

**YMCA COLLEGE OF PHYSICAL EDUCATION, NANDNAM, CHENNAI-35**

**Minutes of Board of Studies meeting held on 19.06.2021**

Minutes of the Board of Studies meeting held at 11.00 am on 19<sup>th</sup> June 2021 (Saturday) through virtual mode.

**Members Present:**

Mr.Benjamin Franklin	Special Invitee
Mr.Rajjiv George	Special Invitee
Dr.V.S.T.SaiKumar	University Nominee
	Expert for various courses
Dr. Manikandan	Subject Expert
Dr. James Zachariah	Subject Expert
Dr. Gopinath	Postgraduate Meritorious
Dr. P. Rajalakshmi	Subject Expert for special Course
Mr.Vincent Sahayaraj	Industrialist
Dr. George Abraham	Principal &Chairman( BOS)
Dr.K.Jothi Dayanandan	Associate Prof.
Dr.S.Johnson Premkumar	Asst.Prof
Dr.J.Jackson Sutharsingh	Asst.Prof
Dr.Glory Darling Margaret	Asst.Prof
Dr.Glady Kirubakar	Asst.Prof
Dr. S.Jerome David	Asst.Prof
Dr.E.Simson Jesudass	Asst.Prof
Dr.S.Abraham Davidson	Asst.Prof
Mr.M.Felix Arokkiaraj	Asst.Prof
Dr.A.Merlin Thanka Daniel	Asst.Prof
Dr.R.Prabu	Librarian
Dr.J.Samuel Jesudoss	Asst.Prof
Dr.Pon. Anbarasu	Asst.Prof
Dr.J.James	Asst.Prof
Mr.B.Praveen Doss	Asst.Prof
Mr.K.Karthikeyan	Asst.Prof
Dr..J.Komala	Asst.Prof
Dr.G.Bobby	Asst.Prof
Dr.S.Sathish Kumar	Asst.Prof
Mr.K.Mugil	Physiotherapist
Dr.Abraham Jepasingh	English Prof
Mr. Balaraman	Tamil Prof
Mrs.Mabelda	Computer faculty



*S.K.O.*  
Principal (V/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 036

**Agenda No: 1 Opening Prayer**

The meeting commenced with a word of prayer by Rev. Abraham Jebasingh

**Agenda No: 2 Welcome**

Principal Dr. George Abraham welcomed all the special invitees, subject experts, meritorious alumni and the faculty members of YMCA College of Physical Education

**Agenda No: 3 Apologies for the absence**

All the invited members of the Board of studies were present

**Agenda No: 4 (i) Revision & Modification of Syllabus**

**(i) Item No : Revision /Modification of Syllabus for M.P.Ed**

Dr. S. Dr.S. S.Glady Kirubakar, coordinator for the revision and modification of syllabus for M.P.Ed course conducted a virtual meeting with the members of the faculty and received the changes recommended through email.

**MCC 102 Research Process in Physical Education and Sports Sciences**

**UNIT I**

**Include**

- Research assistance and fellowship

**UNIT III**

**Include**

- Qualitative and Quantitative analysis

**UNIT V**

**Include**

- Terms in Reference- Ibid, Loc.cit, ,Op.cit, Et al- Research metrics - Impact factor- ISSN- ISBN

---

**MCC 302 CURRICULUM DESIGN IN PHYSICAL EDUCATION**

**Unit- 1**


**Include**

Purposes of Curriculum-Competency based learning – Knowledge – Skill – Ability – Criterion reference verses Norm reference tests

**UNIT – II** Basic Principles of Curriculum development can be changedas Curriculum development

**Include**



  
Principal (V/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

- National Education Policy 2020- Syllabus verses Curriculum Committees of curricular activities
- Co curricular activities and Extracurricular activities –

### **UNIT III – Curriculum Design and Sources shift from Unit- 1**

#### Include

Meaning, definition of Curriculum Design – Basic principles for planning Curriculum design -  
.Factors that affecting curriculum

### **UNIT V – Curriculum Research, Appraisal or evaluation and Grading (include)**

Include Grading in Unit- V Topic

Include Grading in curriculum – Choice Based Credit System (CBCS)

---

### **MEC 304 Information and Communication Technology in Physical Education**

#### Delete in Unit- II

Software of Computer: Concept and Types Computer Memory: Concept and Types Viruses and its Management Concept, Types and Functions of Computer Networks Internet and its Applications

#### Delete in Unit- III

- MS Access: Creating a Database, Creating a Table, Queries, Forms and Reports on Tables and its Uses in Physical Education
- MS Publisher: Newsletter and Brochure

#### Include in Unit- III

Instead of main features “Basic “ features to be included

#### Delete in Unit- IV

MS Access: Creating a Database, Creating a Table, Queries, Forms and Reports on Tables and its Uses in Physical Education

MS Publisher: Newsletter and Brochure

#### Delete in Unit- IV

A Pedagogical Dimension

Dr. K. Jothi Dayanandhan suggested to elaborate the contents in Unit- V of MEC 304



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

It was resolved to accept the inclusion and deletions of contents in the M.P.Ed subjects

---

**(ii)Credits in Elective papers for M.P.Ed course**

**Recommendation : Elective papers be given equal credits like the core papers**

Discussion on distribution of credits to elective papers and core papers were an issue at the meeting .

Dr. SaiKumar Principal & Secretary , Maruthi College said that equal weightage is being given to all subjects including elective and core papers but it can be modified according the feasibility of the institution under autonomous privilege.

Dr. Manikandan . Prof & Head said that TNPESU gives equal credits to all papers including electives

Dr. S. Gladly Kirubakar said that credits can be distributed according to the number of hours of instruction .( 1 credit is equivalent to 1 hour of teaching either lecture or tutorial )

Dr. Johnson Premkumar and Dr. Jackson asked to recommended to give equal credits as like the core papers .

Dr. S. Gladly Kirubakar explained that

5 days x 3 Theory hours = 15 hours per week

**Out of 15 hours of theory in our college**

If 3 Credits x 4 Papers = 12 hours

General Assembly = 1 hour

Library = 1 hour

---

14 hours ( Instead of 15 credits )


---

**\*Students will lose 1 credit**

Dr. K. Jothi Dyanandhan suggested to give that 1 credit to computer teaching or library .

Dr. Prabhu , Librarian said 2 hours of library per class in a week is not possible with the infrastructure of our college library .



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

It was resolved to add the 1 credit to the following subjects in all the semesters

Semester- I MCC 102 -Research process in P.E & Sports science (4 credits )  
Semester- II MCC 203-Test, Measurement and Evaluation in Physical Education(4 credits )  
Semester- III MCC 301-Scientific Principles of Sports .Training (4 credits )  
Semester- IV MCC 401-Prevention and Management of Sports Trauma (4 credits )

After discussion it was resolved to give

Out of 4 theory papers 3 Credits to 3 Papers and 4 credits to one paper in each semester as mentioned above

---

(iii) Inclusion of learning objectives for all subjects

It was recommended to add the learning objectives for all the subjects in M.P.Ed

LEARNING OBJECTIVES

MPED I YEAR - I & II SEMESTER THEORY PAPERS

MPED-I-SEMESTER -I

MCC 101 -Yogic sciences,  
MCC 102 -Research process in P.E & Sports science,  
MCC 103 -Physiology of Exercise,  
MEC 104 -Adapted Physical Edn,  
MEC-105 -Sports Management,  
MEC-106 -Sports Technology

MPED-I-SEMESTER-II

MCC 201 - Sports Psychology  
MCC 202 - Applied Statistics in Physical Education  
MCC 203 - Test, Measurement and Evaluation in Physical Education  
MEC 204 - Value Education  
MEC205 - Environmental studies  
MEC206 - Sports Nutrition &Health promotion

MPED-II- III SEMESTER

MCC 301 -Scientific Principles of Sports .Training  
MCC 302 -Curriculum Design in Physical Education  
MCC 303 -Sports Biomechanics & Applied Kinesiology,  
MEC 304 - ICT in Physical Education,  
MEC 305 - Sports Sociology,  
MEC 306 -Sports Engineering



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

### **MPED-II**

MCC 401	-	Prevention and Management of Sports Trauma
MCC 402	-	Rules of Sports and Games
MCC 403	-	Professional preparation for NET/SLET/TRB/TNPSC
MCC 404	-	Dissertation

### **MCC 101 Yogic Sciences**

**Objectives:** After studying this paper the student teachers will be able:

- To understand the basic concept of yoga and apply the underlying concepts of yogasana as exercise
- To cultivate breath control, relaxation techniques and kinesthetic awareness
- To apply the principles of yogasana to live healthy and active life style
- To learn to apply the yogasana in sports performance
- To analyse the psychological changes on sports persons during sports participation
- Develop the knowledge through practice, participate and organize

### **MCC102 Research Process in Physical Education and Sports Sciences**

**Objectives:** After studying this paper the student teachers will be able:

- To gain knowledge about research in the field of physical education and sports
- To understand the method of collecting related reviews
- To understand the concept of sampling technique and population
- To gain the knowledge about various research studies
- To develop knowledge to find systematic and scientific solutions for the problems
- To identify contemporary issues of research in the field of physical education and sports
- To learn to structure the thesis in chapter wise format
- To learn to prepare abstract and paper publication in journal and seminar

### **MCC 103 Physiology of Exercise**

**Objectives:** After studying this paper the student teachers will be able:

- To understand basic knowledge of skeletal muscle and muscle contraction
- To gain the knowledge of bioenergetics
- To identify different types of muscle fibers
- To learn about the effect of exercise on various systems of the body
- To learn to train athletes at high altitude
- To understand the significant changes on physiology due to climatic conditions
- To gain the knowledge about ergogenic aids in various sports

### **MEC 104 Adapted Physical Education**

**Objectives:** After studying this paper the student teachers will be able:



*S. P. S.*  
Principal (P/c)

**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**



- To understand basic knowledge of special education and inclusive education
- To gain the knowledge on goals of adapted Education
- To understand the development of child ,causes and classification of disability
- To learn about the techniques and aids for mobility science
- To learn to adopted major games for visually challenged
- To understand the and teachthe adapted games for hearing impaired
- To gain the knowledge about intellectual impairment, special Olympics and paraolympics

### **MEC 105 Sports Management**

**Objectives:** After studying this paper the student teachers will be able:

- To identify the basic principles of sports management, leadership
- To know about structure of organization
- To learn to maintain records and registers in the field of physical education and sports
- To identify future trends in the field of sports management
- To know to prepare sports budget and utilization of resources like goods and human
- To assess sports marketing needs in organization and production sector
- To learn to organize sports event at state, national and corporate level
- To understand and gain the knowledge of event management in sports and games

### **MEC-106 Sports Technology**

**Objectives:** After studying this paper the student teachers will be able:

- To understand basic knowledge of technological impact on sports
- To gain the knowledge about the science of sports materials
- To learn about the modern surfaces of playfields
- To gain knowledge on construction and installation of sports surfaces
- To learn about the sports equipments with nano technology

### **MCC 201 Sports Psychology**

**Objectives:** After studying this paper the student teachers will be able:

- To know and to understand the sportsman behavior
- To gain the knowledge to train the athletes based on sports psychology concepts
- To know the concept of various positive and negative effects of psychological variables on sports person
- To learn psychological skill training
- To know the various psychological factors affecting sport performance
- To know the relationship of the sports person with various sports settings concepts
- To understand group mechanisms and group psychology in a sports context
- To gain knowledge on motivational psychology



*S. Jeyaraj*

Principal (i/c)

**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**

### **MCC 202 Applied Statistics in Physical Education**

**Objectives:** After studying this paper the student teachers will be able:

- To gain knowledge about statistics
- To test the existing theories in sports and games
- To develop systematic and scientific solution to the given problem
- To gain the knowledge to group and interpret the data

### **MCC 203 Test, Measurement and Evaluation in Physical Education**

**Objectives:** After studying this paper the student teachers will be able:

- To learn to organize and administer a variety of tests
- To learn to analyse and evaluate various fitness components of sports person
- To know about the different types of test for different sports and games.
- To learn to prepare norms for the newly constructed test
- To learn to analyse the fitness and skill performance of an athlete
- To learn to keep record of pupils fitness test and norms

### **MEC 204 Value Education**

**Objectives:** After studying this paper the student teachers will be able:

- To understand the importance of values, role of values, concepts, and functions
- To gain knowledge about value education and ambition
- To understand the values of religion and human being
- To learn to teach moral classes at school based on values
- To identify psychological parameters and present scenario of value education

