual pathways , The determination of the Retraction Errors of retraction – Diseases of the Eye, Diseases of the conjunctives cornea- sclera- uveal tract- the lens Vitreous-Glaucoma-Retina Optic nerve – symptomatic disturbances of vision infra ocular Tumors Injuries of the eye diseases of the lids. Preventive ophthalmology- The causes and prevention of blindness. The hygiene of vision – care of the eye.

Unit V Audiology –The anatomy and physiology of the Ear, properties of the sound- frequency intensity-phase –sound shadow- sound discrimination –sound localization. Refection, Retraction and Detraction- masking, Hearing loss, Disease of the Ear, Acute otitis media, Chronic superlative otitis media, Acute Mastoiditis- Types of deafness , Diagnosis of deafness (a) Tuning fork test (b) Audio metric test, Audio metric- Audiometer- Audiogram – Care of the Ear

References

1. Jainson's illustrations of Regional Anatomy
2. Caumigham Manual of practical Anatomy.
3. Causey, Joseph and Yousuf , A manuel of Human Anatomy by Aitkan, Volume I,II & III
4. Michael Glasspool , problems in Ophthalmology.
5. Mary ingle Loghul, The pathology of Deafness and introduction.

BMCC103

YOGA EDUCATION FOR DISABLED

Unit I : Introduction

Meaning and Definition of Yoga
Aims and Objectives of Yoga
Yoga in Early Upanisads
The Yoga Sutra: General Consideration
Need and Importance of Yoga in Physical Education and Sports.

Unit II: Foundation of Yoga

The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
Yoga in the Bhagavadgita – Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit – III: Asanas

Effect of Asanas and Pranayama on various system of the body
Classification of asanas with special reference to physical education and sports
Influences of relaxtive, meditative posture on various system of the body
Types of Bandhas and mudras
Type of kriyas

Unit –IV : Yoga Education

Basic, applied and action research in Yoga
Difference between yogic practices and physical exercises
Yoga education centers in India and abroad
Competitions in Yogasanas

Unit-V: Yoga for Fitness

Yoga for physical fitness - yoga for health and wellness – yoga for diseases - yogic practices for health living.

References:

- Brown, F.Y(2000). How to use Yoga, Delhi : Sports Publication.
Gharote, M.L.and Ganguly, H.(1988). Teaching methods for yogic practices. Lonawala: Kaixyдахmoe.

Rajjan, S.M.(1985), Yoga strengthening of relaxation for sports man. New Delhi Allied Publishers.
Shankar G.(1998). Holistic approach of yoga, New Delhi: Aditya Publishers.
Shekar, K.C.(2003) Yoga for health. Delhi: Khel Sahitya Kendra.

HEALTH EDUCATION NUTRITION SAFETY EDUCATION FIRST-AID AND PHYSIOTHERAPY.**Unit I Health Education**

Definition, need and scope of Health Education- Role of medicine – public and Education in the attainment of Health goals- General principles in the development an administration of Health Education, Concept of Health and Fitness importance of health to individual family community and the state- Health problem in World and in India.– Scientific approaches to problems of health and disease.- Personal hygiene- care of skin, mouth, teeth, nails clothing etc. sleep rest and exercise- Co-ordinated school health programme.

Unit IINutrition

Importance of Nutrition- Food and Nutrition –Base Nutrition – Nutrients –foods- food groups – Food values- Recommended dietary allowances- Balanced Diet- According to RDA for different classification – types of people – Classification of food- Energy proteins fats carbohydrate vitamins minerals and water- Function, sources, requirements recommended allowances Assessment of Nutritional status methods, Nutritional diseases – overweight under weight obesity diabetes arthereosclerosis , nephritis, nephrosis.

Unit III Safety Education

Need of the subject ; coverage –direct, indirect, co-related and integrated methods, Safety in the road; traffic rules for the pedestrians drivers of vehicles. Prophylaticprevention certification. Mechanics of traffic organisation – monitoring by signals etc., Safety in the school as the part of that school health programme instructional –graded safety rules, instruction, services- storage of chemicals location of specific departments wells etc. Maintenance of building- electrical connection and boards.**Safety at home**; Building –floorings maintenance of surface etc., Electricity, wells drugs poisons storage, inflammable- storage, use precautionary methods. **Safety in the play field playplay** area equipment's safety aids in games and sports –maintenance quality control. Supervision in the gymnasium weight training programme. Swimming pool indication of zones of danger and the provision of life savers.

