



The National Council of YMCAs of India  
**Y.M.C.A. College of Physical Education**



**MINUTES  
OF  
THE BOARD OF STUDIES  
MEETING  
HELD ON 25-JAN-2025**

**Y.M.C.A. COLLEGE OF PHYSICAL EDUCATION, NANDNAM, CHENNAI-35**

**Minutes of Board of Studies meeting held on 25.01.2025**

Minutes of the Board of Studies meeting held at 11.30 am on 25<sup>th</sup> January 2025 (Saturday) in Conference Hall.

**Opening Prayer:** Dr. J. Glory Darling Margaret, CoE opened the meeting with a word of prayer.

**Agenda No. 1 Roll Call:**

**Members Present:**

Dr. S. Johnson Premkumar	Chairperson
Dr. K. Jothi Dayanandan	Member
Dr. J. Glory Darling Margaret	Member
Dr. J. Jackson Sutharsingh	Member, BoS Convener
Dr. S. Gladly Kirubakar	Member
Dr. S. Jerome David	Member
Dr. E. Simson Jesudass	Member
Dr. S. Abraham Davidson	Member
Dr. A. Merlin Thanka Daniel	Member
Dr. R. Prabu	Member
Dr. Prince Boaz Edwin	Member
Mr. K. Mugil	Member
Dr. J. Samuel Jesudoss	Member
Dr. Pon. Anbarasu	Member
Dr. J. James	Member
Mr. B. Praveen Doss	Member
Dr. K. Karthikeyan	Member
Dr. V. Merin Girija	Member
Ms. R. Swathi	Member
Mr. S. Tony Deva Amirtham	Member
Mrs. M. Deepa Saranya	Member
Dr. F. Zainabunissa Begum	Member
Mrs. S. Karthiha	Member
Mrs. Serene Grace	Member
Mr. Vincent Sahayaraj	Industrialist
Dr. R. Mohana Krishnan	Subject Expert
Dr. Prasanna Balaji D	Subject Expert
Dr. K. Muralirajan	University Nominee
Dr. W. Vinu	Meritorious Alumnus
Dr. C. Sherine Vinoca Snehalatha	Expert for Special Courses of Studies
Mr. P. Asir Pandian	Correspondent and Secretary
Mr. N.G. John	Special Invitee

**Agenda No: 2 Report on Absence**

The report of absentees were conveyed by Dr. S. Johnson Premkumar Principal i/c -  
Mr. Felix Arokkiaraj, Dr. K. Komala, Dr. G. Bobby, Mrs. Regi

### **Agenda No: 3 Welcome**

All of the distinguished invitees, subject matter experts, meritorious alumnus, and faculty members of YMCA College of Physical Education were welcomed by Principal i/c and Chairman (BoS) Dr. S. Johnson Premkumar.

### **Agenda No: 4 Revision & Modification of Syllabus**

#### **Item No. 4.1. M.P.Ed. – Theory & Practical - Revision and modification of Syllabus**

Dr. S. Gladys Kirubakar, M.P.Ed. Coordinator, presented the suggested changes to the M.P.Ed. Course syllabus.

**It was resolved to accept the inclusion and deletions of the following contents in the M.P.Ed subjects: (Green colour to be included, Red colour to be omitted)**

##### **4.1.1.**

Internship in teaching practice (20 lessons) and class room teaching (20 lessons) can be included in 2<sup>nd</sup> semester in MTC 211

External exam marks = 100

Internship marks = 100

Average of above two marks (to be printed on the marksheet) = 100

MTC 211 to be changed as MTP 211

##### **4.1.2.**

**MSEC 206 FITNESS, SPORTS NUTRITION AND HEALTH PROMOTION**

Unit I – Introduction to Health and Physical Fitness -Spectrum, Dimension of Health, Health Objectives for the Nation, Physical fitness and exercise objectives for the Millennium, Exercise and physical Fitness, Elements of health and skill related Physical fitness components – Meaning, definition of nutrition, Nutrients, sports nutrition, athletes' diet.

Unit V - Harmful effects of too much exercise, musculoskeletal injuries in running, swimming, Osteoarthritis and Bicycling. Special consideration for youth and children and specific and safe exercise for the kindergarten to assess their milestone and proper development of the CNS and coordination, Heat injuries (cramp, exhaustion, and stroke) – Nutrition for the promotion of health physical exercise for the health promotion.

#### **REFERENCE**

De Vries, H. Physiology of Exercise for Physical Education and Athletics, W.C. Brown Co., Iowa, U.S.A. 1980.

Baechle, TR. (Ed) Essentials of Strength Training and Conditioning, Hyman Kinetics, USA, 1994.

Kumar, V.K.G & Panda, MM. Modern Principles of Athletic Training, „Friends Publications, New Delhi. 2002.

Birkitt, D., Medical Applications of Clinical Nutrition, New Cannon, Keats, U.S.A. 1983.