### **MEC 205 Environmental Studies**

**Objectives:** After studying this paper the student teachers will be able:

- To promote the knowledge of environmental education.
- To create health awareness among youth, various health problems and its impacts
- To understand the importance of environment and to create good environment
- To learn to give healthy environment to the future generation
- To learn to use resources without depleting the resources
- To understand the health problem of India and its solution
- To gain knowledge to achieve the goal of sustainable development

### **MEC 206 : Sports Nutrition and Health Promotion**

**Objectives:** After studying this paper the student teachers will be able:

- To know nutrition, diet chart for specific sports and diseases



*S. J. S.*  
Principal (i/c)

**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**



- To know food labelling, pyramid and food choices.
- To know nutrition and weight management.
- To know health related diseases and management.
- To know about physical exercise for health promotion

### **MPED II YEAR - III SEMESTER THEORY PAPERS**

#### **MCC 301 : Scientific Principles of Sports Training**

**Objectives:** After studying this paper the student teachers will be able:

- To know about Aim, characteristics, and loading in sports training
- To know about Strength, Endurance, Speed and their training methods
- To know about Flexibility, Coordinative abilities their characteristics, means and methods of training
- To orient with training plans.
- To gain knowledge on genetic doping and technological doping.
- Curriculum Design in Physical Education

#### **MCC 302 Curriculum Design in Physical Education**

**Objectives:** After studying this paper the student teachers will be able:

- To know the curriculum design and curriculum framework
- To know the government policy on curriculum
- To develop the ability to frame curriculum in physical education
- To understand the factors that influences curriculum
- To gain knowledge on the integration of physical education curriculum with other subjects
- To know the grading, appraisal and evaluation techniques
- To perform curriculum research

#### **MCC 303 Sports Biomechanics & Applied Kinesiology**

**Objectives:** After studying this paper the student teachers will be able:

- To know Kinesiology and Biomechanics
- To know various muscle location action and insertions.
- To gain knowledge on motion, force, friction and their application in sports
- To understand projectile, stability and dynamics in sports
- To analysis sports movements.

#### **MEC 304 : Information and Communication Technology in Physical Education**

**Objectives:** After studying this paper the student teachers will be able:



  
 Principal (i/c)  
**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**

- To know about information and communication technology .
- To know computers and types .
- To know MS Office and application.
- To know approaches to ICT.
- To understand E-Learning and visual classroom.

#### **MEC 305: Sports Sociology**

**Objectives:** After studying this paper the student teachers will be able:

- To know sports sociology
- Gain knowledge on culture, elements and functions
- To know social institutions, sports and politics
- To understand sports and social stratifications
- To know women and gender issues.

#### **MEC 306 -Sports Engineering**

- To gain knowledge on sports engineering and technology
- Gain knowledge on mechanics of engineering materials
- To know about mechanical principles and movements
- To understand the sports dynamics
- To learn about building and maintenance
- To know about Maintenance policy and preventive measures

### **SEMESTER IV**

#### **MCC 401 :Prevention and Management of Sports Trauma**

**Objectives:** After studying this paper the student teachers will be able:

- To understand sports medicine and the causes of sports injuries
- To understand stretching and the advantages and dangers of stretching.
- To understand rehabilitation injuries and their methods of management
- To know different manipulative techniques, modalities of electrotherapy
- strapping and techniques of tapping in different regions

#### **MCC 402 Rules of Sports and Games**

**Objectives:** After studying this paper the student teachers will be able

- To know the Planning, Construction, Marking of courts and track and field events



*S. J. J.*  
Principal (i/c)

**YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035**

- To know the duties of various officials.
- To know the rules and interpretations
- To know the mechanism of officiating.
- To know the latest changes and techniques.

MCC 403 - Professional preparation for NET/SET/TNPSC/Other Competitive Exam

- Acquisition of knowledge and understanding
- Development of conceptual. Intellectual and subject specific skills
- Understand the basic concepts of quantitative ability
- Understand the basic concepts of logical reasoning Skills
- Acquire satisfactory competency in use of verbal reasoning
- Solve campus placements aptitude papers covering Quantitative Ability, Logical Reasoning and Verbal Ability
- To make students eligible for the post of assistant professor and/or Junior Research Fellowship award in Indian universities and colleges..

MCC 404 : Dissertation

**Objectives:** After studying this paper the student teachers will be able To prepare proposal and research report.

- To orient student to prepare topic for research
- To learn how to review the literature online and offline.
- To design and collect the samples
- To analyse the data using statistical tool.
- To prepare conclusion and summary.

The learning objectives was accepted for inclusion in syllabus by the members for M.P.Ed course

**Item No : 4 B (i) Revision /Modification of Syllabus for B.P.Ed**

Dr.E.Simson Jesudass coordinator for the revision and modification of syllabus for B.P.Ed course conducted a virtual meeting with the members of the faculty and received the changes recommended

**BCC101-Principles and foundation of Physical Education, Education Psychology and Sociology** – can be changed as Principles and foundation of Physical Education, Education Psychology, Guidance and Counseling.

**Guidance and Counseling UNIT-V** can be placed from BCC201 to BCC101 in the UNIT of Sociology.



  
 Principal (i/c)  
**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**

**BCC201 –History of Physical Education, Recreation, Camping, Guidance and Counseling** can be changed as History of Physical Education, Sociology, Recreation and Camping.

**Sociology UNIT-IV** can be placed from BCC101 to BCC201 in the unit of Guidance and Counseling

Since the History of Physical Education, Recreation and Camping the portions are more we cannot able to complete the portion. Hence, Sociology and Guidance and Counseling can be interchanged.

All the Elective papers should be given equal credits like the core papers.  
The recommendation is made based on the Syllabus framed by NCTE & TNPESU

**Elective BEC 305** - Unit 5 can be merged with Unit 4 and subtitle may be named as Classification and causes of Disabilities  
In Unit 5 - Major & Minor Adapted Games  
Major & Minor Adapted Games for Visually Disabled- Volleyball, Kabaddi, Kho-Kho, Table Tennis, Tennis, Cricket and Track & Field events

It was resolved to accept the inclusion and deletions of contents in the B.P.Ed subjects

---

**(ii) Credits in Elective papers for M.P.Ed course**

**Recommendation : Elective papers be given equal credits like the core papers**

**It was resolved to add 1 credit to the following subjects in all the semesters as like M.P.Ed course**

Semester- I BCC 101-Principles, Foundation of P.E & Educational Psycho (4 credits )  
Semester-II BCC 202-Organization and Administration and methods of teaching in Physical Education (4 credits )  
Semester- III BCC 301 - Sports Training (4 credits )  
Semester- IV BCC 401 - Test and Measurement in Physical Education (4 credits )

After discussion it was resolved to give

Out of 4 theory papers 3 Credits to 3 Papers and 4 credits to one paper in each semester as mentioned above

---

**(iii) Inclusion of learning objectives for all subjects in B.P.Ed Course**

It was recommended to add the learning objectives for all the subjects in B.P.Ed



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

## B.P.Ed I YEAR - I & II SEMESTER THEORY PAPERS

### BPED-I year- SEMESTER-I

BCC 101	-Principles, Foundation of P.E & Educational Psychology
BCC 102	-Anatomy and physiology
BCC 103	-Yoga Education
BEC 104	-Sports Nutrition & weight Management
BEC 105	- Sports Management

### BPED-I year -SEMESTER-II

BCC 201	- History of Physical Education Recreation and Camping
BCC 202	- Organization and Administration and methods of teaching in Physical Education
BCC 203	- Principles and techniques of Officiating & Coaching Part I
BEC 204	- Educational Technology and sports Journalism and tourism
BEC205	- Sports medicine, Physiotherapy and Rehabilitation

### BPED-II year SEMESTER-III

BCC 301	- Sports Training
BCC 302	- Health Education& Environmental studies,
BCC 303	- Principles & Techni. Of officiating Part-II(Badminton,Ball badminton,softball, TT,Chess,Carrom, Tennis,BB,VB,FB,TB)
BEC 304	- Computer Application in Physical Education
BEC305	- Disabilities and inclusive Education

### BPED-II year SEMESTER-IV

BCC 401	- Test and Measurement in Physical Education
BCC 402	- Kinesiology and Biomechanics
BCC 403	- Principles and techniques of Officiating & Coaching PartII
BEC 404	- Contemporary issues in Physical Education, Fitness and wellness
BEC405	- Elementary Statistics

BCC-101 Principles, Foundation of Physical Education, Education Psychology Guidance and counselling

- To Know about the importance of biological Principles
- To know about the importance of Psychological principles
- To know about the importance of Sociological principles
- To know about the importance of Educational Psychology
- To know about Guidance and Counseling

BCC-102 Anatomy and Physiology

- To know about Anatomy of Human Body
- To Know about Circulatory and Respiratory System



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035



- To know about Digestive and Excretory System
- To know about Endocrine glands and Nervous system
- To know about Human Physiology and Exercise on various systems.

#### BCC103- Yoga Education

- To aware about meaning, definition and need of Yoga
- To know about foundation Yoga
- To understand about various Asanas, Bandhas, Mudras and Kriyas
- To know about Yoga Education
- To know about Yoga for fitness

#### BEC 104- Sports Nutrition and Weight Management

- To know about basics of Nutrition and its role in Sports
- To know about Nutrients
- To know about Nutrition and Weight Management
- To get the awareness Health related diseases.
- To know about Life style Management and Preventive measures

#### BEC 105- Sports Management

- To know about the concept and purpose of sports management
- To know about Leadership
- To know about Sports management in School, College and University
- To know about maintaining records
- To know about financial management.

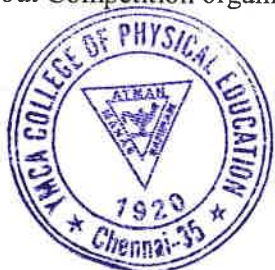
### SEMESTER-II

#### BCC-201- History of Physical Education, Sociology , Recreation and Camping

- To know about the growth and development of Physical in India
- . To know about the growth and development of Physical in Greece
- To know about origin and development of Olympics games
- To know about Recreation and Camping
- To know about the importance of Sociology

#### BCC202- Organization, Administration and methods of Teaching in Physical Education

- To know about structure of organization and administration
- To know about function of organization and administration
- To know about Competition organization



*S. J. J.*

Principal (i/c)

YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

- To know about Teaching Technique and Teaching aids
- To know about Lesson plan and Teaching Innovations

**BCC-203 Principles and Techniques of Officiating and Coaching-Part-I**

- To know about Philosophy of officiating and mechanism of officiating
- To learn about dimensions and layout of playfield
- To know about Rules and Interpretation of Various games
- To know about Specification of equipments
- To know about Lead up games

**BEC 204 Educational Technology, Sports Journalism and Tourism**

- To know about Education, Education Technology and types Education
- To know about Fundamentals of Journalism
- To know about Sports Bulletins
- To know about News reporting
- To aware about sports Tourism in India

**BEC 205 Sports Medicine, Physiotherapy and Rehabilitation**

- To Understand about need and importance of sports medicine
- To know about Prevention of injuries in sports and First Aid
- To know about the importance of Physiotherapy
- To know about Hydrotherapy
- To know about Therapeutic exercises

**B.P.Ed II YEAR**

**SEMESTER III**

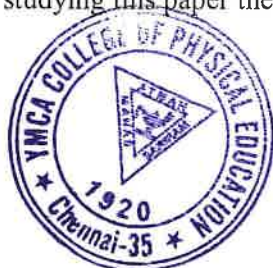
**BCC 301 Sports training**

**Objectives:** After studying this paper the student teachers will be able

- To know the importance of sports training on performance
- To know the means and methods of developing the fitness components
- To know about the process of training
- To design a training schedule for specific sport
- To select a team for different levels of competition

**BCC 302 Health Education and Environmental Studies**

**Objectives:** After studying this paper the student teachers will be able



*(Handwritten signature)*

**Principal (i/c)**

**YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035**

- To know about health and personal hygiene
- To know about the health problems and services in India
- To understand the connection between life and environment
- To know about the natural resources and sustenance
- To know about pollution and its control