Unit IV Special safety measures for the disabled

Existence and evaluation of the defects and deficiencies of the disabled emphasis on extra care-equipment , gadgets- wheel chairs , cycles etc., type of activity to be carefully planned. Safety in the water: Rescue from water- avoiding – stagnation of water. Safety in the fire fighting the fire .

Unit V First –Aid

Scope of First Aid; Qualities of first- aider , **Bleeding** –External-nasal bleeding, bleeding from the extremities, internal bleeding- shock first aid measures; **Injuries**; open wounds and first aid closed injuries- soft tissue injuries contusion- sprain, strain and tendon injury , Fractures, dislocations first aid measures. **Injury to internal Organ** : Closed and open- head injury, thoracic injuries abdominal injury spinal injury first aid measures. **Unconsciousness – trauma**- Trauma- head injury- concussion, compression and inititation, Vso-vagal attacks –trainment attack of unconsciousness heat exhaustion, heat exhaustion- Epilepsy, epoxy poisonous bites drug poisons, drowning, suffocation – diseases malaria, meningitis- Mtabolic disorders, Diabetes, hyperinsulinism – First aid measures, Burns and scalds – cramps rapid dog bies first aid measures.–Prevention- first aid measures **Artificial respiration** –methods-Bandags- slings, bandages to body parts and fracture bandages- External cardiac message and resuscitation.

References

1. Safety at school (Education pamphlet No33 Lond, Her Majesty's Stationery office)
2. School safety Policies : Washington D.C American Association for Health. Physical Education and Recreation.
3. Royappa Dr. Daisy Joseph and Dr. L.K. Govindarajulu- safety Education.
4. Evans A. William Everyday safety ,Chicago- Lyons and Carnahan.
5. First aid to injured New Delhi, St. John's Ambulance Association.

BMCC 105 – REHABILITATION MANAGEMENT FOR DISABLED

Unit I: Introduction to Adapted Physical Education

Meaning of the term adapted – Background information purpose and goals of adapted physical education – Movement Educational Concepts.

Unit II: Child Development

Pre-natal development of the child and post-natal motor development of the child

Unit III: Causes of Disability

Pre-natal, Natal and Post-natal causes of visually challenged, physically challenged, intellectual disability, Autism, Down syndrome, and Cerebral Palsy.

Unit IV: Disability and Rehabilitation

Disable – Disability – Handicap – Impaired – Multiple disabilities Rehabilitation – Special education – Inclusive education – Definitions.

Unit V: Classification of Disability

Disability / differently abled classification and sub classification' in each disability – Blind – Deaf and Dumb – Orthopedically – Mentally Retarded – Spastic – Autism – Cerebral Palsy etc.,

PHYSICAL EDUCATION, APPLIED PHYSICAL FITNESS FOR THE DISABLED ,RECREATION AND CAMPING

Unit I Physical Training, Physical culture and Physical Education

Meaning definition, aim , objectives and scope of physical Education- Physical training, Physical culture and physical education. Meaning of the term "Principles of physical education and related subject.

Unit II Applied physical Fitness for the Disabled

Components of physical Fitness. – Tests of physical fitness compounds of physical fitness – Methods for improving physical fitness and special physical fitness programmes for the disabled.

Unit III Physical Activities for physical programme

Exercise Table, Mimeties and story play, Drill and marching. – Indigenous activities yogic exercise. Dands and Baithaks, Light apparatus- Gymnastics and wrestling – Group games, minor games, Relay and combative- swimming – Rythms and Dance- suitable activities and for the different disabilities and the required adaptations- Facilities and equipment- Necessary adaptation for the disabled.

Unit IV Recreation

Definition meaning of Recreation scope and significance of Recreation. Relationship of play, work, Leisure and recreation.- Classification and type of Recreational Activities Indoor, Outdoor games, Arts and crafts, Drama Music, Hobbies, Aquatics, Dancing and hiking.

Unit V Camping

Definition meaning of camping –scope and significance of camping- Type of camp, Selection and layout of camp sites. Organisation and Administration of camps- Camp programmes and activities,- Leadership in Physical Education qualities –qualification special training- class management traditional approach and circuit methods approach.

References

1. Hollis First- Saunders, Special Physical Education, College publishing.
2. Charles A.Buches, Foundation of Physical Education, The C.V.M mosby Co
3. Jesse, Feiring Williams W.B Principles of Physical Education, Saunders Co., Phuladephia London
4. J.B. Nash , Philosophy of Recreation and Leisure.