Singh, H. Science of Sports Training, D. V.S. Publications, New Delhi, 1991.

McArdle, W.C. Katch, F.I., Katch, V.I. Exercise Physiology, Energy, Nutrition and Human Performance. Lea & Febiger, Philadelphia, U.S.A. 1991.

##### **4.1.3. MCC201 – Sports Psychology**



### **Unit I - Introduction & Cognitive process**

Meaning, Definition – History -Need- status of sports psychology in India - Importance of Sports Psychology in Physical education and sports- Motor Learning: Basic Considerations in Motor Learning Motor Perception ~ Factors Affecting Perception Perceptual Mechanism. Cognitive process- memory and thinking. Principles of Motor skill learning. Transfer of training and its types with its implication in sports. Personality: Meaning, Definition-Theories of personality - Measuring Personality Traits. Effects of Personality on Sports Performance.

Shifted to unit- II

### **Unit II – Personality , Motivation and Emotions**

Personality: Meaning, Definition-Theories of personality - Measuring Personality Traits. Effects of Personality on Sports Performance.-Meaning and Definition, Types of Motivation- Achievement Motivation: Meaning, Measuring of Achievement Motivation. – Theories of motivation - Motivation and performance Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning and Definition, Causes. Stress and Sports Performance. Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement- Attention - concentration

### **UNIT III – Goal Setting & Psychological skill training**

Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation. Emotional intelligence Mental toughness Psychological Skill Training (PST) - Long and short term psychological preparation for performance/ competition. Psycho Regulatory Training (PRT) for performance enhancement and relaxation.

### **UNIT- IV: Dynamics of Group**

Group Dynamics (Nature, Functions and types of groups). Structure of the Group (Role differentiation, Status differentiation, Norms formation and group cohesiveness). Group/Team Cohesion (Factor Affecting group performance: Homogeneity of group, stability of membership, Group size, group status, Communication structure, Social facilitation and inhibition). Development of Team Cohesion (Genesis, teams and groups, cultural influences on team work: Teams in the Indian context and Building teams in the Indian Sport Context)

### **Unit- V: Leadership and Spectators in Sport**

Introduction to Leadership in Sport. Theories [Trait Theory, Situational Leadership, Hersey and Blanchard's Situational Leadership]. Types of Leadership. Inter-personnel Communication and Coach-Athlete Relationship. Spectators, Types and their Effect on Sport Performance. Leadership and Spectators in Sport.

### **REFERENCES:**

1. Authors Guide (2013) National Library of Educational and Psychological Test(NLEPT)
2. Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
3. John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticce Hall Inc.
4. Mirosław Vauks and Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
5. Richard, J.Crisp. (2000). Essential Social Psychology. Sage Publications.
6. Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.

7. Robert N. Singer.(1989)The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
8. Thehna Horn. (2002). Advances in Sports Psychology. Human Kinetic.
9. Whiting, K, Karman., Hendry L. Band Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

#### 4.1.4.

### **MGE 205- DISASTER MANAGEMENT AND ENVIRONMENTAL STUDIES**

#### **Unit-I Basic Concepts**

Meaning, Definition, Nature, Scope, Types, Components, Structure of Environment – ecosystem, Atmosphere, Biosphere, Hydrosphere, Lithosphere and importance of Environmental Studies

#### **Unit - II Environmental Hazards**

Pollution: Land, Air, Water, Noise-- Radiation, Deforestation, Soil Erosion ways of Protecting, Preserving & Restoring Environment

#### **Unit: III Definition and types of disaster**

Hazards and Disasters, Risk and Vulnerability in Disasters, Natural and Man-made disasters, earthquakes, floods drought, landside, land subsidence, cyclones, volcanoes, tsunamis, avalanches, global climate extremes. Man-made disasters: Terrorism, gas and radiations leaks, toxic waste disposal, oil spills, forest fires.

#### **Unit: IV Study of Important disasters**

Earthquakes and its types, magnitude and intensity, seismic zones of India, major fault systems of India plate, flood types and its management, drought types and its management, landside and its managements in hill station and other surroundings. Social Economics and Environmental impact of disasters.

#### **Unit: V Mitigation and Management techniques of Disaster**

Disaster Management cycle, Disaster management policy, National and State Bodies for Disaster Management, Early Warning Systems, Building design and construction in highly seismic zones, Training for disaster preparedness, Awareness generation program, Usages of geographic information

### **4.1.5. MGE 206 - SPORTS SOCIOLOGY**

#### **Unit I - Introduction to sports sociology**

Meaning and definition of sociology and sports sociology, sport as a social phenomena, sociology of sports as separate discipline, Meaning and definition of the term Socialization – types and stages of Socialization – Need and importance of Socialization - sports and socialization.