### **BCC 303 Principles & Techniques of officiating Part-II**

**Objectives:** After studying this paper the student teachers will be able

- To lay out play fields of different sports
- To know the rules and their interpretation in different sports
- To know the equipment used in different sports and their specification
- To understand the mechanism of officiating in different sports
- To know the skills, techniques, drills and lead up games in different sports

### **BEC 304 Computer Application in Physical Education**

**Objectives:** After studying this paper the student teachers will be able

- To know about information and communication technology
- To understand and use MS word – Word processor
- To understand and MS Excel – Spread sheet
- To understand and use MS Power point – Presentation programme
- To access the internet

### **BEC 305 Disabilities and Inclusive Education**

**Objectives:** After studying this paper the student teachers will be able

- To know about Special Education
- To know about Adapted Physical Education
- To understand the development of a child
- To know the causes of disability
- To know the types of disability

## **SEMESTER IV**

### **BCC 401 Tests and Measurement in Physical Education**

**Objectives:** After studying this paper the student teachers will be able

- To know the importance of test and measurement in physical education



*(Handwritten signature)*

**Principal (i/c)**

**YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035**

- To know the types of test and their administration
- To understand the different physical fitness tests
- To understand the health related physical fitness tests
- To know the skill tests of different sports

#### **BCC 402 Kinesiology and Bio mechanics**

**Objectives:** After studying this paper the student teachers will be able

- To know the basics of kinesiology & Bio mechanics and their importance in Physical Education
- To understand the classification of joints and muscles
- To understand the mechanical concepts
- To know about the human movements
- To analyze the human movements mechanically

#### **BCC 403 Principles and Techniques of officiating and coaching – Part II**

**Objectives:** After studying this paper the student teachers will be able

- To lay out play fields of different sports
- To know the rules and their interpretation in different sports
- To know the equipment used in different sports and their specification
- To understand the mechanism of officiating in different sports
- To know the skills, techniques, drills and lead up games in different sports

#### **BEC 404 Contemporary Issues in Physical Education Fitness and Wellness**

**Objectives:** After studying this paper the student teachers will be able

- To know the relevance of physical education in inter disciplinary concept
- To understand fitness, wellness and lifestyle
- To know programming in fitness
- To know about safety education
- To know about fitness promotion

#### **BEC 405 Elementary Statistics**

**Objectives:** After studying this paper the student teachers will be able

- To understand the basics of Statistics
- To know about frequency distribution
- To know the graphical representation of data
- To know the measures of central tendency
- To know the measures of variation/ dispersion

The learning objectives was accepted for inclusion in syllabus by the members for B.P.Ed course



  
 Principal (i/c)  
**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**

**Item No : 4 C (i) Revision /Modification of Syllabus for Bachelor of Mobility .Science**

**( Two years course )**

Dr. S. Johnson PremKumar coordinator for the revision and modification of syllabus for B.M.S course for two years conducted a virtual meeting with the members of the faculty and received the changes recommended

The syllabus has been modified in reference to Rehabilitation Council of India, B. Ed Special Education and NCTE and in equivalent with B.P.Ed course of study.

**Bachelor of Mobility Science ( B.M.S) (Two Year course )**

**B.M.S -I YEAR- SEMESTER-I**

**THEORY**

- BMC-101: Principles of Education, Inclusive Education, Physical Education, Adapted Physical Education Introduction to movement Education and mobility Science.  
BMC-102 : Human Growth and Development & Anatomy  
BMC-103: Principles and techniques of officiating and coaching Part I Track& field  
BME- 104: Nutrition management Special Diets for a Variety of Disabilities and Disorders  
BME- 105 : Contemporary issues in Physical Education and special Education.

**PRACTICALS**

- BMP-106 : Drill and Marching Calisthenics, Minor games, Light apparatus , Yoga  
BMP -107: Adapted Minor games, Calisthenics, Light apparatus and yoga  
BMP-108: Tennis and Table Tennis regular and adapted  
BMP-109 Track events – sprint, middle and long distance  
BMT- 110 Teaching practice General

**B.M.S -I YEAR- SEMESTER-II**

**THEORY**

- BMC-201: Organisation & Administration of mobility science and physical Education  
BMC- 202: Introduction to Physiology, Neurology, Ophthalmology and Audiology  
BMC-203 :Principles and techniques of officiating and coaching Part II (Football, Basketball, Volleyball, , Cricket, Tennis, Table Tennis)  
BME-204Health Education, Safety Education First Aid and Environmental Studies  
BME-205: Sports Medicine, physiotherapy, Rehabilitation and Aquatic Rehabilitation for special sports Persons

**PRACTICALS**

- BMP-206 :Dhands&Baithaks Rhythmic activities, Silambam  
BMP -207: Orientation and mobility for visually disabled  
BMP-208: Volleyball, kabaddi sighted and disabled  
BMP-209 First Aid and Physiotherapy  
BMT- 210 Teaching practice Particular Lesson



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035



### **B.M.S –II YEAR- SEMESTER-III**

#### **THEORY**

BMC-301: Causes of various disabilities and Introduction to sensory, neuro, locomotor and Multiple Disabilities.

BMC-302.: Physical Education, Applied Physical Fitness for the Disabled, Recreation and Camping

BMC-303 : Principles and techniques of officiating and coaching Part II (, Kabaddi, Kho-Kho, Handball, Badminton, Ball Badminton , Softball etc.

BME -304: Computer Technology and Disability.

BME-305 : Personality Development and communication skills

#### **PRACTICALS**

BMP- 306 :Lezium, Swiss ball, Core board Training, Sensory training

BMP -307: Cricket, Basketball, Football, Kho-Kho

BMP-308: Field events - Throws

BMT-309 : Intensive Teaching practice Normal School

BMT- 310 Intensive Teaching practice Special School

### **B.M.S –II YEAR- SEMESTER-III**

#### **THEORY**

BMC-401 Yoga Education and Yoga for children with special needs.

BMC- 402 History of Physical Education Olympics and unified sports.

BMC- 403 : Principles and techniques of officiating and coaching Part IV Adapted games

BME- 404 : Educational Psychology ,Sociology, Guidance and Counseling

BME- 405 : Test measurement in physical Education. Fitness tests for disabilities.

#### **PRACTICALS**

BMP- 406 : Pyramid, Theraband and ladder training

BMP -407: Swimming, Handball, Throwball

BMP-408: Field Events - Jumping

BMT-409 : Coaching practice Normal School

BMT- 410 Fitness training practice for Special children

### **B.M.S -I YEAR- SEMESTER-I**

**BMC-101: Principles of Education, Inclusive Education, Physical Education, Adapted Physical Education Introduction to movement Education and mobility Science.**

**Objectives:** After studying this paper the student teachers will be able

- After completing the course the student-teachers will be able to
- Acquire Knowledge of Education.
- understand the process, functions of Education and knowledge of knowing



*shb*

Principal (i/c)

YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

- Explain the construct of inclusive education & the progression from segregation towards valuing & appreciating diversity in inclusive education.
- Learn relevant legislation, current issues, and trends in Adapted Physical Education.
- Understand the influence of selected disabilities on the learning and performance of motor skills and physical activities.
- Enumerate the skills in adapting instructional strategies for teaching in mainstream classrooms.
- Describe the inclusive pedagogical practices & its relation to good teaching.

#### **Unit I- Introduction to Education**

Education - Meaning, Definition, Purpose and Nature - Concept of Education - Functions of Education – Types of Education: Formal, Informal and Non formal – Philosophy: Concept, Meaning and Definition - Branches of Philosophy - Relationship between Philosophy and Education.

#### **Unit – II Introduction to Physical Education**

Meaning, Definition and scope of Physical Education - Aims and objective of Physical Education Importance of Physical Education - Misconception about Physical Education - Relationship of Physical Education - General Education - Physical Education as an Art and Science

#### **Unit -III Introduction to Inclusive Education**

Marginalisation vs. Inclusion: Meaning & Definitions-Changing Practices in Education of Children with Disabilities: Segregation, Integration & Inclusion-Diversity in Classrooms: Learning Styles, Linguistic & Socio-Cultural Multiplicity-Principles of Inclusive Education: Access, Equity, Relevance, Participation & Empowerment-Barriers to Inclusive Education: Attitudinal, Physical & Instructional.

#### **Unit IV Introduction to Movement.**

History of movement Education-Aim and objectives of movement Education.-Application of Movement Education.-Significance and factors involved and fundamentals in movement.-Non-locomotor and locomotor movement.


#### **Unit V: Introduction to Adapted Physical Education**

Adapted Physical Education history.-Meaning and Definitions of Adapted physical education.-Aim and objectives of Adapted physical education.-Benefits Adapted physical education.-Needs of Adapted physical education- purpose and goals of adapted physical education

#### **References**

Adishesiah, M.S. (1978). Report of the National Review Committee on Higher Secondary Education with Special Reference to Vocationalisation. New Delhi: Govt. of India  
 Aggarwal, J.C. (2009). Recent Developments and Trends in Education,. New Delhi: Shipra Publications  
 Atkin, J. (1996). Values and Beliefs about Learning to Principles and Practice. Seminar Series no. 54. Melbourne: Incorporated Association of Registered Teachers of Victoria.  
 Bartlett, L. D., & Weisentein, G. R. (2003). Successful Inclusion for Educational Leaders. New Jersey: PrenticeHall.



  
 Principal (i/c)  
**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**

Chaote, J. S. (1991). Successful Mainstreaming. Allyn and Bacon.  
Choate, J. S. (1997). Successful Inclusive Teaching. Allyn and Bacon.  
Daniels, H. (1999). Inclusive Education. London: Kogan.

## **BMC-102 : Human Growth and Development & Anatomy**

**Objectives:** After studying this paper the student teachers will be able

- To explain the process of development with special focus on infancy, childhood and adolescence.
- To critically analyze developmental variations among children.
- To comprehend adolescence as a period of transition and threshold of adulthood.
- To analyze different factors influencing child development.

### **Unit 1: Approaches to Human Development**

Human development as a discipline from infancy to adulthood-Concepts and Principles of development  
Developing Human- Stages (Prenatal development, Infancy, Childhood, Adolescence, Adulthood)  
Nature vs Nurture-Domains (Physical, Sensory- perceptual, Cognitive, Socio-emotional, Language & communication, Social relationship)

### **Unit II : Anatomy of Human Body**

Brief Introduction of Anatomy in the field of Physical Education-Introduction of Cell and Tissue.  
The arrangement of the skeleton- Functions – of the skeleton- Ribs and Vertebral column and the extremities – Joints of the body and their types of bones-Gender differences in the skeleton -Types of Muscles  
Unit III Important Organs and system

Blood and Circulatory system-Respiratory system-The Respiratory system-The Digestive system-The Excretory System-The Endocrine system-Nervous system.

### **Unit IV: The Early Years (Birth to Eight Years)**

Prenatal development: Conception, stages and influences on prenatal development-Birth and Neonatal development: Screening the newborn - APGAR Score, Reflexes and responses, neuro-perceptual development-Milestones and variations in Development-Environmental factors influencing early childhood development-Role of play in enhancing development

Unit V: Early Adolescence (From nine years to eighteen years)-Emerging capabilities across domains of physical and social emotional-Emerging capabilities across domains related to cognition - metacognition, creativity, ethics-Issues related to puberty-Gender and development-Influence of the environment (social, cultural, political) on the growing child

### **References**

Berk, L. E. (2000). Human Development. Tata Mc.Graw Hill Company, New York.  
Brisbane, E. H. (2004). The developing child. Mc.Graw Hill, USA.  
Cobb, N. J. (2001). The child infants, children and adolescents. Mayfield Publishing Company, California.



  
Principal (i/c)  
**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**

Hurlocl, E. B. (2005). Child growth and development. Tata Mc.Graw Hill Publishing Company, NewYork.

Hurlocl, E. B. (2006). Developmental Psychology- A life span approach. Tata Mc.Graw Hill Publishing Company, NewDelhi.

Meece, J. S., & Eccles J. L (Eds) (2010). Handbook of Research on Schools, Schooling and Human Development. New York:Routledge.

Mittal. S. (2006). Child development- Experimental Psychology. Isha Books, Delhi.

Nisha, M. (2006). Introduction to child development, Isha Books, Delhi.

Gupta ,A.P (2010). Anatomy and physiology. Agra: SumitPrakashan

Gupta .M. and Gupta M.C (1980). Bod and Anatomical Science. Delhi: Swaran Printing press.