ORGANISATION AND ADMINISTRATION METHODS AND MATERIALS FOR TEACHING TECHNIQUES AND AIDS FOR MOBILITY SCIENCE AND EVALUATION OF MOBILITY SCIENCE

Unit I Organisation And Administration of mobility science

Definition of Management- Organisation- Administration part of Management Supervision- Organisation Chart –In special school-handicapped child, Integrated school-normal and handicapped child- Rehabilitation Centre- Class management-Teacher Preparation- Need for observation by teacher pupil, testing method

Unit II Teaching and organizing mobility science

The learning process “ Teaching learning process” – Hearing, Sight ,Feeling, mental application.

Traditional Methods of teaching Learning by demonstration explanation and practice, by guide invention, by discovery process. Standards for organising mobility science-Facilities, Equipment, Finance, Leadership- Lesson Plan applicable to visually challenged, Auditory defectives, Orthopaedic and intellectual Challenged .

Unit III Techniques And Aids For Mobility Science And Braille

Introduction to mobility skills –Orientation & mobility-Sighted guide –Establishing contact grip speed control- side change –Inward turns-Turn around Narrow space walking in crowed place Ascending and Descending and door ways **Independent Travel Skills**; Square off upper and lower body protection Searching pattern- Room Familiarization. **Long Cane skills** – Independent Travel Skills with cane through vehicles and residential area and road crossing

Unit IV Braille

Use of writing machine, Hand frame- By letter Alphabet- Word signs- Simple upper and lower contraction – signs- Lower word, Compound initial signs with three dots –Final contraction – Compound punctuation signs Numeral sign.

Unit V Organisation of Tournaments

Intramural Extramural competitions Benefit of organising competitions –Drawing fixtures. Knock-out, league ,- Play day – Tournaments.

References

1. Bruce B. Blasch Ph D , Richard L. Welsh Ph D- Foundation of Orientation & Mobility American Foundation for the Blind New York -1980
2. Hollis First- Saunders. Foundation of Physical Education, College Publishing
3. Charless A. Buches, Foundation of physical education, the C.V.M mosby Co
4. Gittle Bierro, Touch Technique.

PRINCIPLES AND TECHNIQUES OF OFFICIATING FOR GENERAL GAMES AND ADAPTED GAMES (Track & Field, Volleyball , Kabaddi, Kho-kho, Tennis, Table Tennis & Cricket)

Unit I Demography of games and sports

Each games or sports to be dealt under the following head- History and development of games and spots – Ground dimension and marking, standard equipement.

Unit II Rules and Officiating

Theory and officiating on the following games and sports Track & Field, Volleyball , Kabaddi, Kho-kho, Tennis, Table Tennis & Cricket

Unit III Mechanism of Officiating

Rules and interpretation of rules , duties of officials system of officiating position signals.

Unit IV Adapted Games

Adapted games for visually impaired developed by YMCA College of Physical Education (Track & Field, Volleyball , Kabaddi, Kho-kho, Tennis, Table Tennis & Cricket) Cricket for visually challenged. Throw ball for Intellectual Impaired. Volleyball for hearing impaired.

Unit V Competitions

Origin and development of Paralympic –Special Olympics – Dark Olympics and silent Olympics

References:

1. Visvanath M.J Track and field marking & Athletics officiating Manual Silver Publication, 2002.
2. Wright Gary, A Step guide- Track & field Troll Associates , Mahwan , New Jersey 1990
3. Rules of games and sports , YMCA Publishing house, Massehall, New Delhi.1998.
4. S. Jaimithra , Physical Education for the Blind, Grace Printer,Tamil Nadu, 1996.

BMEC 204 :

EDUCATIONAL PSYCHOLOGY AND SOCIOLOGY FOR DISABLED

Unit – I Introduction

Meaning, Importance and scope of Educational and Sports Psychology
General characteristics of Various Stages of growth and development
Types and nature of individual differences; Factors responsible- Heredity
And environment
Psycho-social aspects of Human behavior in relation to Physical Education
and Sports.