#### **Unit II - Sports and Culture**

Sports and culture basic concepts of culture - elements of culture - functions of culture- Relationship of sports with other elements of culture social planning and physical culture work, free time and physical culture – physical culture as a requirement of social development - Development of socialistic production and physical culture – Sport and Global Culture – The Global transformation of sport, Ethnoscapes, Technoscapes, Financescapes, Mediascapes, Ideoscapes – Sport Stars, Celebrities and the Global Culture of sports.

#### **Unit III - Social institutions, sports, politics and religion**

Relationship of sports with other social institutions- emergence and growth of commercial

sports- effects of commercialization on sports, status and incomes of athletes/ sports persons in commercial sports. Sports and solidarity political consequences of international sports event- reasons for combining sports and religion similarities and differences between sports and religion

#### **Unit IV - Sports and Social Stratification, Social mobility and sports**

Sports and Social Stratification, Meaning, Term, Definition, Characteristics and factors of Social Stratification - Stratification in sports occupation - Social Differentiation – Causes of social differentiation - mobility opportunities sports participation and general career success athletic retirement and social mobility, Sports as mobility escalator.

#### **Unit V – Sports and the Mass media, Women in sports society**

Social functions of Mass Media- Impact of the Mass Media on Sports - Racism and Racial Discrimination in Sports - Women in sports –Attitudes toward female Athletes- participation patterns among women – Gender in equation issues women in sports in future – Opportunity and reward structure.

#### **REFERENCES:**

1. Ball and Loy, Sports and social order, Wesley publishing company
2. Craty B, Social Dimensions of physical activity, Prentice Hall, Inc
3. Edwards- (1986). Sociology of sports, Lllinois Dorsey Press
4. Jay I, Waldy (1986). Sport in society issues and controversies, St. Louis Mosby College Publishing, Co.
5. Lay Mepherson and Kenyson, Sports and Social System, Addison Wesley publishing company
6. Panna VR (1980). Sports in socialist countries, Allied publishers private ltd, Bombay
7. D. Stanley Eitzen/ George H. Sage (1986) Sociology of North American Sport, Wm.C.Brown publishers, Dubuquw,Iowa
8. Peter Craig and Paul Beedie (2008) Sports Sociology, Learning Matters Ltd, UK

#### **4.1.6. MCC 402 - RULES OF SPORTS AND GAMES**

##### **Unit I – Evolution of Game, Philosophy and Mechanism of Officiating**

- Origin and Development of the Game
- Federations, Associations, Councils in India and World
- Qualification and Qualities of an official
- Philosophy and General Principles of Officiating
- Mechanism and System of officiating and Position of officials
- Official Signals and Powers
- Pre, during and post Duties of officials

##### **Unit II - Dimensions of play field/ event**

- Lay out of Standard track/ nonstandard track / Marking of all the athletic events
- Lay out of the playfield and marking - Specifications of all the equipment used in the event/game

##### **Unit III - Rules and their Interpretations - I**

- Rules of the above mentioned sport / games
- Interpretations and implications of laws

##### **Unit IV - Rules and their Interpretations - II**

- Rules, Interpretations and Implications of Laws.
- Interpretations and implications of law



#### **Unit V – Techniques/Skills, Errors, Corrections and Lead up games**

- Techniques, Skills, Tactics, Strategies
- Lead up games to develop the technique/skill
- Error and corrections of technique/skill
- Drills

#### **REFERENCES:**

1. Buck rules book for sports and games, published by NCYs of India, New Delhi
2. IAAF, WA (WORLD ATHLETICS) Competition rules book -Track & Field
3. FIBA, Official Basketball rules book,
4. ICC, Cricket rules book,
5. FIFA Laws of the game Football,
6. IHF, Rules of the game - Handball,
7. FIH, Rules of Hockey,
8. FIVB, Official Volleyball rules,

**The board accepted and approved the same.**

The following topics were discussed,

- Dr. Mohana Krishnan and Dr. Vinu suggested to implement National Education Policy contents into curriculum.
- Dr. Prasanna Balaji: Suggested to implement Fitness Audit to assess the fitness level of the students' at intervals which will be a parameter to be fit throughout the course of study (award grades/stars.) This can be done through the battery of tests.
- Dr. Jackson said that the fitness battery tests were already included in the Test and Measurement syllabus.
- Dr. Prasanna Balaji: suggested the availability of technology for students in teaching and learning.
- Dr. Mohana Krishnan: Suggested incorporating technology in learning physical activities and skills & techniques of other sports.
- Dr. Sherine Vinoca Snehalatha: Suggested to use of AI tools for preparing assignments and learning.

#### **Item No : 4.2 Revision /Modification of Syllabus for B.P.Ed**

Dr. S. Abraham Davidson, B.P.Ed. Coordinator, presented the recommended revision and modification of syllabus for B.P.Ed course.