BMC-103 : Principles and techniques of officiating and coaching Part I Track & field

**Objectives:** After studying this paper the student teachers will be able

- To acquire the fundamental Knowledge in Rules and regulation in various sports events.
- To make the learner to be familiar with marking of all sports.
- It highlights the layout, specification and maintenance of track and field events.
- To educate and analyses the rules.
- To interpret the game rules and preparation of players profile.

Unit I Philosophy of officiating & Mechanism of officiating

Qualification and Qualities of an official-Philosophy of officiating-General principles of officiating. Pre, during and post duties of official.

Unit II Officiating

Mechanism of officiating.-Official Signals and powers.-System of officiating.-Position of officiating.

Unit III Lay out of Track and field Dimensions of play field.

Dimensions and lay out of Track 200 Mts and Standard track 400 Mts=Dimensions and lay out of Thrown events. Shotput ,javelin ,Discus and Hammer throw -Dimensions and la out of Jumping events. High Jump, Long Jump, Triple Jump and polevault-Marking of hurdle, middle distance ,Long Distance race, Relay – 4x400 relay and 4x100 relay

Unit IV Rules and their Interpretations of following sports

Rules of the track and field events.-Score sheet of the track and field events.-Interpretation of the laws.

Unit V Techniques and lead up games

Techniques-Lead up games to develop the technique.-Drills-

## Reference

Buck Rules of Sports and Games, Published by NCYSI , New Delhi

Jenson G. and Fisher A.G. (1972). Scientific Basis of Athletic Conditioning , 2nd edition, Lea and Febigeer, Philadelphia.

Jones, RJ and et.al., (1982). Guide to Effective Principles and Practices, Allyn and Bacon, Inc.

Lawther JD (1951). Psychology of Coaching, PrenticeHall, Inc, Englewood Cliffs, New Jersey.

Rules of Games, Published by International Association of Respective Sports and Games

Singh H (1984). Sports Training, General Theory and physical fitness, NIS, Patiala.



  
 Principal (i/c)  
**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**

BME- 104: Nutrition management Special Diets for a Variety of Disabilities and Disorders.

**Objectives:** After studying this paper the student teachers will be able

- To familiarize students with fundamentals of food, nutrients and their relationship to Health
- . To create awareness with respect to deriving maximum benefit from available food resources

#### Unit I Introduction to Nutrition

Meaning and Definition of Nutrition-Basic Nutrition guidelines-Role of nutrition in daily life.  
Factor to consider for developing Nutrition plan.

#### Unit II Classification of food

Balance Diet According to RDA for different classification-Energy proteins fats, carbohydrate, vitamins minerals and water-Function, Sources, requirements recommended allowances assessment of Nutritional status methods

#### Unit III weight Management

Meaning and definition of weight management-Concept of weight management in modern era  
Factors affecting weight management and values of weight management-Overweight under , Under weight , weight obesity.-Concept of BMI (Body mass index)-Life style management, Daily calorie intake and expenditure.

#### Unit IV Health Related Diseases

Nutritional diseases-diabetesarthereoselrosis, nephritis, nephrosis.-Hypotension, Hyper glycemia, Dyslipidemia and it risks

#### Unit V Diet management for special children

Basic concepts of Diet therapy: Therapeutic adaptation of normal diet, principles -Nutrition Care process  
Recommended dietary allowances – definition, general principles of deriving RDA, factors affecting RDA, uses of RDA-Planning and Nutritive value calculation and preparation of micro nutrient dishes for special children-Food allergy and food intolerance

#### References

Safety at school (Education pamphlet No 33 Lond, Her Majesty's Stationary office )  
School safety Policies: Washington D.C American Association for Health, Physical Education and Recreation.  
RoyappaDr. Daisy Joseph and Dr.L.KGovindarajulu –safety Education.  
Evans A. William everyday safety, Chicaga- Lyons and Carnahan.  
First aid to injured New Delhi, St. John's Ambulance Association.



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035



BME- 105 : Contemporary issues in Physical Education and special Education.

Objectives: After the completion of this course the student teacher will be able

- To understand the concept and aims of Education.
- To develop understanding about the social realities of Indian society and its impact on education.
- To learn the concepts of social Change and social transformation in relation to education .
- To understand the educational contributions of the Indian cum western thinkers
- To know the different values enshrined in the constitution of India and its impact on education.
- To identify the contemporary issues in education and its educational implications
- To understand the historical developments in policy framework related to education.

Unit. -I Concept and Aims Education

Meaning and definitions of Education.-Formal, non-formal and informal education -Various levels of Education-Objectives-pre-primary, primary, secondary and higher secondary education and various statutory boards of education -Aims of Education in Contemporary Indian society Determinants of Aims of Education.

Unit. -II Concept of Physical Education and fitness

Definition, Aim and objective of Physical education, fitness and wellness-Importance and scope of fitness and wellness-Modern concept of Physical fitness and wellness-Physical Education and its Relevance in inter Disciplinary Context.

UNIT-III Social Realities of Indian Society and Education

Rich Cultural Heritage - Diversity in Indian Society-Inequality and Marginalization Schisms in terms of Caste, Religion, Language, Region and their demands on Education-Forms and Bases of Social Stratification -Impact of Social Stratification on Education and Vice versa -Culture and Education - Meaning and definitions of culture –Characteristics of culture Dimensions of culture, cultural lag, cultural pluralism -Role of Education in preservation, transmission and promotion of culture.

Unit IV Fitness, wellness and Lifestyle

Fitness – Types of fitness and components of fitness.-Understanding of wellness.-Importance modern concept and scope of wellness.-Metabolic fitness –BP- LDL- HDL-Lipid profile –Triglyceride-Pulse – BMI – BMR –skin fold-Physical Activity and Health Benefits.

UNIT-V Policy Framework for Public Education in India

Education in Pre-Independent India -significant recommendations of commissions and committees - Education in Post-Independent India -Significant recommendations of Commissions and Committees- National Policy on Education — 1986- 1992 -Universalization of Elementary Education — SarvaShikshaAbhiyan, RTE ACT 2009, RMSA, MHRD and Elementary education-Major functions of UGC, NUPEA, NCTE, NCERT, SCERT and TANSCH in relation to the development of education.



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

### References:

- Bhattacharya, S.(2006). Sociological Foundation of Education: Atlantic Publishers. New Delhi
- Dhankar.N. (2010). Education In Emerging Indian Society. New Delhi: APH Publishing Corporation.
- Dhiman. O. P. (1973). Principles and Techniques of Education. Ludhiana: Sharda Brothers.
- . Fagerting, I., and Saha, L. J.U. (1989). Education and National Development (2nd Ed.). England: Pergarnon Press.
- Kakkat, S. B. (1995). Changing Perspectives in Education. New Delhi: Vikas, Publishing House Pvt. Ltd.
- Mehra D. D. (2009). Education in Emerging Indian Education, Indian Education.Ludhiyana: Tondan Publications, Books Market.
- Mehta, D. D. (2009). Education in Emerging Indian Education, Indian Education.Ludhiyana:Tondan Publications, Books Market.
- Meglynn,G. (1993). Dynamics of fitness. Madison: W.C.B. Brown.
- Sharkey, B.J.(1990). Physiology of fitness, Human kinetics Book.

## B.M.S Semester II

BMC-201: Organisation & Administration of mobility science and physical Education

Objectives: After studying this paper the student teacher will be able ;

- To know the methods of organization and administration.
- To Know about the various teaching aid to teach physical Education and mobility science.
- To know to prepare lesson plan and the parts and types of lesson plan.
- To know how to prepare the fixture and to organize tournament in various level.
- To Know about teaching aid mobility aids and basic about Braille.


### Unit I Organisation and Administration in physical Education and mobility Science

Meaning, definition and importance of Organization and Administration.-Basic Principles of Planning, program planning meaning and importance of planning. -Organization Chart – National level, state level, university level, College level, school level, Special School, Integrated School and Rehabilitation council of India.-Qualification and Responsibilities of physical Education Teacher, mobility teacher and pupil leader.

### Unit II Teaching, Teaching aid physical education and mobility Science

Meaningof Teaching, factors determining the methods of teaching, presentation technique, step way of presentation and various methods teaching physical activities.-Command- meaning types of commands and used in different situation.-Class management, Guiding principles of good class management.



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

The learning process “ Teaching learning Process” Hearing, sight, feeling and mental application, learning by demonstration explanation and practice by guide invention, by discovery process.-Standards for organizing mobility science facilities, equipment, finance, Leadership -Traditional Methods of teaching-Lesson plan applicable to visually challenged, Auditory defective, Orthopedic and Intellectual Challenged.

#### Unit III Techniques and Aids for mobility Science and Braille

Introduction to mobility skills -Orientation & Mobility – Dog Guide -sighted guide- Establishing contact grip speed control- side change – Inward turns – turn around, Narrow space walking in crowded 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 sign Numeral sign.

#### Unit V Competition Organization

Importance of tournament.-Types of Tournament and its organization structure –knock-out Tournament, League or Round Robin Tournament, Combination Tournament and Challenge Tournament.-Organization structure of Athletic meet, Sports day, Play day-Sports Event Intramural and Extramural Tournament planning.

#### Reference

Tirunaraanan ,C and Harihara.S, (1969) Methods in Physical Education. Karaikudi; South India Press.

Thomas .J.P, (1967) Organization and Administration of Physical Education. Madras; Gyanodayal Press.

Pandy .L.K (1977). Methods in physical Education. Delhi: Metropolitan BookDepo.

Bucher,C.A. (1983). Administration of Physical Education and Athletic programme.St. Lolis: The C.V. Hosby Co.

Walia.J.S (1999). Principles and methods of education, Jullandhar; Paul Publishers.


Bruce. B.BlaschPh.D , Richard L. Welsh Ph.D – Foundation of Orientation & Mobility American Foundation for the Blind New York -1980.

BMC- 202: Introduction to Physiology, Neurology, Ophthalmology and Audiology

**Objectives :** After studying this course the student- teachers will be able to

- To explain the process and functions of system in our human body
- To critically analyze neurological problems among children.
- To comprehend Physiology, Neurology, Ophthalmology and Audiology



  
Principal (i/e)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

- To analyze different factors influencing various system in human body.

#### Unit I: Human Physiology

Definition of physiology and its importance in the field of physical Education and sports. Structure, Composition, properties and functions of skeletal muscles.-Nerve control of muscular activity:- Neuromuscular junction.-Transmission of nerve impulse across it.-Fuel for muscular activity -Role of oxygen-physical Training, oxygen debt, Second wind, Vital capacity.

#### Unit II: Ophthalmology

Anatomical structure of the Eye-Physiological functions of the Eye, Physiology of the vision-visual perception.-Neurology of vision, the visual pathway-Determination of the Retraction Errors of refraction Diseases of the Eye – Symptoms, causes and Management -Preventive Ophthalmology

#### Unit III: Audiology

The anatomy and physiology of the Ear-Properties of the of the sound-frequency intensity –phase – sound discrimination -sound localization.-Refraction, Refraction and refraction –masking-Hearing loss.

#### Unit IV Neurology

Introduction: Organization of CNS – central and peripheral nervous system. Functions of nervous system. Sensory Mechanism: Sensory receptors: function, classification and properties. -Pain sensation: mechanism of pain. Cutaneous pain –slow and fast pain, hyperalgesia. Deep pain. Visceral pain – referred pain. - Sensory cortex. Somatic sensations: crude touch, fine touch, tactile localization, tactile discrimination, stereognosis, vibration sense, kinesthetic sensations

#### Unit V Neurology in Motor mechanism

Motor Mechanism: Motor Cortex. Motor pathway: The descending tracts – pyramidal tracts, extrapyramidal tracts – origin, course, termination and functions. -Reflex Action: Monosynaptic and polysynaptic reflexes, superficial reflexes, deep reflexes. Muscle tone –definition, and properties hypotonia, atonia and hypertonia. UMNL and LMNL -Cerebellum: Functions -Posture and Equilibrium: Thalamus and Hypothalamus: Nuclei. Functions. -Basal Ganglia: Structures, functions. -Cerebral Cortex: Lobes. Brodmann's areas and their functions. Higher functions of cerebral cortex – learning, memory and speech-

#### Reference

Jainson's illustrations of Regional Anatomy

Caumigham Manual of practical Anatomy.

Causey , Joseph and yousuf, A Manuel of Human Anatomy by Aitkan, Volume I,II&III.

