

YMCA COLLEGE OF PHYSICAL EDUCATION: CHENNAI

ACADEMIC AUDIT REPORT - 2017- 2018

INTRODUCTION

The YMCA College of Physical Education is a pioneer institution in Physical Education established in the year 1920. The college today stands as a monument to the missionary vision, courage and faith of its founder Mr. Harry Crowe Buck. By virtue of its repeated services to Humanity through Physical Education, Health Education, Recreation and Allied Sciences, UGC and University of Madras through the Government of Tamilnadu, the Education Department conferred the status of Autonomy to the college in the year 1986.

Since then, the college has been introducing many new academic programmes by taking the lead in many pioneering ventures. The college has introduced many new courses with a number of choices in subjects and activity options. Through the effectiveness of the well designed programme, the College has been accredited by NAAC with 'A' grade in March 2003 and re-accredited up to January 2018.

1. CURRICULUM ASPECTS

1.1 Curriculum Design and Development:-

- a) Syllabus – Hard Copy attached.
- b) Suggestions made by the BOS held on 18th April 2017

Revision, Modification of Syllabus (Theory & Practical) – All Courses of study

Syllabus Revision: MPed, MSc and PGDSC

It was suggested to club the Value Education and Environmental Studies (elective papers) together as MEC204 in the second semester and Adapted Physical Education was included in first semester as MEC 104.

The Coaching Lesson: It was suggested that the existing Coaching Lesson may be specified in the mark Sheets as (Track & Field/ Basket Ball/ Cricket/ Handball/ Football/ Hockey and Volleyball).

It was recommended to add in the admission guidelines for the MSc (evening college) as, any science degree, exemption may be given for the outstanding sportsman with any degree.

Syllabus Revision: BPEd

It was recommended to include Disabilities and Inclusive Education (elective paper) in the place of Personality Development and Communication Skills as BEC305.

It was suggested to include Russell Lange Volleyball test and Friendel Field Hockey test in the place of SAI Volleyball Test and SAI Hockey Test in BCC 401 Test and Measurement in Physical Education Paper.

It was decided to form a core committee to include the external coaching lesson practical along with external teaching practice for the BPEd students; right now BPEds are having two external teaching practice examinations both in second and fourth semesters.

The same was approved by the Academic Council vide its meeting held on 24.04.2017

1.2 Curriculum Planning and Implementation:-

Master of Physical Education (MPed., Two years) with Credit System

SEM	CORE COURSE YMCA COLLEGE	ELECTIVE COURSE	PRACTICAL
SEM I	MCC 101 Yogic Sciences MCC 102 Research Process in Phy., Edn., & Sports Sciences MCC 103 Physiology of Exercise	MEC104 Environmental Studies MEC105 Sports Management	MPC 106 Track and Field (Throws) and Aerobics MPC 107 Yoga and Exercise Physiology Lab MPC 108 Specialization 2 nd Best MPC 109 Specialization 1 st Best MPC 110 Teaching Practice and Class Room Teaching
SEM II	MCC 201 Sports Psychology MCC 202 Applied Statistics in Phy., Edn., MCC 203 Test Measurement and Evaluation in Phy., Edn.,	MEC 204 Value Education MEC 205 Physical Fitness, Sports Nutrition and Health Promotion	MPC 206 Track and Field (Sprint, Relay, Hurdle) and Gymnastics MPC 207 Indigenous Activities and Sports Psychology Lab MPC 208 Specialization 2 nd Best MPC 209 Specialization 1 st Best MPC 210 Teaching Practice and Class Room Teaching
SEM III	MCC 301 Scientific Principles of Sports Training MCC 302 Curriculum Design in Phy., Edn., MCC 303 Sports Biomechanics & Applied Kinesiology	MEC 304 ICT in Phy.,Edn MEC 305 Sports Sociology	MPC 306 Track and Field (Jumps) and Swimming MPC 307 Martial Arts and Biomechanics & Kinesiology Lab MPC 308 Coaching Lesson & Officiating MPC 309 Specialization 1 st Best MPC 310 Internship
SEM IV	MCC 401 Prevention and Management of Sports Trauma MCC 402 Rules of Sports and Games MCC 403 Dissertation	MEC 404 Sports Technology MEC 405 Sports Engineering	MPC 406 Track and Field (Middle & Long Distance, Combined) and Training Methods MPC 407 Mass Drill and Sports Injury and Rehabilitation Lab MPC 408 Coaching Lesson& Officiating MPC 409 Specialization 1 st Best

Bachelor of Physical Education (BPed., Two years) with Credit System

SEM	CORE COURSE YMCA COLLEGE	ELECTIVE COURSE	PRACTICAL
SEM I	BCC 101 Principles and foundation of Phy., Edn., and guidance and counselling BCC 102 Anatomy and Physiology BCC 103 Health Education and Environmental Studies	BEC 104 Sports Nutrition and Weight Management BEC 105 Sports Management	BPC 106 Calisthenics, Minor games BPC 107 Drill and Marching, Aerobics BPC 108 Badminton and Ball badminton, Softball, BPC 109 Table Tennis, Chess, Carrom & Tennis BPC 110 Track Events BPC 111 Teaching Practice
SEM II	BCC 201 Yoga Education BCC 202 Organization and Administration and Methods of Teaching in Phy., Edn., BCC 203 Principles and Techniques of Officiating Coaching Part I	BEC 204 Educational Technology and sports journalism and tourism BEC 205 Sports Medicine, Physiotherapy and Rehabilitation	BPC 206 Dhands and baithaks, Light Apparatus, BPC 207 Yoga, Silambam BPC 208 Basketball, Volleyball, BPC 209 Football, Throwball BPC 210 Field Events BPC 211 Teaching Practice
SEM III	BCC 301 Sports Training BCC 302 History of Phy., Edn., Recreation And Camping BCC 303 Educational Psychology and Sociology	BEC 304 Computer Application in Phy., Edn., BEC 305 Personality Development and Communication skills	BPC 306 Lezium, Kung fu BPC 307 Swiss ball and Core board Training, Tennikoit BPC 308 Cricket, Archery BPC 309 Hockey, Netball, BPC 310 Throw Events BPC 311 Intensive Teaching Practice
SEM IV	BCC 401 Measurement and Evaluation in Phy., Edn., BCC 402 Kinesiology and Biomechanics BCC 403 Principles and Techniques of Officiating Coaching Part II	BEC 404 Contemporary issues in phy., Edn., fitness and wellness BEC 405 Elementary statistics	BPC 406 Malkhamband pyramid, Boxing BPC 407 Theraband and Ladder Training, Gymnastics, BPC 408 Kabaddi, Handball BPC 409 Khokho, Swimming, BPC 410 Coaching Lesson & Officiating BPC 411 External Teaching Practice

SEMESTER	MORNING PRACTICALS	EVENING PRACTICAL
I Semester	<ol style="list-style-type: none"> 1. Drill and Marching 2. Calisthenics 3. Minor games 4. Aerobics 5. Teaching practice -General & Particular Lesson 6. Track and field (Sprint, Relay, Hurdle, Middle and Long distance) 	<ol style="list-style-type: none"> 1. Badminton and Ball badminton 2. Softball 3. Table Tennis, Chess, Carrom 4. Tennis
II Semester	<ol style="list-style-type: none"> 1. Dhands and baithaks 2. Light Apparatus(Dumbbells, Indian clubs, Hoops and Wands) 3. Yoga 4. Silambam 5. Teaching practice - General &Particular Lesson 6. Track and field (Long Jump, Triple Jump, High Jump, Pole Vault) 	<ol style="list-style-type: none"> 1. Basketball 2. Volleyball 3. Football 4. Throwball
III Semester	<ol style="list-style-type: none"> 1. Lezium 2. Swiss ball and Core board Training 3. Tennikoit 4. Kung fu 5. Teaching practice - General & Particular Lesson 6. Track and field (Shotput, Discus, Javelin, Hammer) 7. Intensive teaching practice 	<ol style="list-style-type: none"> 1. Cricket 2. Hockey 3. Netball 4. Archery
IV Semester	<ol style="list-style-type: none"> 1. Malkhamband pyramid 2. Theraband and Ladder Training 3. Gymnastics 4. Boxing 5. Teaching practice General& Particular 6. Coaching Lesson& Officiating 	<ol style="list-style-type: none"> 1. Kabaddi 2. Khokho 3. Swimming 4. Handball

Examination Reforms:

- A) Introduction of dummy number in the main answer scripts
- B) Examination fee must be uniform for all courses of study as like MPed – eachpaper Rs. 300/.
- C) Remuneration for the External Practical Examinations - each student Rs. 25/. (for all courses of study)
- D) Remuneration for the paper valuation - each answer script Rs. 20/. (For all courses of study)

E) Remuneration for the Question Paper Setting – for each 3 sets would be Rs. 500/. (for all courses of study)irrespective of UG/ PG.

Question paper -

F) Paper setting is done internally since 2017 . Three question papers are received from the setter based on the syllabus.

G) One paper is used for pre-semester, second paper is used for the semester and third paper is used by the COE either for arrear or for conducting reexamination.

1.3 Academic Flexibility

Flexibility to frame the syllabus by Autonomous body.

1.4 Feedback System

- a. **Students** : Yes
- b. **Faculty** : Yes
- c. **Alumini** : Nil
- d. **Resource Persons** : Resource persons are invited to deliver the special lectures related to their curriculum then and there.
- e. **Parents** : Parents’ teachers meeting were conducted for every start of the semester

2 TEACHING – LEARNING AND EVALUATION

Student trainees are selected for admission to various courses through entrance tests, physical fitness test, sports proficiency, interviews and academic record and as per NCTE and Tamilnadu government norms and guidelines.

The academic year starts from July & ends in April.

Number of days for teaching	180
Number of working days	200
Total pre-practice preparation days for exams	20
Number of days for teaching practice	20
Number of days for internship	10
Number of practice lessons for each trainee	Internal-20 (10 General Lesson & External- 20 (10 Particular Lesson)
Total days for practical	<u>180 (4 Hours/Day</u>
Number of days for theory	<u>180 (3 Hours/Day</u>
Number of days for field activity	<u>180</u>
Number of days for intramural competitions	Intramural – 40 Days

Learning

1. Learning through simulation
2. Active – learning developed by providing internet facilities
3. Learning through watching (High Level Sports Meets & Tournaments, advanced play surfaces and play courts)
4. Seminar/workshop/conference
5. Introduction of N.LIST, INFLIBET – Research Centre
6. Laboratory records introduced
7. Introduction of Language Lab for self learning
8. Learning by observing the international matches and volunteering
9. By getting in-pur of the latest methods used in Physical Education from the teachers who visit other countries
10. Organizing seminars and workshops specifically for students
11. Transparency in grading and allotment of internal marks.
12. The scheme of evaluation is made known to the students at the beginning of the academic year

2.1 Teaching – Learning Process

a) Sample Assignments:

Semester-wise two assignments for each paper to be submitted by the students.

b) Teaching Plan:

The classes are handled by the staff based on the time-table and workload allotted by the college. Time Table is prepared and individual workload is distributed and distributed.

- ❖ Guest lectures and
- ❖ Subject experts from near by colleges are invited by handling special classes.

c) Methods Employed:

Teaching aids like, Smart board, Computer, Projector, TV, DVD players, Charts and models are used for effective teaching-learning process.

d) Seminars:

Workshop on Kho-Kho officiating held on 25th March 2018.

Students are engaged to participate in State, National, International seminars organized by other educational institutions.

2.2 Teacher Quality

a) Contribution to College:

Staff responsibilities are allocated and printed in the college calendar.

b) Society:

Staff members and students contribute to the society individually in the teaching and acting as resource persons in the workshops/seminars and orientation and refresher courses conducted by Universities/ colleges/ government sectors.

c) Research:

Research activities are carried out in the college.