**It was resolved to accept the inclusion and deletions of the following contents in the B.P.Ed subjects: (Green colour to be included, Red colour to be omitted)**

#### **BCC101 - PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION, EDUCATIONAL PSYCHOLOGY AND GUIDANCE & COUNSELING**

##### **Unit I: Introduction and Foundation of Education and Physical Education**

- Meaning, Definition and Scope of Education and Physical Education
- Education Commissions and Policies in India- Radhakrishnan-Mudaliar-Kothari-NPE-NEP
- Aims and Objective of Physical Education
- Importance of Physical Education in present era.

- Relationship of Physical Education with General Education.
- Physical Education as an Art and Science.
- Philosophical foundation - Idealism, Pragmatism, Naturalism, Realism, Humanism, Existentialism

## **Unit II: Principles of Physical Education**

- Biological Principles - General Characteristics & Various stages of Growth and Development - Age (calendar, anatomical & physical age) and gender characteristics - Body Types - Anthropometric differences - Heredity and environment
- Psychological Principles - Parts of mind- Conative, Cognitive & Affective - Attitude, Interest, Cognition, Emotions and Sentiments
- Sociological Principles - Social Integration and Cohesiveness
- Leadership

## **Unit III: Education Psychology**

- Meaning and Importance and scope of psychology & educational psychology
- Various stages of growth and development
- Types and nature of individual differences
- Theories of learning
- Laws of Learning. Learning Curve, Types of Learning curve, Transfer of Learning
- Meaning & nature of motivation & aggression
- Motivation & its impact on sports performance
- Meaning & nature of anxiety & stress
- Types of anxiety & stress
- Effect of anxiety & stress on sports performance

## **Unit IV: Sports Psychology**

- Meaning, Importance and scope of Sports psychology
- General Characteristics & Various stages of growth and development
- Types and nature of individual differences in Sports
- Relationship of Sports Psychology with other Sports Sciences.
- Factors affecting the sports performance – Motivation, Anxiety, Stress and Aggression – their impact on sports
- Heredity and environment
- Psycho - Sociological aspects - Group dynamics in team games-Role of spectators in sports performance
- Human behavior in relation to physical education and sports.

## **Unit V: Guidance & Counseling**

- Meaning, Definition of Guidance and Counseling
- Educational and Vocational Guidance
- Guidance for gifted, slow learners, the disadvantaged, under achievers, exceptional, juvenile developments, differentially abled
  - Types of counseling-crisis, school, individual, peer and small group
  - Role of counselor and the teacher in counseling

## **References:**

1. Bucher, C. A. (n.d.) Foundation of physical education. St. Louis: The C.V. Mosby Co.
2. Deshpande, S. H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.



3. Mohan, V. M. (1969). Principles of physical education. Delhi: Metropolitan Book Dep.
- Nixon, E. E. and Cozen, F.W. (1969). An introduction to physical education. Philadelphia: W.B. Saunders co.
4. Obertuffer, (1970). Delbert physical education. New York: Harper and Brothers Publisher.
5. Shannan, J. R. (1964). Introduction to physical education. New York: A.S. Barnes and Co.
6. William, J. F. (1964). The principles of physical education. Philadelphia: W.B. Saunders Co.

-The Principal (i/c): Proposed to include the term Education along with Physical Education in the I Unit sub title itself.

**The committee approved and accepted the same.**

#### **Item No : 4.3 Revision /Modification of Syllabus for B.M.Sc**

Dr. J. Samuel Jesudoss presented the recommended revision and modification of syllabus for B.M.Sc course. It was resolved to accept the inclusion and deletions of the following contents in the B.M.Sc subjects: (**Green** colour to be included, **Red** colour to be omitted)

- BME-104: Nutrition management, Special Diet for a variety of Disabilities and Disorders, paper title has been changed as BME-104: **Nutrition management, Disabilities and Disorders Special Diet** (Nutrition and Diet Management for Disabilities)
  - Dr. Vinu: Suggested to change the sub title as "Nutrition and Diet Management for Disabilities" in BME104 and removing "Various."
- BMP -107: Adapted minor **sports and** games, Calisthenics, Minor games, light apparatus, yoga paper title has been changed as BMP -107: Adapted **sports and** games, and Adapted yoga.
  - Dr. Mohan: Recommended to replace as "Adapted Sports and Games, & Yoga" for BMP107.
- In the second semester paper-1 BMC -201- Organisation & Administration of Mobility Science Unit –III heading Braille has been removed, as it is in Unit-IV.
- Paper BMC-201 Jaws technology for teaching and learning has been added in the Unit-II.
- BME-205: Sports Medicine, Physiotherapy and Rehabilitation for special Sports persons paper title has been changed as
- BME-205: Sports Medicine, Physiotherapy and Rehabilitation for special athletes
- BMP-207: Orientation and mobility for visually disabled
- paper title has been changed as BMP-207: Orientation and mobility
- BMT- 410: Fitness training for Special children paper title has been changed as BMT- 410: Fitness training practice for Special children