Michael Glasspool, problems in Ophthalmology.

Mary Ingle Loghul, The pathology of Deafness and introduction.



*S. J. J.*  
Principal (i/c)

YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

BMC-203 : Principles and techniques of officiating and coaching Part II (Football, Basketball, Volleyball, Cricket, Tennis, Table Tennis)

**Objectives :** After studying this course the student- teachers will be able to

- To acquire the fundamental Knowledge in Rules and regulation in various games.
- To make the learner to be familiar with marking of all Play field and courts.
- It highlights the layout, specification and maintenance of play field
- To educate and analyses the rules.
- To interpret the game rules and preparation of players profile.

Unit I Philosophy of officiating & Mechanism of officiating

Qualification and Qualities of an official-Philosophy of officiating-General principles of officiating.  
Pre, during and post duties of official.

Unit II Officiating

Mechanism of officiating.-Official Signals and powers.-System of officiating.-Position of officiating.

Unit III Rules and Interpretations - I .

Dimensions of play field ( Football, Cricket Basketball)-Rules & Regulation-Specification of equipment  
- Position of Play

Unit IV Rules and Interpretations - II .

Dimensions of courts ( Volleyball, , Tennis, , Table Tennis )-Rules & Regulation-Specification of equipment-Position of Play

Unit V Techniques and lead up games

Techniques-Lead up games to develop the technique and skills-Drills-

### Reference

Buck Rules of Sports and Games, Published by NCYSI , New Delhi  
Jenson G. and Fisher A.G. (1972). Scientific Basis of Athletic Conditioning , 2nd edition, Lea and Febiger, Philadelphia.  
Jones, RJ and et.al., (1982). Guide to Effective Principles and Practices, Allyn and Bacon, Inc.  
Lawther JD (1951). Psychology of Coaching, PrenticeHall, Inc, Englewood Cliffs, New Jersey.  
Rules of Games, Published by International Association of Respective Sports and Games  
Singh H (1984). Sports Training, General Theory and physical fitness, NIS, Patiala.

BME-204: Health Education, Safety Education First Aid and Environmental Studies

**Objectives :** After studying this course the student- teachers will be able to

- To know about Health education and Safety Education.
- To Know about First aid.



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035



- To know about give first aid to student during school hours .
- To know what are the safety measures to be taken in the school premises.
- To Know about and environmental studies.

#### 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 disease.-Personal hygiene- care of skin , mouth, teeth, ear, Eye nails Clothing etc.

#### Unit II Safety Education

Definition Need and importance of Safety Education.-Safety measures for visual impairment children , Body protection, Coverage, Direct, Indirect, Co-related and integrated methods, -Safety in the road: Traffic rules for the pedestrians drivers of vehicles. -Safety in the school as the part of that school health programme Instructional- graded safety rules.-Instruction, service –storage of chemical location of specific departments well etc.,-Maintenance of building –electrical connection and boards.-Safety at home, Building –floorings maintenance of surface. Electricity, wells drugs poisons storage, Inflammable storage, use precautionary methods.-Safety in the play grounds, equipment.

#### Unit III Special safety measures for the disabled

Existence and evaluation of the defects and deficiencies of the disabled emphasis on extra care- quipment, gadgets,-wheel chair, cycle-Safety in the water: Rescue from water - avoiding – stagnation of water.- Safety in the fire fighting the fire.

#### Unit IV : First Aid

Scope of First Aid : Qualities of a first – aider limitations-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.-Injuries to internal organ: closed and open – Head injury , Thoracic injuries abdominal - injury spinal injury first measures.

#### Unit V Environmental Studies

Definition, Scope Need and importance of Environmental Studies-Concept of Environmental Education, Historical background of Environmental Education-Celebration of various days in relation with Environment.-Plastic, recycling and probation of plastic bag/ cover.-Role of school in Environmental conservation and sustainable development.

#### References

Safety at school (Education Pamphlet No33 Lond, Her Majesty's Stationery office)



*S. J. J.*  
Principal (i/c)

YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

School Safety Policies : Washington D.C. American Association for Health, Physical Education and Recreation.

Royappa Dr. Daisy Joseph and Dr. L.K.Govindarajulu – safety Education

Evans A. William Everyday safety, Chicago–Lyons and Carnahan.

First aid to injured New Delhi, St. John's Ambulance Association.

Agrawal, K.C (2001).Environmental biology. Bikaner:Nidhi Publishers Ltd.

BME-205: Sports Medicine, physiotherapy and Rehabilitation for special sports persons

**Objectives:** After studying this paper the student teacher will be able :

- To know about Sports Medicine and Physiotherapy.
- To Know about the various Rehabilitation for mobility science.
- To know Prevention of injuries in Sports and first aid .
- To know Physiotherapy and Hydrotherapy.
- To Know about suitable therapeutic Exercises for injuries .

#### Unit I Sports Medicine

Meaning ,Definition , Aim , Objectives, Modern Concept and Importance of sports Medicine.-Athletes Care and Rehabilitation: Contribution of Physical Education Teachers.-Need and Importance of the study of sports injuries in the field of Physical Education.

#### Unit II Preventive Measures and First Aid

Prevention of injuries in Sports-- Common sports injuries – Diagnosis-First Aid –Treatment – Laceration – Blisters—Contusion-- Strain--- Sprain—Fracture---Dislocation and Cramps--- Bandages --- Types of Bandages --- trapping and supports.

#### Unit III Physiotherapy

Definition ,Principles and Importance of Physiotherapy-Introduction and Demonstration of treatments. Electrotherapy – infrared rays - short wave diathermy- Ultrasonic Rays. IFT-Wax therapy-Cryotherapy-Massage: History of massage – Classification of Manipulation(Swedish System),Physiological effect of massage.

#### Unit IV Hydrotherapy

Introduction and demonstration of treatment of Hydrotherapy and thermo Therapy.-Principals, Law and concepts of Hydrotherapy-Safety and precautions in water -Contrast Bath, Whirlpool Bath- Sauna Bath, - Hot Water Fomentation.

#### Unit V : Therapeutic Exercise

Definition and Scope – Principles of therapeutic Exercise-Effect and uses of Therapeutic exercise . Passive movements. (Relaxed, Forced and Passive stretching)-Active movements (Concentric, Eccentric and static)



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

Application of the Therapeutic exercise.-Free Mobility Exercise – Shoulder, Elbow- Wrist and finger Joints- Hip, Knee, ankle and Foot joints- Trunk, Head and Neck exercises.

#### References:

Christine, M.D., (1999), Physiology of Sports and exercise. USA: Human Kinetics  
Conley M (2000). Bioenergetics of exercise training. In T.R. Baechle, and R.W . Earle, (Eds).  
Essentials of strength Training and conditioning (PP. 73-90).Champaign, IL ; Human Kinetics.  
David, R.M. (2005) Drugs in sports.(4th Ed).RoutledgeTaylor and Francis Group.  
Hunter, M.D. (1979). A dictionary for physical Educators. In H.M. Barrow and R. McGee, (Eds), A  
practical approach to measurement in Physical Education (PP 573-74).

#### Semester III

BMC-301: Causes of various disabilities and Introduction to sensory, Neurological, loco motor Non loco motor and Multiple Disabilities.

**Objectives:** After studying this paper the student teacher will be able :

Unit I: Child Development-Pre-natal development of the child-Period of ovum,Period of the embryo  
Period of the foetus-post-natal motor development of the child

Unit II: Disability and Rehabilitation

Meaning and Definitions of Disable – Disability – Handicap – Impaired.-Meaning and Definitions of  
Rehabilitation.-Meaning and Definitions of Multiple Disabilities.-Need and importance of  
Rehabilitation for Special Children

Unit III: Causes of Neurological Disability

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

Unit IV: Causes of Physical and Visual Disability

Pre-natal causes of visually challenged, physically challenged.-Natal causes and of visually challenged,  
physically challenged.-Post-natal causes, of visually challenged, physically challenged .

Unit V: Classification of Disability

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

#### Reference



*sfh*  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

Clauding and Sheill, Adopted Physical Education and Recreation C. Publishers, IOWA  
Paul.A. Metzge, Elementary, School Physical Education C. Brow company publishers.  
Barrow, Harold M., M., Gee, Rosmary, A Practical approach to Measurement in Physical Education  
Philadelphia, Lea and Febiger, 1964. Meyers, Carlton R. and Erwin, T. Measurement in Physical  
Education, London G. Bell and Sons Ltd, 1967.  
Campell, W.R, and Tucker.N.M An introduction in Physical Education, Londo G. Bell and S' one  
Ltd.1987.  
Prof.S. Jaimitra, Physical Education for the Blind Grace Printer, Chennai-1990

BMC-302: Physical Education, Applied Physical Fitness for the Disabled, Recreation and Camping.

Unit I: Physical Training, Physical Culture and Physical Education

Meaning definition, aim of Physical Education-Objective and Scope of Physical Education.-Physical  
Training, Physical Culture and Physical Education.-Terms and Principles of Physical Education.

Unit II: Applied Physical Fitness For the Disabled

Components of Physical Fitness.-Tests of physical fitness components.-Methods for improving physical  
fitness.-Special fitness programmes for the Disabled.

Unit III: Physical Activities for Physical Education programme

Exercise Table-Mimetics and story play, -Drill and Marching.-Indigenous activites Yogic exercise  
Dands and Baithaks, Light Apparatus-Gymnastics ad 'wresting-Minor gam, Relay and compative-  
swimming- Rythms-Suitable activities for different disabilities and required adaptation-Facilities and  
equipment- Necessary adaptation for the disabled.

Unit IV: Recreation

Definitio and Meaning of Recreation.-Scope and Significance of Recreation.-Relationship, Work, Leisure  
and Recreation.-Classification and type of Recreation. Indoor, outdoor games, Arts and Crafts, Drama  
Music, Hobbies, Aquatics, Dancing and Hiking.

Unit V Camping

Definition and meaning of camping.-Scope and significance of camping.-Types of camp.-Selection and  
layout of campsite.-Organization and Administration of Camp.-Camp programme and activities.-  
Leadership in Physical Education qualities and qualification.-Special Training -Class management.

Reference:

Hollis First- Sauders, special Physical Education, College Publishing.  
Charles A. Buches, Foudation of Physical Education, The C.V. Mosby co  
Jesse, Feiring Williams W.B Principles of Physical Education, Saunders Co., Phuladephia London.  
J.B.Nash, Philosophy of Recreation and Leisure.



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

BMC-303 : Principles and techniques of officiating and coaching Part II ( Kabaddi, Kho-Kho, , handball, Badminton, Ball Badminton , Softball etc).

**Objectives:** After studying this paper the student teacher will be able :

- To acquire the fundamental Knowledge in Rules and regulation in various games.
- To make the learner to be familiar with marking of all Play field and courts.
- It highlights the layout, specification and maintenance of play field
- To educate and analyses the rules.
- To interpret the game rules and preparation of players profile.

Unit I Philosophy of officiating & Mechanism of officiating

Qualification and Qualities of an official-Philosophy of officiating-General principles of officiating.  
Pre, during and post duties of official.

Unit II Officiating

Mechanism of officiating.-Official Signals and powers.-System of officiating.-Position of officiating.

Unit III Rules and Interpretations - I .

Dimensions of play field( Football, Cricket Hockey)-Rules & Regulation-Specification of equipments

Unit IV Rules and Interpretations - I .

Dimensions of courts ( Basketball, Volleyball, Handball Kabaddi, Kho-Kho, Tennis, Softball, Table Tennis )-Rules & Regulation-Specification of equipments

Unit V Techniques and lead up games

Techniques-Lead up games to develop the technique.-Drills

### Reference

- Buck Rules of Sports and Games, Published by NCYSl , New Delhi  
Jenson G. and Fisher A.G. (1972). Scientific Basis of Athletic Conditioning , 2nd edition, Lea and Febiger, Philadelphia.  
Jones, RJ and et.al., (1982). Guide to Effective Principles and Practices, Allyn and Bacon, Inc.  
Lawther JD (1951). Psychology of Coaching, PrenticeHall, Inc, Englewood Cliffs, New Jersey.  
Rules of Games, Published by International Association of Respective Sports and Games  
Singh H (1984). Sports Training, General Theory and physical fitness, NIS, Patiala.