M.Phil Scholars and guide allotted for 2017-18

(List with titles)

YMCA College of Physical Education,Nandanam,Chennai-35				
M.Phil-2017-2018				
S.no.	Reg no.	Name	Topic	Guide
1	20170203001	Arumugam.M	Effect of boot camp training on jump shoot in intercollegiate on jump shoot in intercollegiate men handball players	Dr.s.johnson premkumar
2	20170203002	Asaipandi.M	Effect of mental training on selected motor and skill performance variables among field hockey novice players	Dr. S.Abraham Davidson
3	20170203003	Ashwin Fanny.G	Effect of specific yogic practices and italian drill training on selected physiological and basic coordinative abilities in male fencers	Mr.K.Karthikeyan
4	20170203004	Gowtham.S	Effect of resistance parachute training on speed and dribbling ability among school level football players	Dr.J.Jacksonsutharsingh
5	20170203005	Joseph Jayapal.P	Effect of swiss ball medicine ball and combined training on	Dr. Glady Kirubakar

			core stability in school level football players	
6	20170203006	Joy Pinto.J	Effect of varied weight training on selected performance related variables in men hockey players	Dr.Pon.Anbarasu
7	20170203007	Kishore Kumar.T	Effect of aqua fitness and skill training on selected performance related fitness variables among cricket players	Dr. George Abraham
8	20170203008	Masthan Maharaj.D	Effect of functional training on selected performance related variables among men football players	Mr.B.Praveen Doss
9	20170203009	Pandiaraj.M	Effect of strength training combined with specific polymeric exercises on selected skill related fitness and performance related variables in men handball players	Dr.K.Jothi
10	20170203010	S.P.M.Sam Sundaram	Effect of transcendental meditation on selected physiological and performance related variables among men cricket players	Dr.I.Iyappan
11	20170203011	Santhosh Kumar.M	Effect of complex training on selected physical fitness parameters of intercollegiate men volleyball players	Mr.M.Felixarokkiaraj
12	20170203012	Saravanan.P	Effect of wrestling practices on selected biomotor variables of rugby players	Dr.J.James
13	20170203013	Satish Kumar	Kinematical analysis of	Dr. George Abraham

			technique in long jump/effect of german volume training on sselected performance related varables of javelin throwers	
14	20170203014	Selvabaskaran.S	Effect of eccentric training and isometric training on scooping ability among college level men hockey players	Dr. J. Samuel Jesudoss
15	20170203015	Vijaya Kumar.G	Status analysis of postural deformities and yogic intervention on slected physical and physiological variables among corporation school children	Dr. S. Jerome David
16	20170203016	Sharmila.R	Impact of variable intensity interval training on slected motor fitness variables among women football players	Dr.K.Jothi
17	20170203017	Sindhu.K	Effect of mental practice and stretching exercises on flexibity and self esteem among middle aged women	Dr .Glory Darling Margaret

PhD Scholars and guide allotted for 2017-18

Name ; Mr. T.Asirvatham

Reg No ; F1802PEPM134

Guide Name ; Dr.J.Samuel Jesudoss

Year & Month of Reg ; February 2018

Full time/Part time ; Part time

Topic ; INFLUENCE OF EXPLOSIVE STRENGTH TRAINING WITH AND WITHOUT CROSS TRAINING ON SELECTED PHYSICAL FITNESS PHYSIOLOGICAL ANTHROPOMETRIC AND PERFORMANCE VARIABLES AMONG FOOTBALL PLAYERS

Name ; Mr. SANJAY KUMAR . S
Reg No ; F1802PEPM150
Guide Name ; Dr.PON ANBARASU
Year & Month of Reg ; February 2018
Full time/Part time ; Part time
Topic ; EFFECT OF DIFFERENT PACKAGES OF CIRCUIT TRAINING, SPEED ENDURANCE AND COMBINED TRAINING ON SELECTED PHYSICAL PHYSIOLOGICAL AND ANTHROPOMETRIC VARIABLES AMONG KHO KHO PLAYERS

AWARDED

Balaji. P	Effect of Quickness and Reaction Exercises Combined With Varied Frequency Of High Intensity Training On Selected Performance Related Variables Among Sprinters	Awarded	TNPESU	March 2019
Sandeep Kumar P. S	Effect of Skill Based Exercises with Varied Frequencies of Tabata Training on Selected Bio Motor Physiological and Performance Related Variables Among Handball Players	Awarded	TNPESU	March 2019

D) EVALUATION PROCESS:

1.Written Examination (20 Marks):

Each student will be graded by the subject teacher(s). Three sessional tests will be conducted for each paper. Each test carries a maximum of 20 marks and the average of best two tests will be considered. However, in the case of students who miss the tests for any valid reason with prior permission from the subject teacher(s) and the Principal, they may be granted special permission to write the sessional test before the commencement of semester examinations.

2 Assignment (5 Marks):

The students will be given 5 marks for assignments. This may be in the form of Seminars, Projects, Written Materials, Records, etc., A student should submit a minimum of two assignments for each course.

3 Pre Semester (75 Marks):

The Pre Semester examinations will be held at the end of each semester before the final semester examinations, covering all portions and 75 marks are awarded for this examination. Each paper will be evaluated for 75 marks and this will be converted into 25 marks. All the examination will be conducted by the Controller of Examinations. The dated and test portions will be intimated in advance by staff concerned. There are no minimum marks for passing in both internal and external examinations. However, the minimum for passing in each paper is 50% combining internal and external marks. A student who fails in anyone or more papers in the semester examination, will be permitted to rewrite the paper or papers in the subsequent semester examinations.

First sessional test	=	20 Marks
Second sessional test	=	20 Marks
Third sessional test	=	20 Marks
Average of the best two tests	=	20 Marks
Assignment	=	5 Marks
Pre Semester converted to 25	=	25 Marks
Total	=	50/2
Internal	=	25 Marks

4 Theory:

- i. The Answer scripts are evaluated by both internal and external examiners (Double Valuation).
- ii. If there is 10% difference between two examiners, a third revaluation is conducted, which will be final.
- iii. Question papers for each examination will follow the regulation and syllabus in force at that time. The question paper pattern include both 5 marks and 10 marks.

a. Part A – Compulsory 10 Questions X 2 Marks	=	20 Marks
b. Part B - 5 Questions out of 7 X 5 Marks	=	25 Marks
c. Part C - 3 Questions out of 5 X 10 Marks	=	30 Marks

Total = 75 Marks

- iv. A student getting 'RA' Re-Appear in a subject must repeat the examination to obtain the degree. Such students are exempted from attendance.

- v. A student shall not be permitted to repeat any course only for the purpose of improving the grade.

5 Practical:

There are no minimum marks for passing in both internal and external examinations. However, the minimum for passing in each practical is 50% of total marks in the particular practical.

A student, who fails in any one or more practical in the semester examination, will be permitted to redo the practical(s) in the subsequent semester examinations.

E. Students' performance and learning outcomes:

Results of old and even semester are presented below:

NOVEMBER - 2017

SL.NO.	CLASS	STUDENTS STRENGTH	STUDENTS APPEARED	NO. OF PASS	%
1	M.P.E.D II	06	6	6	100
2	M.P.E.D I	47	41	39	95
3	B.P.ED. II	92	76	70	92
4	B.P.ED. I	95	91	85	93
5	B.M.S.	2	2	2	100
6	B.P.E.S.	58	50	16	32
7	M.Sc. II	4	4	4	100
8	M.Sc. I	6	2	2	100

Even Semester Results of all courses were published on - 30.04.2018 and were uploaded in the website of the college. The percentage of pass is given below:

APRIL - 2018

SL.NO.	CLASS	STUDENTS STRENGTH	STUDENTS APPEARED	NO. OF PASS	%
1	M.P.E.D II	06	6	6	100
2	M.P.E.D I	47	34	34	100
3	B.P.ED. II	92	90	90	100
4	B.P.ED. I	94	89	85	95
5	B.M.S.	2	2	2	100
6	B.P.E.S.	58	23	13	56
7	M.Sc. II	4	4	4	100

8	M.Sc. I	6	2	2	100
9	PGDSC	4	4	4	100

f. Department Activity:

i) Conference / Symposium -

- **Workshop on Kho-Kho** officiating held on 25th March 2018.
- **Workshop on Kabaddi** officiating held on 8th April 2018.

ii) Seminar - Hundred Students participated and learnt the fundamental techniques in sports nutrition and diet in a Workshop on “**Sports Nutrition and Diet**” by Mrs. Priya, Nutritionist, Ramachandra Medical University on 12th September 2017.

iii) Guest Lectures – as per the time table/ Syllabus

Sl.No.	Name	Activity
1	Mr.Kannan	Gymnastics
2	Mr.Rangarao	Thai-chi
		Band master etc

g) Consolidated Attendance Batch-wise:- Hard Copy attached

3. Research, Consultancy and Extension

3.1 Promotion of Research	Yes
3.2 Resource Mobilization for Research	Nil
3.3 Research Facilities	11 labs
3.4 Research Publications and Awards	Pl. refer the no.
3.5 Consultancy	Students are acting as officials & consultants to IT Companies
3.6 Extension Activities and Institutional Social Responsibility	Active NSS Group & Sports Academy in various games & sports
3.7 Collaboration	Nil

4. Infrastructure and Learning Resources :

a) Physical Facilities :

S.No.	Playground	No.	Area in sq.ft
1	Football	2	21600
2	Fitness Centre	1	2400 sq.ft
3	Hockey	3	14180
4	Cricket	1	14400
5	Volleyball	3	486
6	Basketball	3	1260

7	Badminton	2	280
8	Ball Badminton	2	280
9	Boxing Ring	1	10000
10	Kho-kho	2	810
11	Kabbadi	2	260
12	Tennis Court complex	14	3696
13	Handball	1	900
14	Boxing Ring	1	100
15	Track & Field	2	18700
16	Gym	1	1200
17	Astro-turf hockey field	1	5000
18	Table Tennis	2	2400
19	Baseball	1	2400
20	Softball	1	2400

b) Library :

Particulars	Existing		Newly added		Total	
	No.	Value	No.	Value	No.	Value
Text Books& Reference Books			121	131097	4613	3791774 .67
e-Books			135000	5750	598036	31500
Journals			16	49200	329	298215
e-Journals			6247	5750	26843	25750
Digital Database			21	5750	123	2575
CD & Video			100	FREE	826	FREE
Library automation						YES

c) IT Infrastructure:

	Total Computers	Computer Labs	Internet	Browsing Centers	Computer Centers	Office	Depart- ments	Others
Existing	48	1	9	1	1	1	5	0
Added	2	0	0	0	0	0	0	0
Total	50	1	9	1	1	1	5	0

d) Maintenance of Campus facilities :

Statement Showing The Area Of The Campus And Building, Academic, Administrative, Play Area, Hostel Etc,

S.No	PRESCRIPTION	SQ.FT	SQ.MT
1.	ADMINISTRATIVE BUILDING FF	5856	549.29
2.	ADMINISTRATIVE BUILDING GF	9756	911.77
3.	CLASS ROOMS	22000	2000
4.	CORRESPONDENT QUARTERS	2224	207.85
5.	DINING HALL	4900	457.94
6.	DIRECTOR'S QUARTERS	518.75	48.48

7.	GYMNASIUM	16655.5	1556.7
8.	HOSTEL FF	4925	463.08
9.	HOSTEL GF	4925	463.08
10.	HOSTEL FOR MEN	14850	1359.15
11.	HOSTEL FOR WOMEN(13A-13 O)	10427	974
12.	LAVATORY	750	70.09
13.	P.G. HOSTEL	2570	244
14.	PAVILION FF	2562	239.43
15.	PAVILION GF	2562	239.43
16.	PHYSIOTHERAPY FF	2136	198.49
17.	PHYSIOTHERAPY GF	3070	288.91
18.	PICNIC CENTRE	2186	204.3
19.	POST GRADUATE HOSTEL FF	2189.63	202.86
20.	POST GRADUATE HOSTEL GF	2560	244
21.	PRAYER HALL	1939.5	181.26
22.	PRAYER HALL	1939.5	181.26
23.	PRINCIPAL'S QUARTERS	948	90.58
24.	PUMP ROOM	625	58.41
25.	QUARTERS	288	26.91
26.	QUARTERS	1562	145.98
27.	QUARTERS	1133	105.88
28.	STAFF QUARTERS FF	725	67.75
29.	STAFF QUARTERS GF	725	67.75
30.	STORE	1140	105.91
31.	SUPERINTENDENTS QUARTER'S	608.5	56.55

5. Student Support and Progression :

All the M.Phil Scholars & M.P.Ed –II year students attended a Colloquium for finalizing the Topic of research work on 23-01-2018. All the teaching staff and Principal attended.

Students of M.P.Ed II year & B.P.Ed II year went for **Intensive coaching classes** from 24th Jan to 09th Feb 2018 between 2 p.m and 6 p.m. to various schools around Chennai city to gain practical experience in teaching and coaching under the supervision of Physical Education Teacher/ Physical Director/ Coach of the corresponding Institution. They handled Intensive Coaching classes whenever the teams are practicing in the corresponding institution

A) STUDENT MENTORING AND SUPPORT : -

- Hundred Students participated and learnt the fundamental techniques in sports nutrition and diet in a Workshop on **“Sports Nutrition and Diet”** by Mrs. Priya, Nutritionist, Ramachandra Medical University on 12th September 2017.

- Workshop on “**Cancer Awareness Programme**” for women students by Dr. Kalawathy, Gynecologist was held on 21st September 2017. 75 students have actively participated in the interactive session.
- Our 6 Ph.D Scholars, 17 M.Phil Scholars, 18 MPed Students, 2 BPed Students and 5 Faculty Members have participated and presented papers in, a National Seminar on “**A Life of Wellness, Food Habits and Yoga in Vogue**” held at Ernakulum on 11th& 12th January, 2018.
- **BUCK MEMORIAL SPORTS FESTIVAL**
To expose students to competition and officiating 60th BUCK Memorial Sports Festival was conducted on 21st, 22nd and 23rd August 2017. **Mrs. K. Saramma, Arjuna Awardee**, Former Asian Champion and Sports Officer, Southern Railways inaugurated the festival. 4500 athletes and players from 90 institutions participated in 27 sports. Track and Field has been introduced for college students’ category. In the Valedictory function **Mr. Koshy Mathew**, Chairman, YMCA College of Physical Education; Chennai was the Chief Guest to distribute trophies & prizes for the winners. Dr. S. Johnson Premkumar was the organizing secretary of the Buck Memorial Sports Festival.
- **PICNIC**
 To relax from the tight and hefty academic activities a one-day picnic for staff and students to Vandaloor and Kishkintha Amusement Park was organized on 28th July 2017.

B) STUDENT PROGRESSION

Placement :

PLACEMENT CELL- CAMPUS INTERVIEW- 2017-18

The Placement cell of the YMCA College effectively bridges the gap between opportunities available in the educational institution and eligibility of the students. Information regarding the campus recruitment process are displayed to the students. It helps students to plan their careers by providing information about the educational institutions which approach the institute. A quite number of schools and education companies visit the Institute every year for Campus recruitment.

This year workshop on job interview etiquette for M.Phil scholars and M.P.Ed final year students was held on 5th Feb. 2018 from 11.30 a.m. to 1.00 p.m. in the B.P.Ed – I B class room organized by Rotary Club of YMCA College of Physical Education. The following are the institutions that offered appointments through Placement and many more outside campus.