**The committee approved and accepted the same.**

#### **Item No : 4.4. Revision /Modification of Syllabus for B.P.E.S.**

Dr. K. Karthikeyan presented the recommended for the revision and modification of syllabus for B.P.E.S. course. It was resolved to accept the inclusion and deletions of the following contents in the B.P.E.S. subjects: (**Green** colour to be included, **Red** colour to be omitted)

##### **4.4.1. Tamil**

BPS101 – Tamil I

அலகு 2: 2.2. “ஈரோடு தமிழன்பன் – ஒரு வண்டி சென்றியு”  
பதிலாக “நா. காமராசன் – கங்கை இங்கே ஓட வேண்டும்”

அலகு 3: 3.3. "நாடக இலக்கியத்தின் தோற்றமும் (சிலப்பதிகாரம் முதல் தற்கால நாடகம் வரை)" **பதிலாக** "நாடக இலக்கியம் (சிலப்பதிகாரம் – வழக்காடு காதை)"

அலகு 5: 5.3. "ஒரு நாள் கழிந்தது" **பதிலாக** "சங்கு தேவனின் தர்மம்"

BPS301 – Tamil III

அலகு 2: "கம்பரமாயணம் (சுந்தர காண்டம் – ஊர் தேடும் படலம் முதல் 74 செய்யுள்கள்)" **பதிலாக**

"தன் வரலாறு கூறுதல் 2.1. அலைபேசி தன் வரலாறு கூறுதல், 2.2. மழை தன் வரலாறு கூறுதல்"

BPS401 – Tamil IV

அலகு 2: நெடுநல்வாடை **பதிலாக** "குறிஞ்சிப்பாட்டு"

#### 4.4.2. Revision and modification

Semester I – BPS102

UNIT 1

LISTENING AND SPEAKING

- Greeting people and responding to greetings
- Introducing Oneself and Others
- Asking for and giving personal details

UNIT 2

GRAMMAR

- a. Types of a sentence **Articles**
- b. Parts of a Sentence
- c. Sentence structure :Subject Predicate
- d. Articles
- e. Pronouns
- f. Auxiliary verbs
- g. Action verbs
- h. Conjunctions
- i. Prepositions

UNIT 3

**Using the telephone - exchanging information and taking messages**

Describing a visual clipping / Interpreting Advertisements

UNIT4

WRITING

Completing forms with personal details – Bio-data & Curriculum Vitae **Paragraph**

**Writing – converting to paragraph**

Descriptive Writing – describing a scene/ person/situation

UNIT 5

1. The Hymn of Creation 2. The Living God – Poetry 3. Character Building – Prose

Semester II – BPS202

UNIT 1

LISTENING AND SPEAKING

Asking and Giving permission

Inviting a person – accepting / declining

UNIT 2

GRAMMAR

- Subject Verb Agreement
- Sentence formation – Subject Verb Object
- Verbs - tenses
- Adjective - Kinds
- Adverbs – Kinds
- Reported Speech
- Framing “wh” questions

UNIT 3

WRITING

Grammar in usage

Idioms & Phrases

Filling up forms – Bank Challans/ Pay in slips/ Demand Draft, Railway Reservation / Cancellation

UNIT 4

Welcoming a foreign visitor & describing a region and country

Letter Writing – formal / informal

Descriptive Writing – describing an event / tournament / match

UNIT 5

What I cherish most – Prose

On forgetting - Prose

Semester 3 – BPS302

UNIT 1

LISTENING AND SPEAKING

- Discussing Interests & Leisure Activities
- Checking in & out of a hotel
- Complaint & Apology

UNIT 2

GRAMMAR

- Degrees of Comparison
- Active voice & Passive voice
- Direct & Indirect speech

UNIT 3

WRITING

Comprehension

Developing Hints

UNIT 4

Expansion of ideas (New Inclusion)

Descriptive Writing – Comparing & Contrasting

UNIT 5  
Happy Life  
Laugh and be Merry

Semester 4 – BPS402

UNIT 1

GROUP DISCUSSION – Predicting and describing future possibilities

- Globalization
- Consumerism
- Current Events

UNIT 2

GRAMMAR

- Verbal : Gerund, Participle, Infinitives
- Modals
- Clauses : Simple, Compound, Complex
- Conditional Clauses -IF

UNIT 3

WRITING

- Report Writing on an event, tournament or match
- Note Making

UNIT 4

- Writing an Email
- Writing an application
- Descriptive Writing – Writing with a purpose

Eg: How to play a game to a new playmate

UNIT 5 (New Inclusion)

My Greatest Olympic Prize – Jesse Owens (Prose)

Village Cricket – Charles Dickens

An Alpine Pass on Ski – Sir Arthur Conan Doyle

**4.4.3. Rules of Games:**

Dr. Gladys Kirubakar, Practical Coordinator, Suggested and Recommended to add Rules of Games Paper in V- Semester also, which is left out in V Semester.