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035



## BME -304: COMPUTER TECHNOLOGY AND DISABILITY

**Objectives :** After undergoing the course, the students will be able to:

- Access various technology and applications for learning and skill development
- Operate a variety of hardware and software independently and troubleshoot common problems.
- Use the ICT facility with care, ensuring the safety of themselves, others and the equipment
- Create awareness and basic exposure to state-of-the-art technology for management of various aspects of speech
- Explain the present and future technologies facilitating the education of special children with hearing and visual impairment.

### Unit I: Computer Fundamentals

Definition of Computer - Generation of computers, classification of computers - Components of Computers- Storage devices - input and output device- software - operating system - programming language - memories - computer network- role of computer in Physical Education - Need and importance of information and communication technology

### Unit II: Application of Computers

Introduction to MS Word (page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes) - Preparation of word document. Introduction to MS Excel (Formatting and editing features adjusting columns width and row, height understanding charts, Creating formula) - Preparation of word Ms Excel. - Introduction to MS Power Point (format and editing features slide show, design, inserting slide number of picture, graph, table) - Preparation of PowerPoint Presentation.

### Unit III: ICT Application

World Wide Web - Browsers and search engines - Web based learning - M-Learning - Co-operative learning - Collaborative Learning - Smart Classroom-Nature, Features, Advantages - On-Line Learning resources- e-library, Video Conferencing, Webinars - Social networking.

### Unit IV: Multimedia Technology in Education

Multi Media - Meaning, Nature, Scope, Definition and Approaches - Types of Instructional Aids: Projected & non-projected Aids, Projectors, Radio, Tape Recorder, Television, Films, Computers, whiteboard, Smart board, e-FlashCards, Educational Toys - Advantages, Limitations and Challenges of Using Multimedia in Education - Recent Trends in Multimedia - Implication of Multimedia in teaching and learning.

### Unit V: Assistive Technology and Disability

Assistive devices and computer aids - Assistive technology - Listening, Math, Organization and memory, Reading and Writing - Disability Friendly Technology-Application of Technology in Assistive Devices -



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

For example, JAWS, Smartphones, ScreenReaders - Use of software for Individuals with Special needs – Teaching, Learning, Evaluation.

BME-305 : Personality Development and communication skills

**Objectives** :After undergoing the course, the students will be able to:

Unit I Personality Development

The concept of Personality-Self esteem.-Guidelines on personality.-Developing good personality

Unit II Fundamental of Career Rules

Psychological position.-Better human relations.-Time Management-Qualities of Leaders.

Unit III Fundamental of Communication Skills

Concept of Communication-Basics of Communication.-Theories of Motivation.-Communication Goals

Principles of Communication-Barriers of Communication.-Real Communication.-Listening

Unit IV Preparation

Basic Grammar-Concorde (Agreement of verb with the subject)

Unit V Presentation

Outline of your speech-Effect of your speech-Analysing the occasion-The audience and their psychology speech plan, art of speaking and class room seminar.

### Reference

Abraham R,(1995). Personality Development Communication Skill and Public Speaking Saint Catherine Press, Chennai.

Dale Carnegie(1956), Public Speaking, Pocket Book Publication, New York.

Anthony D' Souza (1985).Personality Development, Being and Leader, Haggai Institute of Publication, Singapore.

Eric Watson (1980) Teach Yourself The Art of Convrsation,3rd edition, Hindi Pocket Books publication, Delhi.

Guilford JP (1959). Personality, McGraw Hill Ltd., New York.



  
Principal (T/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

## SEMESTER IV

BMC-401: Yoga Education and Yoga for children with special needs.

### Objectives

- The course will provide deeper insight into the curriculum of Yogic Sciences along with the practical applications of Yoga and alternative therapies
- At the Bachelor level it is also intended that students should get familiar with the original texts of Yoga.
- Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice and apply Yogic practices for Health to general public and teach Yoga for Total personality development and spiritual evolution.

### Unit I : Introduction

Meaning and Definition of yoga-Aim and Objectives of Yoga-Yoga in Early Upanisads-The Yoga Sutra: General Consideration-Need and importance of Yoga in physical Education and Special Physical Education.

### 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 relaxation, meditative posture on various systems of the body.-Types of Bandhas and mudras.-Types of Kriyas

### Unit IV : Yoga Education

Basic applied and action research in Yoga.-Difference between yogic practices and physical exercises.  
Yoga education centres in India.-Competitions in Yogasanas.

### Unit V : Yoga for Fitness

Yoga for physical fitness.-Yoga for health and wellness.-Yoga for diseases-Yogic practices for healthy 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: Kaixydamoe.  
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.G.(2003). Yoga for health. Delhi: Khel Sahitya Kendra.



  
Principal (f/c)

YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

BMC- 402 :History of Physical Education Olympics and unified sports.

**Objectives** :After completing the course the student-teachers will be able to

- Acquire Knowledge of Various Olympics for person with differently abled
- understand the process, functions of Olympics for person with differently abled
- Enumerate the skills in various sports and games in Various Olympics for person with differently abled
- Describe the inclusive pedagogical practices & its relation to good teaching.

#### Unit I- History Development of Physical Education

Indus Valley Civilization Period.-Vedic Period.-Epic Period-History Period-Nalandha Period-Rajput Period-Muslism Period-British period-YMCA and its contribution to Physical Education.

#### Unit II- Introduction to Olympic games

Olympic games-Olympics for person with differently abled-Need and importance for sports competition for person with differently abled-Eligibility for the sports competition for person with differently abled

#### Unit – III -Introduction to Paralympic Games

Paralympic Games- Various sports and games in Paralympic Games-Eligibility for participants in Paralympic games - Organisation setup in Paralympics games.

#### Unit IV Introduction to Special Olympics

History of Special Olympics Games- Various sports and games in Special Olympics- Eligibility for participants in Special Olympics- Organisation setup in Special Olympics-Unified sports

#### Unit V Introduction to Deaflympics and Blind Sports

Deaflympics Games- Various sports and games in Deaflympics-Eligibility and classification of participants in Deaflympics- Organisation setup in Deaflympics-Blind sports Games- Various sports and games in Blind sports-Eligibility and classification of participants Blind sports- Organisation setup in Blind sports

#### References

Prof S Jaimitra, Physical Education for the Blind Grace Printer, Chennai-1990

Adam Hellebuyck, and Laura Deime (2019) Global Citizens Sports ISBN: 1534150404 / ISBN-13: 9781534150409.

Mike Kennedy (2002) Special Olympics (True Books: Sports)

Claudine Sherrill, Adapted Physical Education and Recreation, U.S.A.: Wm. C. Brown Publishers, 1986.



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

BMC- 403 : Principles and techniques of officiating and coaching Part IV Adapted games

**Objectives :** After completing the course the student-teachers will be able to

- To expose to different types of competition that 'exists' for the special people.
- To enable the students to know the rules and regulation of these conditions
- To enable the students to approach the agencies for participation.
- To enable and expose the various training methods to experience.

Unit I Demography of games and sports

History and development of adapted games -Ground Marking and suitable equipment's and tactical marking-Specification of equipment

Unit II Rules and Officiating of games and sports I

Theory and officiating for Visual impairment games-Volleyball-Kabaddi-Kho -Kho-Tennis-Table Tennis-Cricket-Track & Field

Unit III Rules and Officiating of games and sports II

Theory and officiating for Special olympic games-Basketball-Football-Throwball-Track & Field

Unit IV Rules and Officiating of games and sports III

Theory and officiating for Indoor games

Unit V Methodology of Training

Theory and officiating for Visual impairment games

### Reference

Visvanath M.J . Track and Field marking & Athletics officiating Manual Silver Publication, 2002.

Weigh Gary ,A Step guide



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 036



BME- 404 :Educational Psychology ,Sociology, Guidance and Counseling

#### Unit I Introduction

Meaning, Importance and scope of Educational psychology and Sports psychology.-General Characteristics & various stages of growth and development.-Types and nature of individual difference; Factors responsible – Heredity and environment.-Psycho – sociological 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, characteristic of personality.-Dimension of personality, personality and sports performance.

#### Unit III Memory

Memory remembering and forgetting-Factor influencing forgetting -Short term and long term memory, factors affecting memory-Intelligence – Nature – theories of Intelligence-Factors influencing intelligence and attitudes.-Attitudes- Nature, components of attitude, Interpersonal and intergroup attitudes,

#### Unit IV Guidance and counseling

Meaning , definition of Guidance and counseling-Purpose of Guidance, range methods of counseling. Preparation for counseling, Methods of counseling and Interview-Process of counseling- Role of counseling

#### Unit V Sociology

Meaning , definition of Sociology.-Socialization through physical Education programme-Social group life, Social conglomeration/ Inspection method, questionnaire method, Interview method..

#### Reference:

- Ball, D.W. and Loy, J.W. (1975). Sports and Social order; Contribution to the sociology of Sport. London: Addison Wesley Publishing Co., Inc
- Blair J. Simpson, R. (1962).Educational psychology, New York:McMillan.Co
- Cratty, B.J (1968). Psychology ad physical activity. Eaglewood Cliffs. Prentice.
- Kamalash. M.L (1998). Psychology in Physical Education and Sport. New Delhi; Metropolitan Book.Co
- Loy,J.WKenyo, G.S. and Mc person, B.D (1978). Sports Social system. London: Addison Wesley Publishing Company Inc.
- Loy,J.WKenyo, G.S. and Mc person, B.D (1981). Sports Culture and Society Philadelphia.

BME- 405 : Test measurement in physical Education. Fitness tests for disabilities.

Test, Measurement and Evaluation for person with differently abled

**Objectives:** After completing the course the student-teachers will be able to



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

- Acquire Knowledge of Various Test, Measurement and Evaluation for person with differently abled
- understand the process, functions of Test, Measurement and Evaluation for person with differently abled
- Enumerate the skill test in various sports and games for person with differently abled
- Describe the inclusive pedagogical practices & its relation to good teaching.

#### UNIT I- INTRODUCTION TO TEST, MEASUREMENT AND EVALUATION

Meaning and Definition of test, measurement and Evaluation. Need and importance of test and measurement in Adapted physical education.

#### UNIT- II CRITERIA AND ADMINISTRATION OF TEST:

Criteria of test, scientific authenticity (reliability, objectivity - validity - availability of norms). Administrative feasibility and educational application. Administration of test: advance preparation - Duties during testing - Duties after testing. Divisioning in special Olympics - divisioning process.

#### UNIT- III FITNESS TEST

Physical fitness test: Importance of Fitness Assessment for person with differently abled- Endurance: 6-Minute Walk- Speed: 10-Meter Agility Shuttle Run- Power: Standing Long Jump- Balance: Single Leg Stance – Eyes Open and Closed - Flexibility: Modified Apley's Shoulder Flexibility Test- Modified Sit and Reach - Muscular Strength: Hand Grip Strength - Muscular Strength: Maximal Repetition Curl-Up - Timed Sit-to-Stand - Maximal Repetition Push-Up- Isometric Push-Up- Seated Isometric Push-Up.

#### UNIT- IV SPORTS SKILL TEST:

Badminton Skill test- Basketball Skill test - Cricket Skill test: Hockey - Skill test- Handball Skill test.

#### UNIT V Sports Skill Test:

Sports Skill Test: Football Skill test – Tennis Skill test – Table tennis Skill test - Volleyball Skill test-

#### References

- Barrow, H.M. and McGee, R., A (1964.) Practical Approach to Measurement in Physical Education, Philadelphia : Lea and Febiger.
- Bovard, J.F., Cozens, F., W. & Hagman, P.E. (1949) Test and Measurements in Physical Education, Philadelphia: W.B. Saunders Company.
- Campbell, W.R. & Tucker, N.M. (1967) An Introduction in Physical Education, London : G. Bell and Sons Ltd.
- Prof S Jaimitra, Physical Education for the Blind Grace Printer, Chennai-1990.
- Adam Hellebuyck, and Laura Deime (2019) Global Citizens Sports ISBN: 1534150404 / ISBN-13: 9781534150409.
- Mike Kennedy (2002) Special Olympics (True Books: Sports)



*S. J. J.*  
Principal (i/c)

YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 036

Claudine Sherrill, Adapted Physical Education and Recreation, U.S.A.: Wm. C. Brown Publishers, 1986.