1. Alpha International School and Alpha Matriculation Higher Secondary School New no. 151, Velachery - Tambaram Main Rd, Sembakkam, Chennai, Tamil Nadu 600073
2. Ambal Matriculation School Address: 1 Ii Main Road Jaganathan Nagar, Janakiraman Colony, Arumbakkam, Chennai, Tamil Nadu 600106

3. Bharath Matric Hr Sec School, No-2 - Rama Murthy Street, M.T.H Road,,Ramapuram,Ambattur, Chennai, Tamil Nadu 600053
4. D.A.V. Boys Senior Secondary School (CBSE) 212-213, Avvai Shanmugam Salai, Gopalapuram, Chennai, Tamil Nadu 600086
5. Chinmaya Vidyalaya, 9b, Taylors Rd, Kilpauk, Chennai, Tamil Nadu 600010 Phone: 044 2836 3379
6. Boaz CBSE Public School, 277, Velachery Tambaram Main Rd, Gowrivakkam, Chennai, Tamil Nadu 600073
7. Agarwal Vidyalaya And Junior College, 54, EVK Sampath Rd, Vepery, Periyamet, Chennai, Tamil Nadu 600007
8. SBOA School & Junior College, 18, School Rd, D-Sector, Anna Nagar West Extension, Chennai, Tamil Nadu 600101
9. Pon Vidyashram Group Of Schools, Velayutham Colony, Saligramam, Chennai, Tamil Nadu 600093

The total number of students participated were 38 and 90 % of the students were placed in different schools.

C. FINE ARTS :

TalentNite was conducted on 21st July 2017 at 5.00 pm. Dr. George Abraham, Principal was the chief guest. Students performed variety of programme and exhibited their talents.

SPORTS : PROJECT SPORTS MEETS ORGANISED

DATE	CLASS	CHIEF GUEST	COMPETITION DIRECTOR
15.09.2017	M.P.Ed	<p>"ACE"</p> <p>Inauguration: Mr. V. Jayaprakash, International Body Builder, Security Branch CID Chennai</p> <p>Valedictory: Mrs. Molly Chacko, International Athlete. Superintendent, Southern Railway.</p>	Mr. Felix Arokiaraj
11.10.2017	B.PEd-II(A)	<p>"SECOND WIND"</p> <p>Inauguration: Mr. A Rajan, Asian Gold Medalist in 800mts</p> <p>Valedictory: Mr.C.VSunny, Former Indian Basket Ball Team Captain</p>	Dr. J. Samuel Jesudoss
07.12.2017	B.PEd-II(B)	<p>"ADO-50-PROJECT SPORTS MEET"</p> <p>Inauguration: Mrs. Nina Reddy,</p>	Dr. PonAnbarasu

		Patron, Tamil Nadu Aquatic State Association Valedictory: Mrs.Renuka Lakshmi , General Secretary, Hockey Unit of India	
06.03.2018	D.P.Ed	"ZEST" Inauguration: Mr.M.Suresh Kumar Marimuthu , Fitness Coach Valedictory: Dr.A.V.Bharath Krishna , CEO of 7 TH Box Fit & TN State Judo Coach.	Mr.Praveen Doss

BUCK MEMORIAL SPORTS FESTIVAL

60th BUCK Memorial Sports Festival was conducted on 21st, 22nd and 23rd August 2017. **Mrs. K. Saramma, Arjuna Awardee**, Former Asian Champion and Sports Officer, Southern Railways inaugurated the festival. 4500 athletes and players from 90 institution participated in 27 sport. Track and Field has been introduced for college students' category. In the Valedictory function **Mr.Koshy Mathew**, Chairman, YMCA College of Physical Education; Chennai was the Chief Guest to distribute trophies & prizes for the winners. Dr. S. Johnson Premkumar was the organizing secretary of the Buck Memorial Sports Festival.

D).EXTENSION UNIT :

NSS PROGRAMME and EXTENSION ACTIVITIES

- A cleaning programme was initiated by NSS on 5th Feb 2018. About 102 NSS volunteers of our college participated in the cleaning work. Various Programme were carried out by NSS in the campus during the academic year. Dr. S. Johnson Premkumar was the NSS coordinator.
- Our College N.S.S organized an awareness program on "Anti - corruption" on 3rd November, 2017 in Gymnasium hall. Mr.J.UdhayaSankar, Dy.S.P., Vigilance & Anti-corruption, Chennai has given talk on Anti-Corruption. All the Staff & Students attended the programme.
- 10 students participated in the NATIONAL YOUTH LEADERSHIP TRAINING PROGRAMME 2017 at Kanyakumari between 5th to 7th September 2017 organized by **All India Association For Christian Higher Education (AIACHE)**. The students were accompanied by Dr. Prabu.

- 15 students served as volunteers on 13th September 2017 for Idhayaganam programme for orphan children and senior citizens organized by Rotaract Club of Madras East.
- **Terry Fox Run**
As an extension activity 50 students served as volunteers for 9th edition of Terry Fox Run-A run for cancer patients to raise fund for Cancer Research Institute on 17th September 2017 in which 40,000 people were participated.

Awareness programme

YMCA College was organized the following programme in the academic year 2017-2018
[From Oct 2017- Feb 2018]

S.No	Date	Programme	Students Involved	Core Team Members	Man hours Invested
1	13 th Oct	Career Guidance Talk Series	50	3	100
2	3 rd Nov	Wings to Fly Semi-Finals	25	5	150
3	12 th Jan	National Youth Day Leadership Training Program	10	1	50
4	5 th Feb	Job Interview Etiquette Training	23	2	100
5	21 st Feb	Art Public Awareness Exhibition	20	2	50

E) STUDENT PARTICIPATION AND ACTIVITIES:

Cultural & Literary Activities

- **Talent Night** was conducted on 21st July 2017 at 5.00 pm. Dr. George Abraham, Principal was the chief guest. Students performed variety of programme and exhibited their talents.
- **ONAM** was celebrated on 4th September 2017 with floral arrangement competitions and other traditional games, Mr. **M. A Salim, President, Confederation of Tamil Nadu Malayalee Association (CTMA)** was the chief guest and addressed the students. .
- **CHRISTMAS DAY** celebration was held on 19th December 2017, in the YMCA college premises. College Correspondent & Secretary Mr. Koshy Mathew was the Chief Guest. The performance of our Christmas papa added more color to the programme.
- The students of the College celebrated "**PONGAL FESTIVAL**" in the campus on 10th January 2018.
- **Independence Day Celebration**

71st Independence Day was celebrated on 15th August 2017. Dr. George Abraham, Principal hoisted the Flag and delivered Independence Day message to the Staff and Students

- **National Sports Day**

Inter class Hockey Tournament was conducted on 29th August as a mark of National Sports Day. Students were highlighted about the achievements of legend Hockey player Major Dyan Chand.

- **Teachers Day**

Teachers Day Celebration was conducted on 5th September 2017 by M.P.Ed II and M.Phil students. Management honored the teaching faculty by cash award of Rs. 2000 to each staff.

- **Blood Donation**

A Blood Donation Drive has been arranged in the college campus on 11th August 2017 in association with Rotaract Club Madras East. Seventy one (71) Units of blood have been collected through the Camp.

- **Republic Day**

On 26th January 2018 Republic day flag hoisting ceremony was conducted at 6.00a.m in the college pavilion ground.

F) COMPETITION :

TNPESU INTERCOLLEGIATE RESULTS 2017-18

About 49 players / athletes from YMCA College of Physical Education represented Tamil Nadu Physical Education and Sports University at South Zone and All India Inter University Tournaments in various sports and games during 2017-18 on 24th& 25th Oct 2017.

S.NO	NAME OF GAMES	MEN	CLASS	WOMEN	CLASS
1	BALL BADMINTON	VimalRaj.R- Praveen Kumar. B	B.P.Ed - II B B.P.Ed - I B		-
2	BADMINTON	Alex,	MPed. I		
3	BASKETBALL	Vince.T., Jeyaprakash.J, Anand Kumar Sarath Kumar Keerthivasan,	MPed. I B.P.Ed. II A BPed II A BPed.I B BPed IA		
4	BOXING	Yogeshwaran.K, Vignesh.K, Karthick.P, Tinu.B.Tharique,	BPed. II B BPed. II B BPed IA BPES I		
5	CRICKET	Praveen Kumar, Jino John,	MPed. I BPED I A	EmiMall Yuvarani, Indhu	BPES I BPES I BPed.II

6	FOOTBALL	Thangabalu.M, NasarKhan.M. SkhemborKhong B.T., Ganesh.R.	BPED I B MPED I BPED I B BPED IIB	Prema.K., Praveena.V, Raj GnanaJoshana Jayasudha.V,	BPED I B BPED I B BPED IB BPED II B
7	HANDBALL	AnbArasan, Venkatesh, Tiruppathi.R., Aravind.K., Edwin Jerry.C,	BPED II A BPED II B BPED II B MPED I BPED I A	Chitra.S., Ramya.R., Manju.P.,	BPED I A BPED I B BPED I A
8	HOCKEY	Iyyanar, Praveen Kumar.S., Vijay Kumar.V., Madhavan.R.,	BPED II A BPED II B BPED I B BPED I A	Logeswari.G	MPED.I
9	NETBALL	KeerthiVasan, Jayaprakash sarath Kumar,	BPED IA B.P.Ed. II A BPED I B		
10	VOLLEYBALL	Raj.R., Vengatesh.	BPED I B MPED I	Keerthika.K.,	BPED II B
12	TENNIS	Vasanthan.A. Dinesh.S., Prasad,.	MPED I MPED I P.G. DIP		
13	TABLE TENNIS	Mahendran.P.	BPED I B		
14	TAEK WONDO			Ramya.R	BPED I B
TOTAL		36 MEN		13 WOMEN	

**RESULTS OF TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY
INTERCOLLEGIATE TOURNAMENT 2017-18**

MEN SECTION

Winners

1. Basketball
2. Ball Badminton
3. Handball

Runners

1. Netball
2. Tennis

WOMEN SECTION

Runner

1. Volleyball

Students Achievements in other University Competitions

On 15th September the College Throw ball Women Team have participated in Jean Harris Carnival Tournament and secured 3rd Position. This programme is organized by Rotract Club of Guindy.

ANNUAL SPORTS DAY

Intramural Valedictory & Annual Sports Day was held in the month of April 2018.

G) SCHOLARSHIPS:

Details	Number of Students	Amount
Financial support from institution	Nil	Nil
Financial support from government	230	2055635
Financial support from other sources	Nil	Nil
Number of students who received International/ National recognitions	Nil	Nil

H) ADMISSION:

- As per Government norms
- TNPESU
- NCTE

6. INNOVATIONS AND BEST PRACTICES:

INSTALLATION CEREMONY

Installation of Rotaract **Club of YMCA** College was conducted on 29th July 2017.

Mr. B.S Purshotham, President RCME was the chief Guest and addressed the gathering. Mr. Unni gave a motivational talk to the students to develop their personality and communication skills

INTER SCHOOL AEROBICS & CALISTHENICS COMPETITION-2018

Inter School Aerobics & Calisthenics Competition 2018 held in the College campus. 24 schools participated in this competition. The winners and participants were given Medals and Certificates.

BOOK EXHIBITION

The Book Exhibition held on 19th February, 2018 at Conference Hall, was inaugurated by our Principal, Dr. George Abraham, organized by college librarian Dr. Prabhu.

RELIGIOUS ACTIVITIES

On 9th September 2017 one day youth retreat programme has been arranged for the staff and students in the College Chapel in association with Laymen Evangelical Fellowship. The programme was very useful to learn and understand the word of God with Skit, Choreography and Group discussion.

DISTANCE EDUCATION PROGRAMME

About 72 Students have enrolled in Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year 2018-19. The various courses offered were PG Diploma in Yoga/ M.Sc., in Yoga (L.E)/ Diploma in Aerobic Instructor/ Diploma in Gym Instructor/ PG Diploma in Gym Instructor. The DDE- PCP classes were conducted periodically under the staff

The College is conducting Distance Education Programme on various courses. We have conducted contact classes for the following courses from 14th to 24th March 2018.

- a) P.G Diploma in Yoga
- b) P.G. Diploma in Gym / Fitness Trainer
- c) Diploma in Yoga
- d) Diploma in Gym and Fitness Training
- e) M.Sc., Yoga (Lateral Entry)

Environment Consciousness:

YMCA College organized Regreen Chennai programme under the leadership of Fr. Jegath Gaspar Raj, Vision Head, Chennai on 3rd September 2017. Delegates from US, France, Spain, Russia and Malaysia were participated in the programme. They planted 1000 saplings and also conducted a mini Marathon competition.

YMCA COLLEGE OF PHYSICAL EDUCATION

ACADEMIC AUDIT REPORT

SESSION – 2017-18

Name of the Department: Physical Education (Single Faculty College)

Expert Committee members and their affiliation:

1. Dr. Uma Manohar, Associate Prof. & Head, Dept of Physical Education, Queen Mary's College

The following were the recommendations made during the academic audit conducted on Friday, the 8th February 2019

a. Strength of the college

- YMCA College of Physical Education being a single faculty college enjoys the reputation of being a part of one of the distinguished institutions of the entire country. The support & encouragement it receives from the management is highly commendable.
- It has a highly qualified faculty with immense motivation.
- The talented faculty with their innovative teaching skills is a real strength of the college.
- A well designed curriculum broadens the scope of imparting knowledge in the related disciplines of physical education.
- The Play field set amidst sylvan surroundings and their maintenance is par excellence.
- The college provides 100% job opportunity in various sectors. The faculty in the aided and the self-financing sector despite of having many challenges is extremely committed in contributing maximum to their students.
- Scholarships and educational loan facilities are provided.

b. Best Practices of the college

- Through practical oriented activities the objectives of the curriculum is achieved.
- An organizational exposure given to the students result in the phenomenal gain of knowledge.
- Various activities like, internship programme, officiating, Project Meet, Intramural, seminars, workshop, along with participation in sports & games give them an added impetus.
- Students are motivated to do add-on programmes along with the regular programme.
- Service to the society through awareness programmes is encouraged.
- The syllabus is updated every year based on the need and demand.

c. Areas of concern for improvement

- Staff rooms must be provided to all teaching staff, to initiate research work, student counselling, academic purposes, PTA meetings etc
- Research projects need to be initiated for growth of the college by the staff members.
- The play facilities need to be face lifted.