**4.4.4. Teaching Practice Marks to be included for**

Semester III: BPS306TP General Lesson Internal – 100 marks

Semester IV: BPS406TP Particular Lesson Internal – 100 marks

Existing BPS406P converted as BPS407TP

Semester IV: BPS606P converted as External Teaching Practice - General and Particular Lesson External – 100 marks

- Dr. Vinu: Proposed to delete the word "Articles" in point a. Types of a sentence -under Semester I, Unit 2 Grammar.
- Dr. Snehalatha: Inquired if language practice opportunities (e.g. competitions) are provided the students.
- Dr. K. Karthikeyan proposed to include the Computer Application and Statistics in VI Semester in the place of Rules of Games paper which is in the VI Semester.



- Dr. Mohan: Suggested to include the 'e-sports'.

**The committee accepted and approved the same and excluded the proposal to add the Computer Application and Statistics in VI Semester.**

**Item No : 4.5. Revision /Modification of Syllabus for M.Sc**

Dr. E. Simson Jesudass, Evening College Coordinator, presented the recommended revision and modification of syllabus for the M.Sc course. It was resolved to accept the inclusion and deletions of the following contents in the M.Sc subjects:

MSCC-11

UNIT: 4 NERVOUS SYSTEM

UNIT: 5 IV & V merged (digestive and excretory system)

UNIT: 5 HEALTH EDUCATION

Health - Meaning, Definition and concepts - Factors influencing health - Health determinants, Heredity and environment. Health problems of India - Population and health - Environment pollution. Personal hygiene.

UNIT 4 & 5 Deleted

MSCC-12

TAI CHI AND AQUATIC REHABILITATION

UNIT: IV WATER AND FITNESS

Physical properties of water, Benefits of water based exercise, pool safety, Adapting the environment.

UNIT: V DESIGNING THE WATER BASED EXERCISE PROGRAMME

Programme format, Warm-up, Cool-down, cardiovascular training, strength and endurance training, circuit training, aqua aerobics

UNIT 4, 5 & 6 Deleted

MSCC – 13: EXERCISE TESTING AND PRESCRIPTION

UNIT: I & VII Merged and UNIT: III & IV Merged

MSEC – 14: HEALTH AND SAFETY EDUCATION

UNIT – IV Road safety

Meaning, importance, traffic rules, safety measures, traffic signals, traffic violations

UNIT – V Safety at Work Place

Safety policies and plans, principles of safety with respect to buildings, equipment, dress and machineries, principles of safety with respect to Organization and administration

UNIT: II & V Deleted

MSEC – 15

SCIENCE OF YOGA

UNIT-I: Introduction

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Need and Importance of Yoga in Physical Education and Sports

- Yoga in Early Upanishads
- The Yoga Sutras: General Consideration

#### 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  
Hata Yoga

#### UNIT-III: Asanas, Pranayama, Bandhas, Mudras and kriyas their effects

Types of Bandhas and mudras

Type of kriyas

Asanas and Pranayama with special reference to physical education and sports

Effect of Asanas and Pranayama on various system of the body

Influences of relaxative, meditative posture on various system of the body

#### UNIT-IV: Yoga Education

Difference between yogic practices and physical exercises.

Basic, applied and action research in Yoga

Instruction and Method of Teaching Yoga

Competitions in Yogasanas

#### UNIT-V: Yoga - Benefits

Knowledge of common diseases; their prevention and management through Yoga.

Knowledge of role of Yoga in the management of non-communicable diseases.

Concept of stress and yogic management of stress and its consequences.

#### REFERENCES

1. Brown, F. Y. (2000). How to use yoga. Delhi: Sports Publication.
2. Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaixydhmoe.
3. Iyengar B. K. S., (2000). Yoga Deepika. Vivekananda Kendra Publishers, Bangalore
4. Rajjan, S. M. (1985). Yoga: strengthening and relaxation for sports man. New Delhi: Allied Publishers.
5. Shankar, G. (1998). Holistic approach of yoga. New Delhi: Aditya Publishers.
6. Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.