It was resolved to accept by the members on all the semester theory , elective papers and practical with the same distribution of credits as like B.P.Ed will be followed

---

Item No : 4 D : Revision /Modification of Syllabus for B.P.E.S

**Item No : 4 D (i) Revision /Modification of Syllabus for B.P.E.S**

Dr. S. Abraham Davidson coordinator for the revision and modification of syllabus for B.P.E.S course conducted a virtual meeting with the members of the faculty and received the changes recommended


**Changes in B.P.E.S**

**The following changes was recommended in English for all semesters**

1. Sem-I- English – I basic language skills  
Unit IV is deleted and the following is added  
Unit IV Letter writing -Private letters and special letters -Grammar in Usage – Auxiliary verbs
2. Sem –II- English-II Developing the language skills  
Unit III is deleted and the following is added.  
Unit III Comprehension-Listening and reading comprehension(Exercise of prescribed short answers)
3. Sem –III- EnglishIII-Progressive language skills  
Unit IV is deleted and the following is added  
Unit IV Grammar-1. Parts of speech in brief-2. Transformation and synthesis of sentences ,verb, and tense forms
- 4.Sem IV- EngIV- Career Listening and speaking  
Unit –I is deleted and the following is added  
Unit –I A) Interview Techniques-B) Presentation skills-C) Vocabulary and Compositions

**It was resolved to make changes as mentioned by the members**



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

II ) In rules of Games and Sports Part-I-VI

Record notes can be submitted instead of assignment

It was resolved to make changes in Rules of Games and Sports Part I – VI as mentioned by the members

III ) In Sem IV- BPES 403 Methods in Physical Education

In Unit III Tournaments can be changed as Tournaments and Computer application and the following can be added.

Definition of computer, Flowchart diagram of computers, Classification of Computer, MS-word, Excel, Power point working with google office application and Virtual library.

It was resolved not to include computer in Methods in Physical Education paper

IV ) In Paper BPES 603 Scientific Principles of Sports Training in Unit II Strength and speed and endurance is there-Typing mistake (and endurance) can be deleted because Endurance is coming in next unit.

It was resolved to make changes in Scientific Principles of Sports Training

V ) Paper BPES 303 Health and Safety Education

1.It can be changed as Health, Fitness and safety Education.

Unit II School health can be changed as School Health and Fitness

The following can be added in this Unit.

- Meaning and importance of Fitness , Types of Fitness, Components of Heath related fitness.
- Role of Physical education Teacher in school Health Programme can be changed as
- Role of Physical Education Teacher in School Heath and Fitness Programmes.


It was resolved not to include Fitness in Health and safety Education paper

---

(iii )Inclusion of learning objectives for all subjects in B.P.E.S Course

It was recommended to add the learning objectives for all the subjects in B.P.E.S



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

## **B.P.E.S. I YEAR**

### **I SEMESTER**

#### **BPES 101 : Tamil – (Part – I) / French (Part- I) / Hindi (Part- I)**

**Objectives :** After completing the course the student-teachers will be able to

- To acquire knowledge in language.
- To gain skills in terms of reading, writing, listening, speaking and thinking
- Students will demonstrate a high level of communicative proficiency in the target language.
- Acquire Knowledge of Tamil language.
- Tamilnadu state government giving importance for tamil medium/ tamil language
- Students those who have not opted the tamil language can get a chance to learn

#### **BPES 102 : English – I**

**Objectives :** After completing the course the student-teachers will be able to

- To acquire Knowledge of English language.
- Students will interact and negotiate meaning in spoken and written conversations to share information, reactions, feelings, and opinions.
- Students will use sources of information appropriately in the English language.

#### **BPES 103: General Knowledge and History of Physical Education**

**Objectives :** After completing the course the student-teachers will be able to

- To acquire General Knowledge of Physical Education
- To acquire Knowledge about history of Physical Education
- Understand the process, functions of Physical Education and knowledge of knowing
- Learn relevant legislation, current issues, and trends in Physical Education.

#### **BPES 104 : Rules of Games and Sports -Part I (Basketball, Badminton, Kabaddi, Softball)**

**Objectives :** After completing the course the student-teachers will be able to

- To acquire Knowledge of Rules and regulations of Basketball Badminton Kabaddi and Softball.
- Understand the process, functions of organisation setup of various games and sports
- Explain the General principles of officiating and Mechanism of officiating in the above listed four games.
- Learn about the history of above listed four games
- Describe the Measurements of play fields of the above listed four games

### **SEMESTER - II**

#### **BPES 201: Tamil (PART – II)**



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035



**Objectives :** After completing the course the student-teachers will be able to

- To acquire knowledge in language.
- To gain skills in terms of reading, writing, listening, speaking and thinking
- Students will demonstrate a high level of communicative proficiency in the target language.
- Acquire Knowledge of Tamil language.
- Tamilnadu state government giving importance for tamil medium/ tamil language
- Students those who have not opted the tamil language can get a chance to learn

### **BPES 202 –English- II**

**Objectives :** After completing the course the student-teachers will be able to

- To acquire Knowledge of English language.
- Our college medium of teaching will be English
- Students those who coming from tamil medium school they can learn English language
- It is work like bridge course.

### **BPES 203: Anatomy and Physiology**

**Objectives :** After completing the course the student-teachers will be able to

- To acquire Knowledge of Anatomy and Physiology
- Understand the various systems of our human body
- Explain the structure and functions of various systems of our human body
- Understand the structure of cell and tissues
- Explain the structure of various organs

### **Paper 204 : Rules Of Games And Sports - Part II (Volleyball, Table Tennis, Swimming, Throwball & Kho-Kho)**

**Objectives :** After completing the course the student-teachers will be able to

- To acquire knowledge of Rules and regulations of Volleyball Table Tennis Swimming Throwball& Kho-Kho.
- To understand the process, functions of organisation setup of various games and sports
- To explain the General principles of officiating and Mechanism of officiating in the above listed five games.
- To learn about the history of above listed five games
- To describe the measurements of play fields of the above listed five games

### **III SEMESTER**

#### **BPES-II Year (III SEMESTER)**

BPES301	-	Tamil III/Hindi/French,
BPES302	-	English III,
BPES 303	-	Health and Safety Edn.,



  
Principal (i/c)  
**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**

BPES 304 - Rules of games., spor. Part-III (Track & field & cross country)

**BPES-II Year (IV SEMESTER)**

BPES401 - Tamil -IV  
BPES402 - English -IV  
BPES 403 - Methods in Physical Education  
BPES 404 - Rules of games and sports –Part IV(Tennis, Tennikoit, Ball Badminton, Football ,Gymnastics)

**BPES-II Year (III SEMESTER)**

**BPES 301 : Tamil – (Part – III ) / French (Part- III ) / Hindi (Part- III)**

**Objectives :**After completing the course the student-teachers will be able to

- To acquire knowledge in language.
- To gain skills in terms of reading, writing, listening, speaking and thinking
- Students will demonstrate a high level of communicative proficiency in the target language.
- Acquire Knowledge of Tamil language.
- Tamilnadu state government giving importance for Tamil medium/ Tamil language
- Students those who have not opted the Tamil language can get a chance to learn

**BPES 302 : English – III**

**Objectives :** After completing the course the student-teachers will be able to

- To acquire Knowledge of English language.
- Students will interact and negotiate meaning in spoken and written conversations to share information, reactions, feelings, and opinions.
- Students will use sources of information appropriately in the English language.

**BPES 303 - Health and Safety Education**

**Objectives :** After completing the course the student-teachers will be able to

- To understand the basic concepts in health and safety education.
- Know the problems of school health and health services.
- To know the public health measure and communicable diseases.
- To understand safety at home and environment
- To know safety at play ground precautions and safety policies.

BPES 304 - Rules of games., spor. Part-III (Track & field & cross country)



*Sd/-*  
Principal (i/c)

YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

1. To know the Planning, Construction, Marking of 200 & 400 m.
2. To know the procedure of calculating and marking running track.
3. To learn the procedure of calculating and marking field events.
4. To know the rules and interpretations of track –field events and cross-country races
5. To know the duties of various officials.

### **BPES-II Year IV SEMESTER**

BPES401 - Tamil – (Part – IV) / French (Part- IV ) / Hindi (Part- IV)

**Objectives :** After completing the course the student-teachers will be able to

- To acquire knowledge in language.
- To gain skills in terms of reading, writing, listening, speaking and thinking
- Students will demonstrate a high level of communicative proficiency in the target language.
- Acquire Knowledge of Tamil language.
- Tamilnadu state government giving importance for Tamil medium/ Tamil language
- Students those who have not opted the Tamil language can get a chance to learn

**BPES 402 : English – IV**

**Objectives :** After completing the course the student-teachers will be able to

- To acquire Knowledge of English language.
- Students will interact and negotiate meaning in spoken and written conversations to share information, reactions, feelings, and opinions.
- Students will use sources of information appropriately in the English language.

BPES 403 - Methods in Physical Education

**Objectives :** After completing the course the student-teachers will be able to

- To know about Teaching Technique, Teaching aids and class management.
- To know Lesson plan and Teaching Innovations and commands
- To know tournament and fixtures
- To know about physical activities, organization and conduct of competition
- To know about supervision and techniques.

BPES 404 - Rules of games and sports --Part IV(Tennis,Tennikoit,Ball Badminton,Football,Gymnastics)

**Objectives :** After completing the course the student-teachers will be able to

- To know about qualifications and Qualities of an official
- To know the history of sports
- To know the duties and power of officials.



*S. J. S.*  
Principal (i/c)

**YMCA COLLEGE OF PHYSICAL EDUCATION**  
**NANDANAM, CHENNAI-600 035**

- To know the planning and construction of playgrounds and gymnasium.
- To know about rules and interpretations.

## **V SEMESTER**

### **BPES 501 :Science of Yoga**

**Objectives :** After completing the course the student-teachers will be able to

- To know the origin and development of yoga
- To provide knowledge to establish the relationship between yoga and physical education
- To know the meaning of asana
- To know the meaning of pranayama
- To know the meaning of BANDHAS, SHATKRIYAS AND MUDRAS

### **BPES 502 :Care and Prevention of Sports Trauma**

**Objectives :** After completing the course the student-teachers will be able to

- To know the posture and correction of bad posture
- To know the origin, procedure and uses of massage
- To know the principles of prevention of sports injuries
- To know the management of sports injuries
- To know the different types of therapies to treat sports injuries

### **BPES 503: Kinesiology and Biomechanics**

**Objectives :** After completing the course the student-teachers will be able to

- To know the history of kinesiology
- To know the muscles
- To know the joints
- To know the movements
- To know the meaning of biomechanics
- To know the principles of the biomechanical concepts

### **BPES 504 : Educational Psychology and Sports Journalism**

**Objectives :** After completing the course the student-teachers will be able to

- To know the meaning of psychology
- To know the application of psychological principles
- To know the meaning and importance of motivation
- To know the learning and theories of learning
- To know the ethics of sports journalism
- To know the reporting, bulletin, mass media

## **V SEMESTER**



*S. S. S.*  
Principal (i/c)

**YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035**

### **BPES 601 :Exercise Physiology and Nutrition**

**Objectives :** After completing the course the student-teachers will be able to

- To know the effect of exercise on skeletal system
- To know the effect of exercise on cardio vascular system
- To know the effect of exercise on respiratory system
- To know the effect of exercise on nervous system
- To know the concept of nutrition
- To know the basic food group

### **BPES 602 : Test, Measurement and Evaluation**

**Objectives :** After completing the course the student-teachers will be able to

- To know the meaning of test, measurement and evaluation
- To know the criteria and administration of test
- To know the various types of fitness test
- To know the various types of sports skill tests
- To know the importance of standard tests

### **BPES 603 :Scientific Principles of Sports Training**

**Objectives :** After completing the course the student-teachers will be able to

- To know the meaning of sports training
- To know the concept of fitness components
- To know the importance of various fitness components
- To know the methods to develop various fitness components
- To know the procedure to develop the sports performance

### **BPES 604: Rules of Games And Sports - Part V (Hockey, Handball, Cricket& Netball)**

**Objectives :** After completing the course the student-teachers will be able to

- To know the rules and regulation of the game hockey, handball, cricket, and netball
- To know the pre requisite of officiating
- To know the quality and qualification and principles of officiating
- To know the history of the games
- To know the dimension playfield
- specification of sports equipment

The learning objectives **was accepted for inclusion** in syllabus by the members for B.P.E.S course



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035



Item No : 5 : Examination Reforms

Dr. J. Jackson Sutharsingh, COE presented the examination reforms

**Examination Results 2020-21**

A. Odd Semester Results of all courses of Study. The Pass percentage of Students are given below:

**January – 2021**

SL. NO.	CLASS	STUDENTS STRENGTH	STUDENTS APPEARED	STUDENTS PASSED	PERCENTAGE OF PASS
1	M.P.E.D II	59	59	59	100
2	M.P.E.D I	60	56	53	94.64
3	B.P.ED. II	99	91	91	100
4	B.P.ED. I	100	85	84	98.82
5	B.P.E.S.III	70	70	70	100
6	B.P.E.S II	77	60	60	100
7	B.P.E.S I	80	72	48	66.67

B. Even Semester Examinations for MPed II Year, BPed II Year, BPES II year & BPES III Year were completed on 7<sup>th</sup> May, 2021 and the Valuation is being under process.