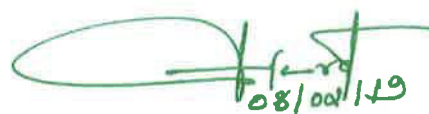
d. Recommendation for future direction

- Faculties may be encouraged to conduct research projects, through various funding options such as UGC major and minor research projects, as the percentage of faculties conducting research projects is relatively less
- Faculties may be encouraged to publish papers, articles or participate in book review, as the percentage of faculties involved in such activities is less
- The institution may formulate a consultancy policy and encourage its faculties to participate in consultancy projects
- Student centric learning mechanism may be improved
- Use of power point in classes for teaching learning by the students and the faculties may be reinforced
- Feedback mechanism may be introduced from external stakeholders

Overall Rating : (Tick any one)

Excellent	<input checked="" type="checkbox"/>	General Comments:
Very Good	<input type="checkbox"/>	
Good	<input type="checkbox"/>	
Satisfactory	<input type="checkbox"/>	

Signatures of Academic Auditors with Name & Seal

Signature of Expert Member  Dr. E. UMA, M.Sc., M.P.Ed., M.Phil., Ph.D., ASSOCIATE PROFESSOR & HEAD DEPT. OF PHYSICAL Edn, HEALTH Edn. & SPORTS QUEEN MARY'S COLLEGE (A) CHENNAI - 600 004 <i>08/02/2019</i>	Signature of Chair Person /HOD  Dr. GEORGE ABRAHAM Principal YMCA College of Physical Education Nandanam, Chennai-600 035. <i>08/02/19</i>
--	---

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI

ACADEMIC AUDIT REPORT -2018-2019

INTRODUCTION

The YMCA College of Physical Education established in the year 1920, YMCA College of Physical Education is a pioneer institution in Physical Education. The college today stands as a monument to the missionary vision, courage and faith of its founder Mr. Harry Crowe Buck. By virtue of its repeated services to Humanity through Physical Education, Health Education, Recreation and Allied Sciences, UGC and University of Madras through the Government of Tamilnadu, the Education Department conferred the status of Autonomy to the college in the year 1986.

Since then, the college has been introducing many new academic programmes by taking the lead in many pioneering ventures. The college has introduced many new courses with a number of choices in subjects and activity options. Through the effectiveness of the well-designed programme, the College has been accredited by NAAC with 'A' grade in March 2003 and re-accredited up to January 2018.

- M.P.E.D II-2 years
- B.P.ED. II-2 years
- B.M.S.-1 year
- B.P.E.S.-3 years
- M.Sc. -2 years
- PGDSC-1 year
- D.P.Ed -2 years

1. CURRICULUM ASPECTS

1.1 Curriculum Design and Development:-

a) Syllabus – Hard Copy attached.

b) Suggestions made by the

The same was approved by the Academic Council vide its meeting held on 27.06.2018
It was suggested to change the following in the M.PED Course of study

MCC 302 CURRICULUM DESIGN IN PHYSICAL EDUCATION

Present content	Changes Required
UNIT-I Introduction to Curriculum Subject centered, learned centered and community centered is repeated Instead of theories of curriculum development	Introduction to Curriculum and Curriculum Design need to be deleted 1 include Old and modern concept of curriculum Patterns of curriculum to be included Meaning, definition of Curriculum Design – basic principles for planning Curriculum design
UNIT- II- Basic Principles of curriculum	Delete sources of Curriculum in topic as

Development Sources of curriculum.	well as sources of curriculum materials (modified a separate Unit V as Curriculum Sources)
Unit- III Integration of Physical Education with other Faculties	To be changed as Unit- IV
Unit- V Curriculum Sources	To be changed as Unit- III
Unit- IV Curriculum Appraisal or Evaluation	To be changed as Unit- V Include- Characteristics, Types and importance of Evaluation in curriculum

In semester **IV M.P.Ed**, to equip the student's for competitive and professional exams the following paper can be included as core paper

MCC- 403 PROFESSIONAL PREPARATION FOR NET/ SET / TRB/ TNPSC can be included as a core paper. For that it was decided each semester three elective papers.

Semester - I

MEC 104 – Adopted Physical Education
MEC 105- SPORTS Management
MEC 106 – Sports Technology

Semester - II

MEC 204 – Value education
MEC 205 - Environmental Science
MEC 206 - Sports Nutrition & Health Promotion

Semester – III

MEC 304 - ICT in Physical Education
MEC 305 - Sports Engineering

Semester - IV

MCC 404- as Dissertation

Agenda No: 4B

As per the decision by the Subject Experts, it was suggested to change the following in the B.P.Ed Course of study

BCC – 303 Education Psychology and Sociology all the units are merged with BCC 101. The title of the subject is changed to Principles & Foundation of Physical Education, Educational psychology and sociology.

BCC 101

Principles, Foundations of Physical Education, Education Psychology and Sociology

Unit: I Introduction and Foundation of Physical Education

Meaning – definition- scope- aims & objectives of phy.edn-Importance of phyedn in present era- relationship of phy.edn with general education – phyedn as an art & science- philosophical foundation – idealism – pragmatism – naturalism – realism – humanism- existentialism.

Unit: II Principles of Physical Education

Biological – Growth & development – age & gender – characteristics – body types- anthropometric differences. Psychological – Attitude – interest – cognition & sentiments. Sociological – Social Integration & Cohesiveness.- Leadership.

Unit: III Education Psychology

Meaning – 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- factors affecting the sports performance – heredity and environment – Psycho – sociological aspects of Human behavior in relation to physical education and sports.

Unit: V Sociology

Orthodoxy, customs, tradition & phyedn. – Socialization through phyedn – importance of culture and effect of culture on life style.

The title of the subject BCC- 201 – History of Physical Education, Recreation and Camping has been proposed to change as History of Physical Education, Recreation, Camping and Guidance & Counseling.

Unit: IV – Recreation and Camping as merged as one unit.

Unit: V - Guidance and 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.

In BCC- 203 Principles and Techniques of Officiating Coaching Part –I(Badminton, Ball Badminton, Softball, Table Tennis, Chess, Carrom, Tennis, Basketball, Volleyball, Football, Throw ball, Track events and Jump Events.) Page No: 20 Games are transferred to III Sem BCC-303 Page No: 24 & Track & Jump events are transferred to BCC 203 and BCC-403 [Page No: 29] throw events also included in BCC – 203. Page No: 20

BCC -203

Principles and Techniques of officiating and coaching – Part –I

UNIT-I

Qualification and qualities of an official- philosophy of officiating – general principles of officiating – Pre, During & Post duties of official – Mechanism of officiating – Official signals and powers – system of officiating – position of officiating.

UNIT-II

Dimension & Layout of track events – Rules & Regulations – Track event Measurement and Specification of Equipment's –Track & Field- layout of track , sprint, hurdle, middle , long distance and relay events.

UNIT-III

Dimension & Layout of Jump events – rules and regulations – measurements and specification of equipment's- track & field – layout of long jump, high jump and pole-vault.

UNIT - IV

Dimension & Layout of throw events – rules and regulations – measurements and specification of equipment's- track & field – layout of shot-put , discus , javelin & hammer throw.

UNIT - V

Skills & Techniques, Drills & Lead up Activities to develop various techniques in track and field events.

BCC – 303 is Vacant. For that new paper is included as Principles and Techniques of Officiating Coaching Part –II [Badminton, Ball Badminton, Softball, Table Tennis, Chess, Carrom, Tennis, Basketball, Volleyball, Football, and Throw ball.] Following the previous syllabus.

BCC – 403 Principles and Techniques of Officiating Coaching Part –II Change as Part III

BCC 401 – Test & Measurement in Physical Education – Unit – III- Page No: 27

- National Physical Fitness Test, U. S. Army Physical Fitness Test are Deleted.
- Barrow Motor Ability Test, Johnson Test of Motor Educability ,Cozen Test of general Athletic Ability Test, SDAT Battery Test are Included.

Practical

BPC-406

The following activities are included in the **BPC 406** - Track & Field Marking – Play field marking – Training methods – Test & Measurements. Each Activities 25 Marks.

[Total: 100+100 = 200]

BPES course of study

Semester-I

Paper IIEnglish -1 Page No: 21

Unit IV

c. Translation (Deleted)

c. Auxiliary Verbs (Added)

Unit V

(Added)

a. The Hymn of Creation- poetry

- b. The Living God- Poetry
- c. Character Building – Prose (Deleted)
- a. Cabuliwallah- Rabindranath Tagore
- b. The Last Leaf- O. Henry
- c. Upper Division Love – ManoharMalgonkar

Semester II

Paper VIEnglish – II Page-No29

Unit II

a. Translation- Idioms and Phrases (Deleted)

b. Idioms and Phrase (Added)

Unit –IV and Unit- V (Deleted)

Unit IV Grammar (Added)

a. Kinds of Sentence

b. Reported Speech

Unit V Prose (Added)

a. What I Cherish Most

b. On forgetting

Semester-II

Paper VIIAnatomy and Physiology

Page No: 30

Unit 1 (Added)

Descriptive Terms Used to describe the Human body and movements.

Semester-III

Paper XEnglish – III

Unit II

a. Translation- Sentences - Tamil to English (Deleted)

b. Voice and Tenses (Added)

Unit –IV and Unit- V (Deleted)

Unit IV Grammar (Added)

a. Degrees of Comparison

b. Articles

Unit V Essays (Added)

a. Happy life

b. Laugh and Be Marry

Semester-III

Paper XIHealth and safety Education

Page No:38

Unit- III- (Added)

Non-Communicable Diseases

- Hyper tension
- Obesity
- Myocardial
- Diabetes

Semester-IV

PaperXIVEnglish – IV

Unit –IV and Unit- V (Deleted)

Unit IV Grammar (Added)

a. Direct and Indirect Speech

b. Active and Passive Voice

Unit V Extensive Reader (Added)

- a. R.K. Narayan
- b. Jagadish Chandra Bose
- c. Dr. S. Radhakrishnan

Semester-V

Paper XVII Science of Yoga

Page No: 49

Unit 1

(Added)

Patanjali yoga sutra and
ThirumoolarThirumandiram

Unit II-(Added)

Methods of yogic practices

Prayer- Asana – Prandyara- kriyas – Meditation – closing prayer

Semester-V

Paper XIX Kinesiology and Biomechanics

Page No:51

Unit III (Added)

Axes and Planes

Part V.Extension Activities/ Village Placement Program

Page No: 15

VPP to be shifted from III yr to II yr in fourth semester.

It was suggested to remove cardio vascular diseases, cardio respiratory diseases and to add hyper tension and arteriosclerosis along with diabetics

1.2 Curriculum Planning and Implementation:-

M.P.Edwith Credit System

	CORE COURSE YMCA COLLEGE	ELECTIVE COURSE	PRACTICAL
	MCC 101 Yogic Sciences MCC102 Research Process in Phy., Edn., & Sports Sciences MCC 103 Physiology of Exercise	MEC 104 Environmental Studies MEC 105 Sports Management	MPC 106Track and Field (Throws) and Aerobics MPC 107Yoga and Exercise Physiology Lab MPC 108 Specialization 2 nd Best MPC 109 Specialization 1 st Best MPC 110 Teaching Practice and Class Room Teaching
	MCC 201 Sports Psychology MCC 202 Applied Statistics in Phy.,Edn., MCC 203 Test, Measurement and Evaluation in Phy.,Edn.,	MEC 204 Value Education MEC 205 Physical Fitness, Sports Nutrition and Health Promotion	MPC 206Track and Field (Sprint, Relay, Hurdle) and Gymnastics MPC 207 Indigenous Activities and Sports Psychology Lab MPC 208 Specialization 2 nd Best MPC 209 Specialization 1 st Best MPC 210 Teaching Practice and Class Room Teaching
	MCC 301 Scientific Principles of Sports Training MCC 302 Curriculum Design in Phy.,Edn., MCC 303 Sports Biomechanics & Applied Kinesiology	MEC 304 ICT in Phy.,Edn., MEC 305 Sports Sociology	MPC 306 Track and Field (Jumps) and Swimming MPC 307 Martial Arts and Biomechanics & Kinesiology Lab MPC 308 Coaching Lesson & Officiating MPC 309 Specialization 1 st BestMPC 310 Internship

MCC 401 Prevention and Management of Sports Trauma MCC 402 Rules of Sports and Games MCC 403 Dissertation	MEC 404 Sports Technology MEC 405 Sports Engineering	MPC 406 Track and Field (Middle & Long Distance, Combined) and Training Methods MPC 407 Mass Drill and Sports Injury and Rehabilitation Lab MPC 408 Coaching Lesson & Officiating MPC 409 Specialization 1 st Best
--	---	---