Unit – II Educational Psychology

Nature of learning, theories of learning, Laws of learning
Learning Curve; and transfer of training
Meaning and definition of personality, Characteristics of personality,
Dimension of personality, Personality and Sports performance

Unit – III: Motivation and Aggression

Nature of motivation: Factors influencing motivation: Motivation and techniques and its
impact on sports performance.
Mental Preparation Strategies: Attention focus, Self-talk, Relaxation, Imaginary.
Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety
Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects
on sports performance
Introduction to Psycho regulatory procedure

Unit – IV: Relation between Social Science and Physical Education

Orthodoxy, customs, Tradition and Physical Education
Festivals and Physical Education
Socialization through Physical Education.
Social Group life, Social conglomeration and Social group, Primary group and Remote
group.

Unit – V Culture: Meaning and Importance.

Features of culture,
Importance of culture
Effects of culture on people life style.
Different methods of studying observation/Inspection method, Questionnaire method,
Interview method.

References:

- Ball, D.W. and Loy, J.W.(1975). Sports and social order; Contribution to the sociology of sports
London: Addison Wesley Publishing Co., Inc.
Blair, J. and Simpson, R.(1962). Educational psychology, New York: McMillan Co.
Cratty, B.J.(1968).Psychology and Physical activity.

BMEC 205:**COMPUTER APPLICATION IN ADAPTED PHYSICAL EDUCATION****Unit – I: MS Word**

Introduction to MS Word
Creating, saving and opening a document
Formatting Editing features Drawing table
Page setup, Paragraph alignment, spelling and grammar check printing option, inserting
page number, graph, footnote and notes

Unit – II: MS Excel

Introduction to MS Excel
Creating, saving and opening spreadsheet
creating formulas
Format and editing features adjusting columns width and row height understanding
charts.

Unit – III: Introduction to Computer

Meaning, need and importance of information and communication technology (ICT)
Application of Computers in Physical Education
Components of computer, input and output device
Application software used in Physical Education and sports.

Unit – IV: MS Power Point

Introduction to MS Power point
Creating, saving and opening ppt.file
format and editing features slide show, design, inserting slide number
picture, graph, table
Preparation of Power point presentations.

SCHEME OF EXAMINATION FOR BMS

PART I – WRITTEN EXAMINATION (THEORY)

I SEMESTER PAPERS	4 X 100 MARKS	= 400 MARKS
II SEMESTER PAPERS	4 X 100 MARKS	= 400 MARKS
PART I TOTAL		= 800 MARKS

PART II – PRACTICAL TEACHING EXAMINATION

INTERNAL MARKS

1. Orientation and Mobility	- 100	- 2 CREDITS
2. General Lesson 50 & Particular Lesson 50	- 100	- 2 CREDITS
3. Intensive Teaching Practice	- 100	- 2 CREDITS

TOTAL MARKS = 300 - 6 CREDITS

EXTERNAL MARKS – TEACHING PRACTICE (Internal & External Examiners)

1. Orientation and Mobility	- 100	- 2 CREDITS
2. General Lesson 50 & Practical Lesson 50	- 100	- 2 CREDITS

TOTAL MARKS= 200 - 4 CREDITS

PART II TOTAL MARKS = 500 - 10 CREDITS

PART III – PRACTICAL = 1400 MARKS

Part I Theory	
Each core papers 4 credits (6x4)	24 credits
Electives 2 credits each (2x2)	4 credits
Part II Teaching practice	10 credits
Part III Practical	56 credits
Total	94 credits
Additional credits	
Extramurals	
International Representation (each)	3 credits
State, University Representation (each)	2 credits
Inter collegiate representation (each)	1 credit
For qualifying each officiating examination	1 credit

Hence BMS Syllabus was approved.

OPTIONAL & ADD ON COURSES

Add-on courses

- Certificate course in Fitness Management
- Certificate course in Event Management
- Certificate course in Sports Medicine and Physiotherapy
- Certificate course in Adapted games
- Certificate course in Adventure sports
- Certificate course in Soft skills
- Certificate course in Personal and Professional Counseling

Optional courses

- Personal trainer
- Bharathiyam
- Fencing
- Taichi
- Shooting

Recommended to increase the Remuneration for Question Paper setters
For BPE, BPED, BMS - Rs. 250/-
For MPED, MSc, PGDSC - Rs. 300/- only
Three question papers will be collected.

THE RESULTS FOR APRIL 2016

**SEMESTER EXAMINATION RESULTS - APRIL 2016
PERCENTAGE OF PASS**

SL.NO.	CLASS	STUDENTS	STUDENTS	NO. OF	%
		STRENGTH	APPEARED	PASS	
1	M.P.E.D II	60	56	53	95
2	M.P.E.D I	52	49	49	100
3	B.P.ED. I	100	89	77	87
4	B.P.E. III	80	71	60	85
5	B.P.E. II	80	56	41	73
6	M.Sc. II	9	6	6	100
7	M.Sc.I	6	4	4	100

This is also approved.