C. Even Semester Examinations for MPed I Year, BPed I Year, & BPES I Year Will be conducted from 6<sup>th</sup> July, 2021

**Examination Reforms:**

1. Remuneration for the Examiners (for all courses of study):

A) External Practical Examinations - For each student Rs. 30/-

B) Paper Valuation – For each answer script Rs. 25/-

C) Question Paper Setting – For each set Rs. 750/-

D) Preparation of dummy number – For each answer script Rs 5/-

2. Five Member Scrutiny Committee has been constituted to scrutinize the Question Papers before the Pre-semester & Semester examinations. The Committee Consists of Principal (Chief COE), COE & three members from the Faculty, which will be nominated by the Principal. Each member will get the remuneration of Rs. 5000/-

It was accepted by the members of the Board of studies .



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

Dr. Saikumar said that their college is into 60 marks for external and 40 marks for internal as it expected in the autonomous privilege to increase internal marks . He said that their college is thinking of 50mars for external and 50 marks for internal .

He further added the importance of Scrutiny Committee and said the committee would prepare question paper if they do not receive from the question papers setters on time.

Dr. K. Jothi Dayanandhan suggested to change the pattern of Question paper and to include Multiple choice question

**Modification of Question Paper Pattern for UG & PG Courses of Study prepared by Dr. Jackson Sutharsingh COE**

**UG Courses of Study      Total Marks= 75**

Part – I Answer all the Questions      10X2= 20

Question No-1 to 5 Multiple Choice Questions

Question No-6 to 10 Short Answer Type of Questions

Part – II Answer any Five Questions      5X5= 25

Question No-11 to 17 Descriptive Type of Questions

Part – III Answer any Three Questions      3X10= 30

Question No-18 to 22 Descriptive Type of Questions

**PG Courses of Study      Total Marks= 75**

Part – I Answer any Five Questions      5X5= 25

Question No-1. It is a mandatory Question (It contains 5-Multiple Choice Questions)

Question No-2 to 7. Descriptive Type of Questions


Part – II Answer any Five Questions      5X10= 50

Question No-8 to 14. Descriptive Type of Questions

Dr. Jackson COE said that the major changes in internal marks , change in the pattern of question paper and inclusion of computer applications in all semester for B.P.E.S can be done next year

**It was resolved to accept the same.**



  
Principal (ilc)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

**Item No : 6 IQAC**

Dr. J. Glory Darling Margaret IQAC coordinator presented the members of YMCA College IQAC 2021-22

Sl.NO.	NAME OF THE MEMBER	DESIGNATION
<b>CHAIRPERSON</b>		
1.	Dr. George Abraham	Principal
<b>SENIOR ADMINISTRATIVE OFFICER</b>		
2.	Mr. Benjamin Franklin	Correspondent & Secretary
3.	Mr. V.K. Varghese	Treasurer
<b>INTERNAL MEMBERS</b>		
4.	Dr. K.Jothi Dayanandan	Associate. Professor
5.	Dr. S. Johnson Premkumar	Asst. Professor
6.	Dr.J .Jackson Sutharsingh	Controller of Examinations
7.	Dr. S. Gladly Kirubakar	Asst. Professor
8.	Dr. R. Prabu	Librarian
<b>EXTERNAL EXPERTS</b>		
9.	Dr. Shoba Leslie	Associate Professor, Director IQAC Department of Computer Science Women's Christian College Chennai
10.	Dr. Shahin Ahmed	Professor Director IQAC Department of Sports Management And Sports Psychology & Sociology TNPESU
<b>COORDINATOR OF IQAC</b>		
11.	Dr.J. Glory Darling Margaret	Asst. Professor

The members were accepted .

Dr. Saikumar said that Annual Quality Assurance Report (AQAR ) is a useful document which gives overall picture of the institutional growth in all the seven criteria's identified by NAAC for the year . It also provides systematic data with respect to various improvements to be taken up by the institution.It is mandatory to fill all the seven criteria in AQAR to upload in computer



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

**Item No : 7 : Financial approval for various academic Courses and programs**

Dr. J. Glory Darling Margaret, presented the Financial approval for various academic Courses and programs from the extract of the sub committee meeting minutes

**Minutes of the sub committee meeting held on 11.06.2021 in the College conference hall**

**Members Present**

Dr. George Abraham- Principal  
Dr. K. JothiDayanandhan- Associate Professor  
Dr. S. Johnson Premkumar – Assistant Professor  
Dr. J. Jackson Sutharsingh- COE/ Assistant Professor  
Dr. J. Glory Darling Margaret - Assistant Professor  
Dr. S. Gladys Kirubakar- Assistant Professor  
Dr. E. Simson Jesudass- Assistant Professor

It was suggested by the committee members to pay the Honorarium / Sitting charges for the members (outside the college) for various academic related bodies

Board of Studies Meeting -Rs. 1000/- + TA ( as per norms )  
Academic Council Meeting – Rs. 1500 + TA ( as per norms )  
Governing Body Meeting – Rs. 2500 + TA ( as per norms )

**Agenda 4: Honorarium/ Remuneration for various courses and programme**

**1.Controller of Examination work**

It was suggested to pay the Honorarium/ Remuneration for the subject expert for their work done

Controller of Examination – Rs. 6000 /- per month  
Question Paper setting – Rs 750 /- Per set for UG& PG  
Paper Valuation – Rs. 25 /- per paper for UG & PG  
Practical examination – Rs. 30 /- per candidate for UG & PG  
Preparation of dummy numbers – Rs 5 per paper  
Scrutiny of Question Papers for 5 different courses of studies– 5 members  
Rs. 5000 /- per semester for each committee member per semester which comprises of

1. Chief controller of examinations
2. Controller of examinations
3. Member
4. Member
5. Member



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

### **Semester Invigilation**

Chief Superintendent – Rs. 300 /- per session  
Additional Chief – Rs. 275 /- per session  
Senior Hall Superintendent – Rs. 250 /- per session  
Invigilators – Rs. 225 /- per session  
Invigilators ( external )- Rs. 225 + Rs. 75 ( TA as per norms )  
Water man , Cleaner, Scavenger & Sweeper – Rs. 100 /- per session  
Clerk – Rs. 200 per session  
Office Assistant – Rs. 150  
Seating Arrangements – Rs. 2 per chair

### **2.Sports Academies**

It was suggested that the Deputy director and coaches will work under the guidance and supervision of the Sports Academy Director – Principal  
-The Deputy director will be the College faculty members

#### **Out of total income**

50% - Management  
50% - Coaching / Training side

### **3.Optional / Add on Courses**

#### **Out of total income**

It was suggested to pay from the total fees(Rs. 1000/-per student) of Add-on and Optional courses

70% - Expert remuneration  
30% - Management

### **4.Practical Classes**

It was suggested to pay the subject expert for Practical Classes like Kung- Fu and Gymnastics Rs. 5000/-per month.

### **5.Hostel Warden/ Deputy Warden / Sub Warden Remuneration**

It was suggested to pay the  
Warden – Rs. 5000/- per month (Men & Women hostels)  
Deputy Warden – Rs. 4000/- per month  
Sub Warden – Rs. 2000/- per month

### **6.Sports Competitions – Extramural Competitions**



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035



It was suggested to pay the  
DA for students – Rs.150 /- + TA as per norms  
DA for Team managers / Coaches – Rs. 300 /- +TA as per norms

### **7.Ph. D**

It was suggested to form an ethical committee with the following members

Dr. George Abraham- Principal  
Medical Practitioner  
One Legal Advisor  
One Social service Personnel  
Supervisor & Guide for Ph D

It was suggested to pay the remuneration for the Doctoral Committee Members for 4 DCM meetings for each candidate from the fees collected to the total of approximately Rs.1,00,000/- per candidate.

Director Research centre – Rs. 1000 /-  
Subject Expert ( University ) – Rs. 1000/- + TA as per norms  
Subject Expert ( Research Center )- Rs. 1000/-  
Supervisor & Guide- Rs. 1000/-

### **8. YMCA College Scholarship**

It was suggested to give the following scholarships to the students

#### **1.Buck Memorial scholarship**

About 20scholarship are awarded to students who are poor and whose parents income is low.  
Each deserving student will be given Rs. 5000/- as scholarship.

#### **2. Dr. Amritkumar R. Moses Memorial Scholarship**

There are two scholarshipof Rs. 1500/- each for M.P.Ed and B.P.Ed students who secured high percentage of marks in;

A)M.P.Ed (Final year)


B) B.P.Ed (Final year)

(only at the end of the final year the scholarship will be given)

#### **3.Dr. Kirubakaran Memorial Scholarship**

The endowment amount of Rs. 1500/-(Approximately) is awarded to the student who is outstanding in Hockey.



  
Principal (i/e)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

#### 4. Cash award for Sports Achievers

All India Inter University / Inter State/ National approved Competition position

1. I Position: Rs. 30000/-
2. II Position: Rs. 20000/-
3. III Position: Rs. 10000/-

Representing country by approved Associations/ Federation: Rs.50000/-

The students who are participating InterUniversity / National Competitions – Rs.1000/- each student.

NET/SET Qualifying students during the course of study; Rs.5000/-

#### **Fees Concession and Wave for students**

Those who are getting Gold Medal at National Level would get 100% mess fees wave and Silver or Bronze medalist would get 50% mess fees wave.

- i. Sports quota admission at UG & PG level would be practiced and they would also be availing the scholarship
- ii. All those Medal winners should have participated in the recognized association at Junior or Senior level.

The students who are participating InterUniversity / National Competitions – Rs.1000/- each student.

NET/SET Qualifying students during the course of study; Rs.5000/-

#### **Fees Concession and Wave for students**

Those who are getting Gold Medal at National Level would get 100% mess fees wave and Silver or Bronze medalist would get 50% mess fees wave.

- iii. Sports quota admission at UG & PG level would be practiced and they would also be availing the scholarship
- iv. All those Medal winners should have participated in the recognized association at Junior or Senior level.

Dr. Saikumar acknowledged the finance distribution for various programmes of the college

Dr. P. Rajalakshmi, Associate professor Alagappa University college of Physical Education said that the TA for students extramural competitions is similar to that of their university.



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035

Dr. James Zachariah appreciated the effort that the college put forth in the financial support for the outstanding players and in all programs .

Mr. Benjamin Franklin Correspondent & Secretary appreciated the presentation and said whatever is in usual practice can be followed.

Dr. Manikandan recognized the efforts in financial issues of the college for various programs.

Mr. Vincent Sahayaraj, Industrialist , member of the Board of Management , YMCA College said that everything was discussed elaborately and appreciated the efforts.

All the finance requirement for various academic and other programmes was unanimously approved by the members of Board of studies

**Item No: 8 Any other matter**

- Dr. E. Simson Jesudass suggested to include computer in all semesters for B.P.E.S course
- Dr. Komala suggested to include Basic Statistics for B.P.E.S course
- Dr. K. Karthikeyan suggested Fees Concession and Wave for students as Gold Medal at National Level would be 100% mess fees wave and Silver Medalist – 75% mess fees wave Bronze medalist 50% mess fees wave instead of 100 % for gold and 50% for silver and bronze

**Item No: 9 : Vote of Thanks**

Dr. J. Glory Darling Margaret , Convener BOS sincerely thanked all the members for sharing their expertise ,providing valuable suggestions, guidance for the improvement of the institution.

**Item No : 10 Closing Prayer**

As there were no points for further discussion the meeting came to an end with a closing prayer by Dr. R. Prabhu



  
Principal (i/c)  
YMCA COLLEGE OF PHYSICAL EDUCATION  
NANDANAM, CHENNAI-600 035