Bachelor of Physical Education (BPed., Two years) with Credit System

CORE COURSE YMCA COLLEGE	ELECTIVE COURSE	PRACTICAL
BCC 101 Principles and foundation of Phy., Edn., and guidance and counseling BCC102 Anatomy and Physiology BCC 103 Health Education and Environmental Studies	BEC 104 Sports Nutrition and Weight Management BEC 105 Sports Management	BPC 106 Calisthenics, Minor games, BPC 107 Drill and Marching, Aerobics BPC 108 Badminton and Ball badminton, Softball, BPC 109 Table Tennis, Chess, Carrom & Tennis BPC 110 Track Events BPC 111 Teaching Practice
BCC 201 Yoga Education BCC 202 Organization and Administration and Methods of Teaching in Phy., Edn., BCC 203 Principles and Techniques of Officiating Coaching Part I	BEC 204 Educational Technology and sports journalism and tourism BEC 205 Sports Medicine, Physiotherapy and Rehabilitation	BPC 206 Dhands and baithaks, Light Apparatus, BPC 207 Yoga, Silambam BPC 208 Basketball, Volleyball, BPC 209 Football, Throwball BPC 210 Field Events BPC 211 Teaching Practice
BCC 301 Sports Training BCC 302 History of phy., edn., Recreation and Camping BCC 303 Educational Psychology and Sociology	BEC 304 Computer Application in Phy., Edn., BEC 305 Personality Development and Communication skills	BPC 306 Leziium, Kung fu BPC 307 Swiss ball and Core board Training, Tennikoit, 308 Cricket, Archery 309 Hockey, Netball, 310 Throw Events 311 Intensive Teaching Practice
BCC 401 Measurement and Evaluation in Phy., Edn., BCC 402 Kinesiology and Biomechanics BCC 403 Principles and	BEC 404 Contemporary issues in phy., Edn., fitness and wellness BEC 405 Elementary statistics	BPC 406 Malkhamband pyramid, Boxing BPC 407 Theraband and Ladder Training, Gymnastics, BPC 408 Kabaddi,

Techniques of Officiating Coaching Part II		Handball BPC 409 Khokho, Swimming, BPC 410 Coaching Lesson& Officiating BPC 411 External Teaching Practice
--	--	--

SEMESTER	MORNING PRACTICALS	EVENING PRACTICAL
I Semester	<ol style="list-style-type: none"> 1. Drill and Marching 2. Calisthenics 3. Minor games 4. Aerobics 5. Teaching practice -General & Particular Lesson 6. Track and field (Sprint, Relay, Hurdle, Middle and Long distance) 	<ol style="list-style-type: none"> 1. Badminton and Ball badminton 2. Softball 3. Table Tennis, Chess, Carrom 4. Tennis
II Semester	<ol style="list-style-type: none"> 1. Dhands and baithaks 2. Light Apparatus(Dumbbells, Indian clubs, Hoops and Wands) 3. Yoga 4. Silambam 5. Teaching practice - General &Particular Lesson 6. Track and field (Long Jump, Triple Jump, High Jump, Pole Vault) 	<ol style="list-style-type: none"> 1. Basketball 2. Volleyball 3. Football 4. Throwball
III Semester	<ol style="list-style-type: none"> 1. Lezium 2. Swiss ball and Core board Training 3. Tennikoit 4. Kung fu 5. Teaching practice - General & Particular Lesson 6. Track and field (Shotput, Discus, Javelin, Hammer) 7. Intensive teaching practice 	<ol style="list-style-type: none"> 1. Cricket 2. Hockey 3. Netball 4. Archery
IV Semester	<ol style="list-style-type: none"> 1. Malkhamband pyramid 2. Theraband and Ladder Training 3. Gymnastics 4. Boxing 5. Teaching practice General& Particular 6. Coaching Lesson& Officiating 	<ol style="list-style-type: none"> 1. Kabaddi 2. Khokho 3. Swimming 4. Handball

Letter Grades and Grade Points: for M.P.Ed, B.P.Ed

i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade point	Letter Grade	Description
90 – 100	9.0 – 10.0	O	Outstanding
80 – 89.99	8.0 – 8.99	D+	Excellent
75 – 79.99	7.5 – 7.99	D	Distinction
70 – 74.99	7.0 – 7.49	A+	Very Good
60 – 69.99	6.0 – 6.99	A	Good
50 – 59.99	5.0 – 5.99	B	Average
00 – 49.99	0.0	RA	Re-Appear
Absent			

And, the following credit system was accepted for the M.P.Ed., Two year course
Total Credits,

Part I (Theory – Core Course and Elective Course)	-	52
Part II (Games and other Physical Activities)	-	24
Part III (Teaching/Coaching/Internship)	-	37
Total	=	113 Credits

M.P.Ed-

SEMESTER I

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
MCC 101	Yogic Sciences	4	0	0	4	25	75	100
MCC102	Research Process in Phy., Edn., & Sports Sciences	4	0	0	4	25	75	100
MCC 103	Physiology of Exercise	4	0	0	4	25	75	100
MEC 104	Environmental Studies	1	0	0	1			
MEC 105	Sports Management					25	75	100
MPC 106	Track and Field (Throws) and Yoga	0	2	2	3	(Each Activity 50 Marks)		100
MPC 107	Aerobics and Exercise Physiology Lab	0	2	2	3	(Each Activity 50 Marks)		100
MPC 108	Specialization 2 nd Best	0	2	2	3	-	-	100
MPC 109	Specialization 1 st Best	0	2	2	3	-	-	100
MPC 110	Teaching Practice and Class		1	1	2	-	-	100

	Room Teaching							
--	---------------	--	--	--	--	--	--	--

SEMESTER II

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
MCC 201	Sports Psychology	4	0	0	4	25	75	100
MCC 202	Applied Statistics in Phy., Edn.,	4	0	0	4	25	75	100
MCC 203	Test, Measurement and Evaluation in Phy., Edn.,	4	0	0	4	25	75	100
MEC 204	Value Education	1	0	0	1	25	75	100
MEC 205	Physical Fitness, Sports Nutrition and Health Promotion							
MPC 206	Track and Field (Sprint, Relay, Hurdle) and Gymnastics	0	2	2	3	(Each Activity 50 Marks)		100
MPC 207	Indigenous Activities and Sports Psychology Lab	0	2	2	3	(Each Activity 50 Marks)		100
MPC 208	Specialization 2 nd Best (External	0	2	2	3	Average		100
MPC 209	Specialization 1 st Best	0	2	2	3	-	-	100
MPC 210	Teaching Practice and Class Room Teaching		1	1	2	-	-	100

SEMESTER III

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
MCC 301	Scientific Principles of Sports Training	4	0	0	4	25	75	100
MCC 302	Curriculum Design in Phy., Edn.,	4	0	0	4	25	75	100
MCC 303	Sports Biomechanics & Applied Kinesiology	4	0	0	4	25	75	100
MEC 304	ICT in Phy., Edn.,	1	0	0	1	25	75	100
MEC 305	Sports Sociology							
MPC 306	Track and Field (Jumps) and Swimming	0	2	2	3	(Each Activity 50 Marks)		100
MPC 307	Martial Arts and Biomechanics & Kinesiology Lab	0	2	2	3	(Each Activity 50 Marks)		100
MPC 308	Coaching Lesson & Officiating	0	2	2	3	-	-	100
MPC 309	Specialization 1 st Best	0	4	4	6	-	-	100
MPC 310	Internship		1	6	4	-	-	100

SEMESTER IV

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
MCC 401	Prevention and Management of Sports Trauma	4	0	0	4	25	75	100
MCC 402	Rules of Sports and Games	4	0	0	4	25	75	100
MCC 403	Dissertation	4	0	0	4	25	75	100
MEC 404	Sports Technology							
MEC 405	Sports Engineering	1	0	0	1	25	75	100
MPC 406	Track and Field (Middle & Long Distance, Combined) and Training Methods	0	2	2	3	(Each Activity 50 Marks)		100
MPC 407	Mass Drill and Sports Injury and Rehabilitation Lab	0	2	2	3	(Each Activity 50 Marks)		100
MPC 408	Coaching Lesson & Officiating	0	1	1	2	-	-	100
MPC 409	Specialization 1 st Best (External)	0	4	4	6	Average		100

TOTAL CREDITS IN MPED TWO YEARS COURSE

Semester	Credits in Theory Part I	Credits in Practical		Total
		Part II (Games & Other Activity)	Part III (Teaching/Coaching/ Internship)	
I	13	6	8	27
II	13	6	8	27
III	13	6	13	32
IV	13	6	8	27
TOTAL	52	24	37	113

Total credits in all the four semester = 27+27+32+27

Total = 113 Credits

TOTAL MARKS IN MPED TWO YEARS COURSE

Semester	Marks in Theory Part I	Marks in Practical		Total
		Part II (Games & Other Activity)	Part III (Teaching/Coaching/ Internship)	
I	400	200	300	900
II	400	200	300	900

III	400	200	300	900
IV	400	200	200	800
TOTAL	1600	800	1100	3500

Total Credits,

Part I (Theory – Core Course and Elective Course) - 52

Part II (Games and other Physical Activities) - 78

Part III (Teaching/Coaching/Intensive teaching) - 9

Total = 139 Credits

SEMESTER I

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
BCC 101	Principles and foundation of Phy., Edn., and guidance and counseling	4	0	0	4	25	75	100
BCC102	Anatomy and Physiology	4	0	0	4	25	75	100
BCC 103	Health Education and Environmental Studies	4	0	0	4	25	75	100
BEC 104	Sports Nutrition and Weight Management	1	0	0	1	25	75	100
BEC 105	Sports Management							
BPC 106	Calisthenics, Minor games	0	2	4	4	(Each 50 Marks)		100
BPC 107	Drill and Marching, Aerobics	0	2	4	4	(Each 50 Marks)		100
BPC 108	Badminton and Ball badminton , Softball,	0	2	6	5	(Each 50 marks)		100
BPC 109	Table Tennis, Chess, Carrom & Tennis	0	2	6	5	(Each 50 Marks)		100
BPC 110	Track Events	0	1	1	1.5	(Each 50 marks)		100
BPC 111	Teaching Practice	0	1	1	1.5	-		100

SEMESTER II

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
BCC 201	Yoga Education	4	0	0	4	25	75	100
BCC 202	Organization and Administration and Methods of Teaching in Phy., Edn.,	4	0	0	4	25	75	100

BCC 203	Principles and Techniques of Officiating Coaching Part I	4	0	0	4	25	75	100
BEC 204	Educational Technology and sports journalism and tourism	1	0	0	1	25	75	100
BEC 205	Sports Medicine, Physiotherapy and Rehabilitation							
BPC 206	Dhanda and baithaks, Light Apparatus	0	2	4	4	(Each 50 Marks)		100
BPC 207	Yoga, Silambam	0	2	4	4	(Each 50 Marks)		100
BPC 208	Basketball, Volleyball	0	2	6	5	(Each 50 marks)		100
BPC 209	Football, Throwball	0	2	6	5	(Each 50 Marks)		100
BPC 210	Field Events	0	1	1	1.5	(Each 50 marks)		100
BPC 211	Teaching Practice	0	1	1	1.5	-		100

SEMESTER III

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
BCC 301	Sports Training	4	0	0	4	25	75	100
BCC 302	History of phy., edn., Recreation and Camping	4	0	0	4	25	75	100
BCC 303	Educational Psychology and Sociology	4	0	0	4	25	75	100
BEC 304	Computer Application in Phy., Edn.,	1	0	0	1	25	75	100
BEC 305	Personality Development and Communication skills							
BPC 306	Lezium, Kung fu	0	2	4	4	(Each 50 Marks)		100
BPC 307	Swiss ball and Core board Training, Tennikoit	0	2	4	4	(Each 50 Marks)		100
BPC 308	Cricket, Archery	0	2	6	5	(Each 50 marks)		100
BPC 309	Hockey, Netball,	0	2	6	5	(Each 50 Marks)		100
BPC 310	Throw Events	0	1	1	1.5	(Each 50 marks)		100
BPC 311	Intensive Teaching Practice	0	1	7	4.5	-		100

SEMESTER IV

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
BCC 401	Measurement and Evaluation in Phy., Edn.,	4	0	0	4	25	75	100
BCC 402	Kinesiology and Biomechanics	4	0	0	4	25	75	100
BCC 403	Principles and Techniques of Officiating Coaching Part II	4	0	0	4	25	75	100
BEC 404	Contemporary issues in phy., Edn., fitness and wellness	1	0	0	1	25	75	100
BEC 405	Elementary statistics							
BPC 406	Malkhamband pyramid, Boxing	0	2	4	4	(Each 50 Marks)		100
BPC 407	Theraband and Ladder Training , Gymnastics	0	2	4	4	(Each 50 Marks)		100
BPC 408	Kabaddi, Handball	0	2	6	5	(Each 50 marks)		100
BPC 409	Khokho, Swimming	0	2	6	5	(Each 50 Marks)		100
BPC 410	Coaching Lesson & Officiating	0	1	1	1.5	(Each 50 marks)		100
BPC 411	External Teaching Practice	0	1	1	1.5	-		100

TOTAL CREDITS IN BPED TWO YEARS COURSE

Semester	Credits in Theory Part I	Credits in Practical		Total
		Part II (Games & Other Activity)	Part III (Teaching/Coaching/ Internship)	
I	13	19.5	1.5	34
II	13	19.5	1.5	34
III	13	19.5	4.5	37
IV	13	19.5	1.5	34
TOTAL	52	78	9	139

Total credits = 34+34+37+34

Total credits = 139 credits

TOTAL MARKS IN BPED TWO YEARS COURSE

Semester	Marks in Theory Part I	Marks in Practical		Total
		Part II	Part III	

		(Games & Other Activity)	(Teaching/Coaching/ Internship)	
I	400	500	100	1000
II	400	500	100	1000
III	400	500	100	1000
IV	400	400	200	1000
TOTAL	1600	1900	500	4000

B.M.S Course

SCHEME OF EXAMINATION

PART I – WRITTEN EXAMINATION (THEORY)

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

PART II – PRACTICAL TEACHING EXAMINATION

INTERNAL MARKS

1. Orientation and Mobility	- 100	- 2 CREDITS
2. General Lesson 50 & Particular Lesson 50	- 100	- 2 CREDITS
3. Intensive Teaching Practice	- 100	- 2 CREDITS
TOTAL MARKS = 300		- 6 CREDITS

EXTERNAL MARKS – TEACHING PRACTICE (Internal & External Examiners)

1. Orientation and Mobility	- 100	- 2 CREDITS
2. General Lesson 50 & Practical Lesson 50	- 100	- 2 CREDITS
TOTAL MARKS= 200		- 4 CREDITS

PART II TOTAL MARKS = 500 - 10 CREDITS

PART III – PRACTICAL = 1400 MARKS

Part I Theory

Each core papers 4 credits (6x4)	24 credits
Electives 2 credits each (2x2)	4 credits
Part II Teaching practice	10 credits
Part III Practical	56 credits

Total 94 credits

Additional credits

Extramural

International Representation (each) 3 credits

State, University Representation (each) 2 credits

Inter collegiate representation (each) 1 credit

For qualifying each officiating examination 1 credit

1.3 Academic Flexibility

Flexibility to frame the syllabus by Autonomous body.