#### MSCC – 21: OCCUPATIONAL FITNESS AND HEALTH PROMOTION

UNIT- I & II Merged, UNIT- VI & VII Merged

#### MSCC- 22

NUTRITIONAL PROMOTION FOR HEALTH

UNIT – II & III Merged, UNIT – IV & V Merged

#### MSCC- 23

EXERCISE PHYSIOLOGY

UNIT – I & II Merged, UNIT – V & VI Merged

#### MSEC – 24

PERSONALITY DEVELOPMENT AND COMMUNICATION SKILLS

UNIT- V & VI Merged, UNIT- IV & V Merged

MSEC- 25  
COMPUTER APPLICATION IN SPORTS SCIENCE  
UNIT- IV & V Merged

MSCC- 31  
NUTRITION AND WEIGHT MANAGEMENT  
UNIT: II & III Merged, UNIT- VI & VII Merged

MSCC- 32  
RESEARCH METHODS AND STATISTICS IN PHYSICAL PERFORMANCE  
UNIT: I & II Merged, UNIT- VI & VII Merged

MSCC- 33  
EXERCISE REHABILITATION OF THE DIFFERENTLY ABLED  
UNIT: II & IV Merged, UNIT: VI & VII Merged

MSEC- 34  
SPORTS MANAGEMENT  
UNIT: II Introduction to Sports and Sports Industry, Sports Operations & Supply Chain Management, Management Accounting in Sports, Business Communication.  
UNIT: III Sports Marketing and Sponsorship Management, Sports Project Management, Financial Management in Sports.  
UNIT: IV Integrated Marketing Communications in Sports Management, Public Relations, Sports Media Management  
UNIT: V Sports Science, Sports Training And Conditioning, Sports Destination and Tourism.  
UNIT- II Deleted

MSEC-35  
SPORTS JOURNALISM. UNIT: I & II Merged

MSEC- 41  
HUMAN DEVELOPMENT AND HEALTH PSYCHOLOGY. UNIT: I & II Merged, UNIT: V & VI Merged

MSEC- 42  
MANAGEMENT OF SPORTS INJURIES. UNIT: I & II Merged, UNIT – V & VI Merged

MSEC- 43  
APPLIED KINESIOLOGY AND BIOMECHANICA OF MUSCULAR INJURY  
UNIT: I & II Merged, UNIT – V & VI Merged

Dr. Prince Boaz proposed renaming the digestive and excretory systems (MSCC-11, Unit-5) as the alimentary system and integrating them into one. Nervous system (MSCC-11, Unit-4) can be renamed as Central Nervous System.

**The board approved and accepted the same**

**Agenda 5: Examination Reforms** Dr. J. Glory Darling Margaret, COE presented the examination reforms:

**5.1. Use of Technological Interventions**

- Internal practical and theory marks submission through online software
- Barcode system for Hall ticket
- In the Formative assessment which is followed in CIA- III for 20 marks

Open book - 5 marks

Group discussion - 5 marks

Quiz - 5 Marks

**Class Seminar - 5 marks**

---

20 Marks

---

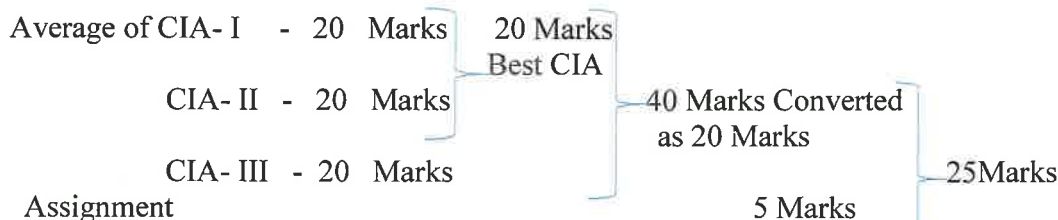
Instead of Presentation (class seminar) Poster presentation can be implemented

- Question paper for CIA- I & II ( with the specifications of unit )

Objectives 5 x 1 = 5 Marks

Short Answers 1 x 5 = 5 Marks

Essay type 1 x 10 = 10 Marks



- Question paper setting pattern for M.Sc –( FERN) & PGDSC will be the same as like B. P.Ed & M.P.Ed

Part- A – Objective type 10x 2 = 20 marks (Q1- Q10 Choose, fill up, & True / False )

Part – B Short Answers 5 x 5 = 25 Marks ( Q11-Q15 Either a or b)

Part - C Essay answers 3x 10 = 30 Marks ( any 3 questions out of 5)

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

**5.2. Examination Results 2023-2024**

Odd Semester Results of all courses were published on 22/12/2023 and were uploaded on the website of the college. The percentage of pass is given below:

NOVEMBER – 2023					
SL. NO.	CLASS	STUDENTS STRENGTH	STUDENTS APPEARED	NO. OF PASS	%
1	M.P.E.D II	60	58	58	100
2	M.P.E.D I	60	59	59	98



3	B.P.ED. II	100	98	98	100
4	B.P.ED. I	100	99	99	99
5	B.P.E.S.III	70	58	58	100
6	B.P.E.S.II	80	77	77	100
7	B.P.E.S I	58	56	56	92
8	M.Sc. II	08	08	8	100
9	M.Sc. I	11	11	11	100
10	BMSc-I	2	2	2	100

Even Semester Results of all courses were published on 16/05/2024 and were uploaded on the website of the college. The percentage of pass is given below:

APRIL – 2024					
SL. NO.	CLASS	STUDENTS STRENGTH	STUDENTS APPEARED	NO. OF PASS	%
1	M.P.E.D II	60	58	58	100
2	M.P.E.D I	60	59	59	98
3	B.P.ED. II	100	98	98	100
4	B.P.ED. I	100	99	99	99
5	B.P.E.S. III	70	59	52	86
6	B.P.E.S. II	80	77	77	94
7	B.P.E.S I	56	56	56	92
8	M.Sc. II	8	8	8	100
9	M.Sc. I	11	11	11	100
10	PGDSC	1	1	1	100
11	BMSc I	2	2	2	100

**Noted.**

#### **Agenda 6: IQAC**

The IQAC coordinator, Dr. K. Jothi Dayanandan, emphasized the entire year-long work and presented the list of YMCA College IQAC 2024–25 composition members, which was framed and brought for ratification.

Composition of Internal Quality Assurance Cell		
2024-2025		
Sl. No.	Composition	Member
1	Chairperson	Dr. S. Johnson Premkumar, Principal (i/c)
2	Teacher 1	Dr. J. Glory Darling Margaret, Associate Professor
3	Teacher 2	Dr. J. Jackson Sutharsingh, Associate Professor
4	Teacher 3	Dr. S. Glady Kirubakar, Associate Professor
5	Teacher 4	Dr. E. Simson Jesudass, Assistant Professor
6	Member	Dr. R. Prabu, Librarian
7	One Member from Management	Mr. Tamil Selvan C. Samuel
8	Senior Administrative	Mr. T. John Sudarshan, ES cum Administrative Officer

	Officer	
9	Local Society Nominee	Mr. N.G. John, Treasurer
10	Student Nominee	Ms. Blessy Gulsana Vasava, M.P.Ed. I yr.
11	Alumnus	Dr. R. Mohana Krishnan, Director - Directorate of Sports, SRM Institute of Science and Technology (Deemed to be University)
12	One Nominee from the Employer	Mr. P. Asir Pandian, Correspondent and Secretary
13	One Nominee from Industrialists	Mr. Vincent Sahayaraj
14	One Nominee from Stakeholders	Mrs. E. Ponrani
15	IQAC Coordinator	Dr. K. Jothi Dayanandan

**The board accepted the same.**

Academic Bank of Credits (ABC) to be created for each students and the class mentors were requested to submit the ID to the office of the Principal. Students' record of achievements and awards should be uploaded by the students in their respective students' portal.

**Noted.**

#### **Agenda 7: NAAC and Autonomous Extension**

The IQAC coordinator, Dr. K. Jothi Dayanandan, highlighted the initiatives taken towards the NAAC and Autonomous extension by the institution.

- First IIQA was submitted on 23-02-2023
- IIQA was resubmitted on 16-02-2024
- SSR uploaded successfully on 18-11-2024
- DVV submitted on 05-12-2025
- Autonomous Extension hardcopy submitted on 26-12-2021
- As per the telephonic instruction from UGC, the online application for Autonomous extension was submitted on 28-03-2024
- Awaiting prequalification, based on which mock visit would be arranged.
- Proposal to invite a few experts before the visit.

**Noted.**

#### **Agenda 8: Any other matter**

Dr. S. Johnson Premkumar, Principal (i/c):

- Suggested to include the specialization marks in BPES, B.P.Ed., and B.M.Sc.
- Recommended Internal and External Teaching Practice for B.P.E.S.
- Proposed to form an Ethical Committee.
- Advocated inclusion of specialization and officiating marks for each semester.
- Recommended revamping the Alumni Association at the earliest.
- Proposed to include Artificial Intelligence

### Concluding Remarks

- **Dr. Muralirajan:** Thanked the management and staff for the opportunity to participate as an expert. Suggested implementing the discussed ideas.
- **Dr. Mohan Krishnan:**
  - Expressed gratitude and stressed internal discussions before forum presentations. Highlighted YMCA's global contributions. Emphasized focusing on student benefits.
- **Dr. Prasanna Balaji:** Expressed gratitude and wished the college success and growth.
- **Dr. Vinu:** Thanked the management and teachers while recalling YMCA's educational legacy.
- **Dr. Sherine Vinoca Snehalatha:** Thanked the management and teachers, appreciating their contributions and wishing for the institution's growth and development.

### Agenda 9: Vote of Thanks

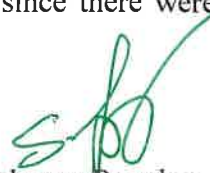
The BOS Convener, Dr. J. Jackson Sutharsingh, expressed gratitude to each member for contributing their knowledge and offering insightful guidance and suggestions for the institution's progression.

### Closing Prayer

Dr. E. Simson Jesudass offered a closing prayer to adjourn the meeting since there were no topics for more discussion.



Dr. J. Jackson Sutharsingh  
Assistant Professor  
BOS Convener



Dr. S. Johnson Premkumar  
Principal (i/c)  
BoS Chairperson