Agenda No.6. IQAC

The Primary aim of the IQAC is to develop a system for conscious, consistent and catalytic action to improve the academic and administrative performance of the institution.

Strategies

IQAC shall evolve mechanisms and procedures:

- a. To ensure prompt, timely, efficient and progressive performance of academic, administrative and financial tasks.
- b. For relevance and quality of academic and research activity.
- c. Equitable access to and affordability of academic programmes for various sections of society.
- d. Opportunities and integration of modern methods of teaching and learning.
- e. The credibility of evaluation procedures.
- f. Ensuring the adequacy, maintenance and functioning of the support structure and services.
- g. Research sharing and networking with other institutions in India and abroad.

COMPOSITION OF IQAC

1. Chairperson - Principal i/c
2. Senior Administrative Officers
 1. Correspondent & Secretary
 2. Treasurer
 3. (to be suggested)
3. Internal Members - Senior Four Teachers.
4. External Experts (to be suggested)
 1. Dr.Sunder Raj - Director, Dept.of Phy.Edn., Anna University
 2. Dr.Subramaniam - Professor, T.N.Phy.Edn. & Sports University
5. Co-ordinator of IQAC

IQAC was approved.

LIST OF IQAC – 2015-2017
YMCA COLLEGE OF PHYSICAL EDUCATION
Nandanam, Chennai – 600 035, Tamil Nadu

Sl.NO.	NAME OF THE MEMBER	DESIGNATON
CHAIRPERSON		
1.	Dr. J. GLORY DARLING MARGARET	Principal i/c.
SENIOR ADMINISTRATIVE OFFICER		
2.	CAPT. AJ MANOHAR	Correspondent & Secretary
3.	MR. JACOB RAJKUMAR	Treasurer
INTERNAL MEMBERS –SENIOR TEACHERS		
4.	Dr.S.JOHNSON PREMKUMAR	Asst.Professor
5.	Dr. J. JACKSON SUTHARSINGH	Asst. Professor
6.	Dr. S. GLADY KIRUBAKAR	Asst. Professor
7.	Dr. S. ABRAHAM DAVIDSON	Asst. Professor
EXTERNAL EXPERTS		
8.	Dr. SUNDARARAJ	Director, Dept.of Phy.Edn,Anna Uni.,
9.	Dr. SUBRAMANIAN	Professor, Dept. of Coaching & Training, TNPSU, Chennai
COORDINATOR OF IQAC		
10.	Dr. Mrs. K. Jothi	Associate Professor

Mr.A. John Moris, C.A suggested YMCA College to be the SAI Center for NIS Coaching for various sports and games . He advised to have a scheme and take one sport or event and be focused on that and develops it.

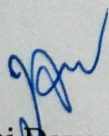
Dr.Priya, MBBS, gave an idea to Train and to promote rural Sports Olympic & Para Olympic games.

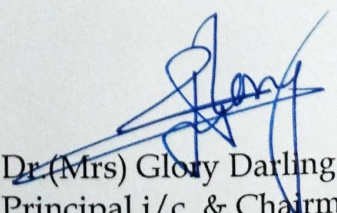
Mr.Thangavelu, Advocate, requested to have suggestion box and then display on Notice Board showing the suggestions. He also requested to be cordial to students from day one and also said that motivational speakers could be invited to addressed students speak in public.

The following things were suggested and accepted by the forum:

1. The student who possess 65% of attendance has to redo the course (changed from 50% of attendance to redo the course)
2. Condonation fee is increased to Rs. 1000/- from Rs. 250/-
3. Condonation is acceptable one & only time for a student during his /her course of study.
4. Students should have 50% of marks both in **Internal** and External to pass in their examinations.
5. Five marks can be added for the students' attendance in Internal marks (within that 25 marks).
6. Dr Vasanthi ,Alumni expressed her support for the upliftment of the institution in all aspects.

As there were no other points for discussion, the meeting concluded with a vote of thanks by Dr.Mrs.K.Jothi Dayanandan (Convener) and an invitation to join the delicious lunch.


Dr.K. Jothi Dayanandan
Convener, AC


Dr.(Mrs) Glory Darling Margret
Principal i/c & Chairman (AC)