1.4 Feedback System

- a) Students : YES
- b) Faculty : YES
- c) Alumni : NIL
- d) Resource : Resource persons are invited to deliver the special lectures related to their curriculum then and there.
- e) Parents : Parents' teachers meeting were conducted for every start of the semester.

2. Teaching – Learning and Evaluation

Student trainees are selected for admission to various courses through entrance tests, physical fitness test, sports proficiency, interviews and academic record and as per NCTE and Tamilnadu government norms and guidelines.

The academic year starts from July & ends in April.

Number of days for teaching	180
Number of working days	200
Total pre-practice preparation days for exams	20
Number of days for teaching practice	20
Number of days for internship	10
Number of practice lessons for each trainee (10 General Lesson & External- 20) (10 Particular Lesson)	Internal-20
Total days for practical's	<u>180 (4 Hours/Day)</u>
Number of days for theory	<u>180 (3 Hours/Day)</u>
Number of days for field activity	<u>180</u>
Number of days for intramural competitions Athletic meets, play-days etc.	Intramural – 40 Days Athletic Meet – 10 Days Play Day – 01

Learning

1. Learning through simulation
2. Active – learning developed by providing internet facilities
3. Learning through watching (High Level Sports Meets & Tournaments, advanced Play surfaces and play courts)
4. Seminar/workshop/conference
5. Introduction of N.LIST, – Resource Centre
6. Laboratory records introduced

7. Introduction of Language Lab for self-learning
8. Learning by observing the international matches and volunteering
9. By getting in-put of the latest methods used in Physical Education from the teachers who visit other countries
10. Organizing seminars and workshops specifically for students
11. Transparency in grading and allotment of internal marks.
12. The scheme of evaluation is made known to the students at the beginning of the academic year

2.1 Teaching - Learning Process

a) Sample Assignments: Semester-wise one assignments for each paper to be submitted by the students.

b) Teaching Plan:

❖ The classes are handled by the staff based on the time-table and workload allotted by the college. Time Table is prepared and individual workload is disgusted and distributed.

❖ Guest lectures and subject experts from near by colleges are invited by handling special classes.

c) Methods Employed:

Teaching aids like, Smart board, Computer, Projector, TV, DVD players, Charts and models are used for effective teaching-learning process.

d) Seminars:

Compulsory seminar classes are conducted by the students.

Students are engaged to participate in State, National, International seminars organized by other educational institutions.

2.2 TEACHER QUALITY

a) Contribution to College: Staff responsibilities are allocated and printed in the college Calendar.

b) Society: Staff members and students contribute to the society individually in the teaching and acting as resource persons in the workshops/seminars and orientation and refresher courses conducted by Universities/ colleges/ government sectors.

c) Research:

Research activities are carried out in the college.

M.Phil Scholars and guide allotted for 2018-19 - NIL

PhD Scholars and guide allotted for 18-19

1. Name of the scholar : D.Lakshmikandhan
 Reg No : F1902PEFM169
 Guide Name : Dr.S.Abraham Davidson
 Year of Registration : 2019- 4/06/2019
 Full Time/Part Time : Full Time
Topic - Impact of Selected Yogic Practices With And Without Music On Psycho-Physiological And Performance Related Variables Among Archers

2. Name of the scholar : Santhosh. R
 Reg.no : F1902PEFM168
 Guide Name : Dr.S Abraham Davidson
 Year & Month of Reg : 4/06/2019
 Full Time/Part Time : Full Time

Topic: Effect of different types of Physical activity on selected motor fitness health related fitness and physiological variables of Chennai slum students 03/06/2019

3. Name : ABIN WILSON
Reg. No : F1802PEPW146
Guide Name : Dr. George Abraham
Year & Month of Reg. : 2018, August
Full time/Part time : Part time

Topic:

Influence of Step Aerobics And Own Body Resistance Training On Physiological Biochemical And Psychological Parameters Among College Athletes

5. Name : M. JAYAKUMAR
Reg. No : F1802PEPM147
Guide Name : Dr. George Abraham
Year & Month of Reg. : 2018, August
Full time/Part time : Part time

Topic:

Efficacy On Specific Resistance Training Circuit Training And Combined Training On Selected Physical Cardio Respiratory And Psychological Variables Among Badminton Players

6. Name : PASAM MOHAN
Reg. No : F1802PEPW148
Guide Name : Dr. George Abraham
Year & Month of Reg. : 2018, August
Full time/Part time : Part time

Topic:

Impact Of Theraband Training And Circuit Training On Motor Abilities And Performance Variables Among College Level Athletes

7. Name : SIJU P. JOHN
Reg. No : F1802PEPW149
Guide Name : Dr. George Abraham
Year & Month of Reg. : 2018, August
Full time/Part time : Part time

Topic:

Influence Of Different Packages Of Circuit Training On Selected Bio Motor Abilities Physiological And Performance Variables Among School Level Basketball Players

2.3 Evaluation Process:

Written Examination (20 Marks):

Each student will be graded by the subject teacher(s). Three sessional tests will be conducted for each paper. Each test carries a maximum of 20 marks and the average of best two tests will be considered. However, in the case of students who miss the tests for any valid reason with prior permission from the subject teacher(s) and the Principal, they may be granted special permission to write the sessional test before the commencement of semester examinations.

2 Assignment (5 Marks):

The students will be given 5 marks for assignments. This may be in the form of Seminars, Projects, Written Materials, Records, etc., A student should submit a minimum of two assignments for each course.

3 PreSemester (75 Marks):

The Pre Semester examinations will be held at the end of each semester before the final semester examinations, covering all portions and 75 marks are awarded for this examination. Each paper will be evaluated for 75 marks and this will be converted into 25 marks. All the examination will be conducted by the Controller of Examinations. The dated and test portions will be intimated in advance by staff concerned. There are no minimum marks for passing in both internal and external examinations. However, the minimum for passing in each paper is 50% combining internal and external marks. A student who fails in anyone or more papers in the semester examination, will be permitted to rewrite the paper or papers in the subsequent semester examinations.

First sessional test	=	20 Marks
Second sessional test	=	20 Marks
Third sessional test	=	20 Marks

Average of the best two tests	=	20 Marks
Assignment	=	5 Marks
Pre Semester converted to 25	=	25 Marks
Total	=	50/2
Internal	=	25 Marks

4 Theory:

Part I

- I. The Answer scripts are evaluated by both internal and external examiners (Double Valuation).
- II. If there is 10% difference between two examiners, a third revaluation is conducted, which will be final.
- III. Question papers for each examination will follow the regulation and syllabus in force at that time. The question paper pattern includes both 5 marks and 10 marks.

a. Part A	- Compulsory 10 Questions X 2 Marks	=	20 Marks
b. Part B	- 5 Questions out of 7 X 5 Marks	=	25 Marks
c. Part C	- 3 Questions out of 5 X 10 Marks	=	30 Marks

a. _____
Total = 75 Marks

- IV. A student getting 'RA' Re-Appear in a subject must repeat the examination to obtain the degree. Such students are exempted from attendance.
- V. A student shall not be permitted to repeat any course only for the purpose of improving the grade.

5 Practical:

There are no minimum marks for passing in both internal and external examinations. However, the minimum for passing in each practical is 50% of total marks in the particular practical.

A student, who fails in any one or more practical in the semester examination, will be permitted to redo the practical(s) in the subsequent semester examinations.

2.4 Students' performance and learning outcomes:

a) Results of odd and even semester are presented below:

S.NO	COURSE	No Student appeared for Exam	No Student passed
1	M.P.Ed-I	28	28
2	M.P.Ed-II	47	47
3	B.P.Ed-I	88	84
4	B.P.Ed-II	94	94
5	B.P.E.S-I	39	34
6	B.P.E.S-II	22	20
7	B.P.E.S-III	22	20

b) Conference / Symposium - Nil.

c) Seminar -Nil

d) Competition

Intramural and Annual Sports Meet is conducted

BUCK MEMORIAL SPORTS FESTIVAL

61th BUCK Memorial Sports Festival was conducted on 30th& 31st July and 1st August 2018. Around 4600 athletes and players from 94 institution participated in 27 sport. Track and Field has been introduced for college students' category.

MODEL/ PROJECT SPORTS MEET

College has conducted four project sports meet and one sport tournament during 2018-19 academic year.

e) **Guest Lectures - as per the time table**

<i>Sl.No.</i>	<i>Name</i>	<i>Activity</i>
1	Mr.Kannan	Gymnastics
2	Mr.RangaRao	Thai chi
3.		

f) **Consolidated Attendance Batch-wise-RECORDS ARE PLACED**

3. Research, Consultancy and Extension

3.1 Promotion of Research	M.Phil. and PhD
3.2 Resource Mobilization for Research	Nil.
3.3 Research Facilities	11 Labs are available
3.4 Research Publications and Awards	Faculties members are publishing articles in the international and national journals, college is also publishing Journal of Physical Education and Exercise Sciences (ISSN 0975-9778)
3.5 Consultancy	Students are acting as officials &

	consultants to IT Companies, Physiotherapy
3.6 Extension Activities and Institutional Social Responsibility	Active NSS Group & Sports Academy in various games & sports
3.7 Collaboration	Special Children

3.3 Research Facilities

DETAILS OF LABORATORY FACILITIES

1. **Biomechanics lab**
 - 1.Computer with Printer
 - 2.Video Camera
 - 3.Multi Media Projector
 - 4.Weighing scale
 - 5.Skinfold calipers
 - 6.Measuring tapes
 - 7.Skeleton charts
 - 8..Tread mill
 - 9.Metronome
 - 10.Microscope
 - 11.Overhead projector with projections screen
 - 12.Cinematic projector
2. **Exercise Physiology lab**
 - 1.Spectrophotometer
 - 2.Rowing ergometer Caloric count
 - 3.Dual elliptic ergometer
 - 4.Bicycle ergometer
 - 5.Pulse monitor
 - 8.Exercise air byke
 - 9.Exercise rowing machine
 - 10.Bio monitor deluxe
 - 11.Electronic ergometer
 - 12.Electro cardiograph
 - 13.Electrio miograph
 - 14.Oscilloscope
 - 15.Pulse watch
 - 17..Glucometer
 - 18.E.C.G. single channel machine
 - 19.Pulmonary function testing equipment
 - 20.Human physiology charts
 - 21.Gymnastic charts
 - 22.Stablizers
 - 23.Micro medical micro plus spirometer
 - 24.Computer with printer
3. **Sports Psychology lab**
 - 1.Memory apparatus (Drum)
 - 2.Reaction Time apparatus
 - 3.Perimeter

4. Memory maze
5. Intelligence test
6. Group Testing of intelligence
7. Relaxation techniques
8. Likert scale
9. Mirror drawing apparatus
10. Questionnaires
11. Aptitude test
12. Computer with printer
13. Heart Beat Monitor
14. Skin temperature
15. Insight learning
16. Visual acuity apparatus
17. Mind reader
18. Hand steadiness apparatus
19. Two hand co-ordination
20. Perceptual grouping apparatus
21. Tweezer Dexterity
22. Memory apparatus
23. Whipples trapping
24. Intelligence Tests
25. Spass of Attention Tachis Toscope
26. Puzzles
27. Visual Activity board
28. Match me if you can
29. Memory drum
30. Number games
31. Finger Deterity apparatus
32. Colour preference of testing
33. Trial and Error
34. Division of attention board
35. Maze box
36. Mirror tracing
37. Directional Peg board
38. Muller Iyer Illusion board
39. Match board
40. Intelligence tester
41. Kinesthetic sensitivity board, (20 left, right hand
42. Memory scale

4. Educational Technology

1. Public Address System
2. Slide projector
3. Tape Recorder
4. T.V. set
5. Overhead Projector
6. Display boards
7. Video cassette recorder
8. Video camera
9. First Aid charts
10. Movie camera
11. Perimeter

12. Caliometer
13. Class Wrilling Board
14. Projection Screen
- 15 Educational Charts
- 16 Human Physiology charts
- 17 Gymnastic charts
18. Micro medical microphone spirometer
19. LCD Projector

5. Health Educational Laboratory

- ◆ Lever weighing machine
- ◆ Anthropometer
- ◆ Growth charts
- ◆ Desirable weight and height tables
- ◆ Calipers⁴

6. Anatomy Lab

- a. Manikins (Full Body)
- b. Heart specimen
- c. Eye specimen
- d. Brain specimen
- e. New Baur chambers
- f. Charts
- g. B.P.Apparatus
- h. Stethoscope

7. Test & Measurement lab

8. Yoga Lab

9. Music Therapy lab

10. Nutrition Lab

11. Sports Medicine Lab

4. Infrastructure and Learning Resources :

4.1 Physical Facilities:

S.No	Playground	No.
1	Football	2
2	Fitness Centre	1
3	Hockey	3
4	Cricket	1
5	Volleyball	3
6	Basketball	3
7	Badminton	2
8	Ball Badminton	2
9	Boxing Ring	1
10	Kho-kho	2
11	Kabbadi	2
12	Tennis Court complex	14

13	Handball	1
14	Boxing Ring	1
15	Track & Field	2
16	Gym	1
17	Astro-turf hockey field	1
18	Table Tennis	2
19	Baseball	1
20	Softball	1

4.2 Library :

	Existing		Newly added		Total	
	No.	Value	No.	Value	No.	Value
Text Books & Reference Books	12487	3660677.67	139	129812	12626	3790489.67
e-Books	30000	5750	300000	5900	300000	5900
Journals	328	298215	0	0	328	298215
e-Journals	6500	5750	6500	5900	6500	5900
Digital Database	22	5750	22	5900	22	5900
CD & Video	846	Free	135	Free	981	Free
Library automation						YES

4.3 Maintenance of Campus facilities:

Statement Showing The Area of The Campus And Building, Academic, Administrative, Play Area, Hostel Etc.,

S.No	Prescription	Sq.Ft	Sq.Mt
1.	Administrative Building Ff	5856	549.29
2.	Administrative Building Gf	9756	911.77
3.	Class Rooms	22000	2000
4.	Correspondent Quarters	2224	207.85
5.	Dining Hall	4900	457.94
6.	Director's Quarters	518.75	48.48
7.	Gymnasium	16655.5	1556.7
8.	Hostel Ff	4925	463.08
9.	Hostel Gf	4925	463.08
10.	Hostel For Men	14850	1359.15
11.	Hostel For Women(13a-13 O)	10427	974
12.	Lavatory	750	70.09
13.	P.G. Hostel	2570	244
14.	Pavilion Ff	2562	239.43
15.	Pavilion Gf	2562	239.43
16.	Physiotherapy Ff	2136	198.49

17.	Physiotherapy Gf	3070	288.91
18.	Picnic Centre	2186	204.3
19.	Post Graduate Hostel Ff	2189.63	202.86
20.	Post Graduate Hostel Gf	2560	244
21.	Prayer Hall	1939.5	181.26
22.	Prayer Hall	1939.5	181.26
23.	Principal's Quarters	948	90.58
24.	Pump Room	625	58.41
25.	Quarters	288	26.91
26.	Quarters	1562	145.98
27.	Quarters	1133	105.88
28.	Staff Quarters Ff	725	67.75
29.	Staff Quarters Gf	725	67.75
30.	Store	1140	105.91
31.	Superintendents Quarter's	608.5	56.55

5. Student Support and Progression :

5.1 Student Mentoring and Support : -

- ii. All the M.Phil Scholars & M.P.Ed –II year students attended a **Colloquium** for finalizing the Topic of research work on 18-01-2019. All the teaching staff and Principal attended.
- iii. Students of M.P.Ed II year & B.P.Ed II year went for **Intensive coaching classes** from 24th Jan to 09th Feb 2019 between 2 p.m and 6 p.m. to various schools around Chennai city to gain practical experience in teaching and coaching under the supervision of Physical Education Teacher/ Physical Director/ Coach of the corresponding Institution. They handled Intensive Coaching classes whenever the teams are practicing in the corresponding institution.

b) Placement :

The Placement cell of the YMCA College effectively bridges the gap between opportunities available in the educational institution and eligibility of the students. Information regarding the campus recruitment process are displayed to the students. It helps students to plan their careers by providing information about the educational institutions which approach the institute. A quite number of schools and education companies visit the Institute every year for Campus recruitment.

The following are the institutions that offered appointments through Placement and many more outside campus.

1. NadarSanga MHSS,50, KaveriStreet,ThiruvalluvarNagar,Pammal, Chennai – 75 Contact 044-43168089 or 9952818860 Email: nadarsangampammal@gmail.com
2. MAM Matric Higher Secondary school, Mathaiyankuttai(post), Mettur Dam - 636452, Salem DT, TamilNadu Contact no: 9443263637 or 04298244433 Email: ammhssmettur@gmail.com
3. Shri Krishna swamy Mat.Hr.Sec.school, 7/3 A, Type, SidcoNagar, Villivakkam, Chennai-49 Contact no: 044-26171148 or 26170438 Email: skmhssvv@gmail.com
4. PonVidyashram Group of CBSE Schools, SapthagiriNagar, opp ARS Garden Arcot Road, Valasaravakkam-87 Contact no: 9566124666 Email: hr@ponvidyashram.in
5. Little Spartans ,1063, Munaswamy Salai 1st Floor, K.K.Nagar West Chennai – 78

Contact no:9940148745 Email: Hello@little Spartans.co.in

6. Rite stride,65,4thStreet,PadmanabhaNagar,Adyar, Chennai- 20.Contact no:9840884196
Email: lakshmi@rite stride.in
7. Sri VidyamanyaVidya Kendra,1stcross,Vidyamanyanagar,Andrahalli main road,
Bangalore-91Email:info@ssvkv.org
8. Primrose school Pondicherry admin@primroseschool.in8300170222
9. Shri KrishnaswamyMatric.Hr.Sec.SchoolA-Type,SidcoNagar,Villivakkam,Chennai – 600049
Contact No. 2617 0438Email ID: SKmhssvv@gmail.com
10. Fern n'fit, A Center for Ladies Fitness 4&5,Archana Street,RajaGarden,Nolambur,
Chennai-600 095feenfit@gmail.com

More than 47students were placed in the Campus Interview and were offered appointments in different Institutions. Students from rural area backward classes SC/ST Category were benefited to a great extent.

5.2 Sports:

TNPESU INTERCOLLEGIATE RESULTS 2018-19

About 47 players / athletes from YMCA College of Physical Education represented Tamil Nadu Physical Education and Sports University at South Zone and All India Inter University Tournaments in various sports and games during 2018-19.

S.NO	NAME OF GAMES	MEN	WOMEN
1	BALL BADMINTON	2	
2	BADMINTON	1	
3	BASKETBALL	3	
4	BOXING	4	
5	CRICKET	2	3
6	FOOTBALL	4	4
7	HANDBALL	5	3
8	HOCKEY	4	1
9	NETBALL	3	
10	VOLLEYBALL	2	1
11	TENNIS	3	
12	TABLE TENNIS	1	
13	TAEKWOND		1
TOTAL		34MEN	13WOMEN

Results Of Tamil Nadu Physical Education & Sports University Intercollegiate Tournament 2018-19

MEN SECTION

Winners

1. Ball Badminton
2. Cricket

Runners

1. Football
2. Hockey
3. Handball
4. Table Tennis

WOMEN SECTION

Runner

1. Volleyball

College has received many medals for Archery and Boxing for both Men and Women category in Tamil Nadu Physical Education University Inter collegiate Competitions.

ALL INDIA INTERUNIVERSITY COMPETITION

Mr. VishwadeepKaushik has secured Two Bronze Medals for Grappling in All India Inter University Grappling Championship.

5.3 Student Participation and Activities:

- **Cultural & Literary Activities**

Independence Day Celebration

71st Independence Day was celebrated on 15th August 2018. Dr. George Abraham, Principal hoisted the Flag and Independence Day message delivered by Mr. Rajiv Kunwar John, Director, YMCA Secretaries training department.

National Sports Day

Inter class Hockey Tournament was conducted on 29th August as a mark of National Sports Day. Students were highlighted about the achievements of legend Hockey player Major Dyan Chand.

Teachers Day

Teachers Day Celebration was conducted on 5th September 2018 by M.P.Ed II and M.Phil students.

Republic Day

On 26th January 2019 Republic day flag hoisting ceremony was conducted at 6.00a.m in the college pavilion ground. Our Principal, Dr. George Abraham, hoisted the flag and delivered the Republic Day Message to the staff and students.

5.4 Career Guidance:

Common career guidance cell is functioned by our College.

Scholarship: Except Forward Community all other students are getting Government scholarship. –

Details	Number of Students	Amount
Financial support from institution	47	1000
Financial support from government	223	1168560
Financial support from other sources	Nil	Nil
Number of students who received International/ National recognitions	Nil	Nil

5.5 Admission:

The admission for various courses of study was done for the academic year 2018-2019 as per the

- Government norms
- TNPESU
- NCTE

Category	QUOTA – WISE							
	OC	BC	BCM	MBC/DNC	SC	SCA	ST	Total
M.Phil	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL
B.M.S	NIL	NIL	NIL	NIL	NIL	NIL	NIL	NIL
M.P.Ed	4	17	NIL	12	13	NIL	NIL	46
B.P.Ed	9	48	2	13	27	NIL	NIL	99
B.P.E.S	16	20	1	18	22	NIL	NIL	77
D.P.Ed	1	8	1	3	10	2	NIL	25

6. GOVERNANCE, LEADERSHIP AND MANAGEMENT BOOKS

Competition : BUCK MEMORIAL SPORTS FESTIVAL

61th BUCK Memorial Sports Festival was conducted on 30th& 31st July and 1st August 2018. Around 4600 athletes and players from 94 institution participated in 27 sport. Track and Field has been introduced for college students' category.

6. INNOVATIONS AND BEST PRACTICES:

- **Buck memorial sports festival**
- **Picnic**
- **NSSprogramme**

- **Inter school aerobics & calisthenics competition-2018**

Inter School Aerobics & Calisthenics Competition 2018 held in the College campus under the leadership of Dr. S Johnson Premkumar. 24 schools participated in this competition. The winners and participants were given Medals and Certificates.

- **BOOK EXHIBITION**

The Book Exhibition held on 15th February, 2019 at Conference Hall, was inaugurated by our Principal, Dr. George Abraham, organized by college librarian .

IN SPIRITUALITY : College encourage students to take part in spiritual life. So as to inculcate this practice the following practices are practiced

- All Souls Day
- All Souls Day was remembered on 2nd November 2018. Students and staff were gathered near the tomb of leaders of YMCA College and offered floral tribute.
- World Week of Prayer
- World Week of Prayer was remembered at the College
- Prayer Cell

Regular prayer and meditation are the important factors to satisfy the soul and add Christian based values in life. The prayer cell is functioning effectively every day at 9.00 am and 7pm in the college chapel by boys and girls.

DISTANCE EDUCATION PROGRAMME

About 72 Students have enrolled in Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year 2018-19. The various courses offered were PG Diploma in Yoga/ M.Sc., in Yoga (L.E)/ Diploma in Aerobics Instructor/ Diploma in Gym Instructor/ PG Diploma in Gym Instructor.

The College is conducting Distance Education Programme on various courses. We have conducted contact classes for the following courses from 14th to 24th March 2018.

- a) P.G Diploma in Yoga
- b) P.G. Diploma in Gym / Fitness Trainer
- c) Diploma in Yoga
- d) Diploma in Gym and Fitness Training
- e) M.Sc., Yoga (Lateral Entry)

Environment Consciousness :

- Tree plantations took place at the college campus.
- Solar lights were erected on the streets of the campus.

STAFF CONTRIBUTIONS:

Academic Audit for the year – 2018-19																			
S. No.	Name of the Staff	Research Guidance M.Phil/Ph.d.	Research Project	Author of the Book	Chapter in Edited Books	Articles in Journals	Publication in the proceedings	Other Publications	Paper Presentation	Participation in Conference/Seminar	Participated as Chair person/panel Discussion	Resource person	Refresher/Short Term	Editorial Committee Member	Board of Studies Member	Question paper Setter/Subject Expert	Doctoral Committee Member	Seminar/Workshop Organized	Any other Post held/Awards
1.	Dr. George Abraham	2/1	-	1	-	5	-	-	17	-	-	1	-	1	1	4	10	-	1
2.	Dr. K. Jothi Dayanandan	-	-	2	-	-	-	-	2	-	-	4	-	1	1	4	5	-	2
3.	Dr. S. Johnson Premkumar	1/0	-	-	-	2	1	-	1	-	-	1	-	1	1	4	5	-	1
4.	Dr. Glory Darling Margaret. J.	0/2	-	-	-	2	2	-	-	-	-	-	-	1	1	4	5	-	-
5.	Dr. J. Jackson sudharsingh	1/0	-	-	-	3	5	-	5	-	-	-	-	1	2	4	5	1	1
6.	Dr. S. Gladys Kirubakar	0/1	-	-	-	1	-	-	1	1	-	-	1	-	1	4	5	-	-
7.	Dr.S.Abraham David Son	-	-	-	-	-	-	-	-	-	-	-	-	-	1	4	5	-	-
8.	Dr. E. Simson Jesudass	0/3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3	-	-
9.	Dr.S.Jerome David	-	-	-	-	-	-	-	-	-	-	-	1	-	1	4	-	-	-
10.	Dr.M.Felix Arokia raj	2/0	-	-	-	-	-	-	-	-	-	-	1	-	1	4	-	-	1

11	Dr.A.MerlinThangadaniel	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
12	Dr.J. Samuel Jesudoss	0 / 1	-	1	-	9	-	-	1	-	-	-	-	-	1	4	4	-	-
13	Dr.PonAnbarasau	-	-	-	-	-	-	-	-	-	-	-	-	-	1	4	2	-	-
14	Mr.B.Praveen doss	-	-	-	-	-	-	-	-	-	-	-	-	-	1	4	-	-	-
15	Dr. K. Karthikeyan	-	-	-	-	2	-	-	-	-	-	-	-	-	1	4	-	-	-
16	Dr.J.James	-	-	-	-	-	-	-	-	-	-	-	-	-	1	4	-	-	-
17	Dr.R.Prabu	-	-	-	-	1	-	-	-	2	1	-	-	-	1	-	-	-	1
18	Dr. J. Komala	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-
19	Dr.S.Sathish Kumar	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-

YMCA COLLEGE OF PHYSICAL EDUCATION

ACADEMIC AUDIT REPORT

SESSION – 2018-2019 and 2019-2020

Name of the Department: Physical Education (Single Faculty College)

Expert Committee members and their affiliation:

1. Dr. Manikandan, Prof.&Head, Dept, of Physical Education, Tamilnadu Physical Education & Sports University
2. Dr.Uma Manohar, Associate Prof. & Head, Dept of Physical Education, Queen Mary's College

The following were the recommendations made during the academic audit conducted on Thursday, the 22nd July 2021




Recommendation for future direction

- Faculties may be encouraged to conduct research projects, through various funding options such as UGC major and minor research projects, as the percentage of faculties conducting research projects is relatively less
- Faculties may be encouraged to publish papers, articles or participate in book review, as the percentage of faculties involved in such activities is less
- The institution may formulate a consultancy policy and encourage its faculties to participate in consultancy projects
- Student centric learning mechanism may be improved
- Feedback mechanism may be introduced from external stakeholders
- International programme/Student exchange programme (Abroad study) MoU to be increased.
- Salary of management staff may be increased as inflation.

Overall Rating : (Tick any one)

Excellent	<input checked="" type="checkbox"/>	General Comments: <i>The college may apply for Re-Accreditation at the earliest.</i>
Very Good	<input type="checkbox"/>	
Good	<input type="checkbox"/>	
Satisfactory	<input type="checkbox"/>	

Signatures of Academic Auditors with Name & Seal

Signature of Expert Member	Signature of Expert Member	Signature of Chair Person /HOD
 Dr. S. MANIKANDAN Professor Dept. of Physical Education Tamilnadu Physical Education and Sports University Melakattaiyur (Post), Chennai-600 127. Tamilnadu, India.	 Dr. E. UMA , M.Sc., M.P.Ed., M.Phil., Ph.D., ASSOCIATE PROFESSOR & HEAD DEPT. OF PHYSICAL Edn. HEALTH Edn. & SPORTS QUEEN MARY'S COLLEGE (A) CHENNAI - 600 004	 Dr. GEORGE ABRAHAM Principal YMCA College of Physical Education, Nandanam, Chennai-600 035.

YMCA COLLEGE OF PHYSICAL EDUCATION, NANDANAM, CHENNAI

ACADEMIC AUDIT REPORT –2019-2020

INTRODUCTION

The YMCA College of Physical established in the year 1920, YMCA College of Physical Education is a pioneer institution in Physical Education. The college today stands as a monument to the missionary vision, courage and faith of its founder Mr. Harry Crowe Buck. By virtue of its repeated services to Humanity through Physical Education, Health Education, Recreation and Allied Sciences, UGC and University of Madras through the Government of Tamilnadu, the Education Department conferred the status of Autonomy to the college in the year 1986.

Since then, the college has been introducing many new academic programmes by taking the lead in many pioneering ventures. The college has introduced many new courses with a number of choices in subjects and activity options. Through the effectiveness of the well-designed programme, the College has been accredited by NAAC with 'A' grade in March 2003 and re-accredited upto 2018.

- M.P.E.D II-2 years
- B.P.ED. II-2 years
- B.M.S.-1 year
- B.P.E.S.-3 years
- M.Sc. -2 years
- PGDSC-1 year
- D.P.Ed -2 years

1. CURRICULUM ASPECTS

1.1 Curriculum Design and Development:-

a) Syllabus – Hard Copy attached.

b) Suggestions made by the Board of Studies meeting held at 10.30am on 01st July 2019 (Monday) at the College conference hall.

Revision, Modification of Syllabus (Theory & Practical) – All Courses of study

1. MPed

The syllabus is presented the changes mentioned in the MPed syllabus. It was suggested that there will not be minimum marks for passing in both internal and external

examinations. The committee resolved internal & external of total 50% is (50/100).The required marks for passing for all courses of study.

The same was approved.

2. BPEd

The changes mentioned below in the BPEd syllabus.

It was suggested that there will not be any changes in BCC-101, BCC-302.

BCC 101 Principles and foundation of Physical Education, guidance and counseling

UNIT-I

Relationship of Physical Education with General Education & Physical education as an art & Science **are deleted. No changes, will be continued**

UNIT-II

Fitness and wellness movement in the contemporary perspectives & Sports for all and its role in the maintenances and promotion of fitness are **deleted. Since it is repeated in IV Semester.**

UNIT-IV

Social acceptance and recognition is deleted. No changes, will be continued

BCC -302 Health Education and Environmental Studies

UNIT - III

Plastic recycling and probation of plastic bag/ cover **is deleted. No changes, will be continued**

III. Further changes were approved in BCC-203&BCC-403 as mentioned below:

BCC – 203 Principles and Techniques of officiating and coaching – Part –I

Present content

UNIT-I

Qualification and qualities of an official- philosophy of officiating – general principles of officiating – Pre, During & Post duties of official – Mechanism of officiating – Official signals and powers – system of officiating – position of officiating.

UNIT – V

Skills & Techniques, Drills & Lead up Activities to develop various techniques in track and field events.

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

The following could be replaced or included Unit- I

UNIT	PRESENT CONTENT	CHANGES REQUIRED
UNIT-1	Qualification and qualities of an official- philosophy of officiating – general principles of officiating – Pre, During & Post duties of official – Mechanism of officiating – Official signals and powers – system of officiating – position of officiating	Age and sex categories of athletes – Entries – Clothing, shoes and Athlete Bibs- Assistance to athletes- Protest and Appeals- Duties and powers of International Officials – Management Officials - Competition Officials – Additional Officials
UNIT-II, III & IV		NO CHANGES
UNIT-V	Skills & Techniques, Drills & Lead up Activities to develop various techniques in track and field events.	Combined Events Competitions – Race Walking Events - Cross country Races- Mountain races- Trail Races – scoring(to be included)

IV.BCC -402 Kinesiology and Biomechanics

UNIT – I

Terminology of Fundamental movements can be changed as Terminology of Fundamental bodymovements

Classification of joints and muscles can be changed as **Kinesiological classification of joints and muscles. Shifted to Unit -1**

UNIT – II

In Types of muscle Contraction – (Isotonic, (Concentric & Eccentric)Isokinetic& Isometric are added

Posture –Meaning Types and importance of Good Posture is changes as Meaning, Definition and types of Posture- Importance of good Posture – Types of Postural deformities.

Causes & corrective measures of posture was added.

The committee approved the same

BPES

The changes are mentioned below in the BPES syllabus.

It was suggested to include

Teaching practice (**General , Particular & Intensive Teaching practice**) in III & IV Semester

The committee approved the same

The same was approved by the Academic Council vide its meeting held on 1st July 2019.

1.2 CurriculumPlanning and Implementation:-

M.P.Ed with Credit System

	CORE COURSE YMCA COLLEGE	ELECTIVE COURSE	PRACTICAL
SEM I	MCC 101 Yogic Sciences MCC102 Research Process in Phy., Edn., & Sports Sciences MCC 103 Physiology of Exercise	MEC 104 Environmental Studies MEC 105 Sports Management	MPC 106Track and Field (Throws) and Aerobics MPC 107Yoga and Exercise Physiology Lab MPC 108 Specialization 2 nd Best MPC 109 Specialization 1 st Best MPC 110 Teaching Practice and Class Room Teaching
SEM II	MCC 201 Sports Psychology MCC 202 Applied Statistics in Phy. Edn., MCC 203 Test, Measurement and Evaluation in Phy.,Edn.,	MEC 204 Value Education MEC 205 Physical Fitness, Sports Nutrition and Health Promotion	MPC 206Track and Field (Sprint, Relay, Hurdle) and Gymnastics MPC 207 Indigenous Activities and Sports Psychology Lab MPC 208 Specialization 2 nd Best MPC 209 Specialization 1 st Best MPC 210 Teaching Practice and Class room teaching
SEM III	MCC 301 Scientific Principles of Sports Training MCC 302 Curriculum Design in Phy.,Edn.,	MEC 304 ICT in PhyEdn., MEC 305	MPC 306 Track and Field (Jumps) and Swimming MPC 307 Martial Arts and

	MCC 303 Sports Biomechanics & Applied Kinesiology	Sports Sociology	Biomechanics & Kinesiology Lab MPC 308 Coaching Lesson & Officiating MPC 309 Specialization 1 st Best MPC 310 Internship
SEM IV	MCC 401 Prevention and Management of Sports Trauma MCC 402 Rules of Sports and Games MCC 403 Dissertation	MEC 404 Sports Technology MEC 405 Sports Engineering	MPC 406 Track and Field (Middle & Long Distance, Combined) and Training Methods MPC 407 Mass Drill and Sports Injury and Rehabilitation Lab MPC 408 Coaching Lesson & Officiating MPC 409 Specialization 1 st Best

	CORE COURSE YMCA COLLEGE	ELECTIVE COURSE	PRACTICAL
SEM I	BCC 101 Principles and foundation of Phy., Edn., and guidance and counseling BCC102 Anatomy and Physiology BCC 103 Health Education and Environmental Studies	BEC 104 Sports Nutrition & Weight Management BEC 105 Sports Management	BPC 106 Calisthenics, Minorgames, BPC 107 Drill and Marching, Aerobics BPC 108 Badminton and Ball badminton, Softball, BPC 109 Table Tennis, Chess, Carrom & Tennis BPC 110 Track Events BPC 111 Teaching Practice
SEM II	BCC 201 Yoga Education BCC 202 Organization and Administration and Methods of Teaching in Phy., Edn., BCC 203 Principles and Techniques of Officiating Coaching Part I	BEC 204 Educational Technology and sports journalism tourism BEC 205 Sports Medicine, Physiotherapy & Rehabilitation	BPC 206 Dhands and baithaks, Light Apparatus, BPC 207 Yoga, Silambam BPC 208 Basketball, Volleyball, BPC 209 Football, Throwball BPC 210 Field Events BPC 211 Teaching Practice
SEM III	BCC 301 Sports Training BCC 302 History of phy., edn., Recreation and Camping BCC 303 Educational Psychology and Sociology	BEC 304 Computer Application in Phy., Edn., BEC 305 Personality	BPC 306 Lezium, Kung fu BPC 307 Swiss ball and Core board Training, Tennikoit, BPC 308 Cricket, Archery BPC 309 Hockey, Netball, BPC 310 Throw Events

		Development and Communication skills	BPC 311 Intensive Teaching Practice
SEM IV	BCC 401 Measurement and Evaluation in Phy.,Edn., BCC 402 Kinesiology and Biomechanics BCC 403 Principles and Techniques of Officiating Coaching Part II	BEC 404 Contemporary issues in phy., Edn., fitness and wellness BEC 405 Elementary statistics	BPC 406 Malkhamband pyramid , Boxing BPC 407 Theraband and Ladder Training , Gymnastics, BPC 408 Kabaddi, Handball BPC 409 Khokho, Swimming, BPC 410 Coaching Lesson & Officiating BPC 411 External Teaching Practice

Bachelor of Physical Education (BPed., Two years) with Credit System

SEMESTER	MORNING PRACTICALS	EVENING PRACTICAL
I Semester	<ol style="list-style-type: none"> 1. Drill and Marching 2. Calisthenics 3. Minor games 4. Aerobics 5. Teaching practice -General & Particular Lesson 6. Track and field (Sprint, Relay, Hurdle, Middle and Long distance) 	<ol style="list-style-type: none"> 1. Badminton and Ball badminton 2. Softball 3. Table Tennis, Chess, Carrom 4. Tennis
II Semester	<ol style="list-style-type: none"> 1. Dhanda and baithaks 2. Light Apparatus(Dumbbells, Indian clubs, Hoops and Wands) 3. Yoga 4. Silambam 5. Teaching practice - General & Particular Lesson 6. Track and field (Long Jump, Triple Jump, High Jump, Pole Vault) 	<ol style="list-style-type: none"> 1. Basketball 2. Volleyball 3. Football 4. Throwball
III Semester	<ol style="list-style-type: none"> 1. Lezium 2. Swiss ball and Core board Training 3. Tennikoit 4. Kung fu 5. Teaching practice - General & Particular Lesson 6. Track and field (Shotput, Discus, Javelin, Hammer) 7. Intensive teaching practice 	<ol style="list-style-type: none"> 1. Cricket 2. Hockey 3. Netball 4. Archery
IV Semester	<ol style="list-style-type: none"> 1. Malkhamband pyramid 2. Theraband and Ladder Training 3. Gymnastics 4. Boxing 5. Teaching practice General & Particular 	<ol style="list-style-type: none"> 1. Kabaddi 2. Khokho 3. Swimming 4. Handball

Question paper -

Paper setting is done internally since 2017. Three question papers are received from the setter based on the syllabus.

One paper is used for pre-semester, second paper is used for the semester and third paper is used by the COE either for arrear or for conducting reexamination.

1.3 Academic Flexibility

Flexibility to frame the syllabus by Autonomous body.

1.4 Curriculum Enrichment**Feedback System**

a) Students : YES

b) Faculty : YES

c) Alumini : Not taken

d) Resource persons : Resource persons are invited to deliver the special lectures related to their curriculum then and there.

e) Parents : Parents' teachers meeting were conducted for every start of the semester.

2 .Teaching – Learning and Evaluation

Student trainees are selected for admission to various courses through entrance tests, physical fitness test, sports proficiency, interviews and academic record and as per NCTE and Tamilnadu government norms and guidelines.

The academic year starts from July & ends in April.

Number of days for teaching	180
Number of working days	200
Total pre-practice preparation days for exams	20
Number of days for teaching practice	20
Number of days for internship	10
Number of practice lessons for each trainee	Internal-20 (10 General Lesson & External- 20 (10 Particular Lesson

Total days for practical	<u>180 (4 Hours/Day)</u>
Number of days for theory	<u>180 (3 Hours/Day)</u>
Number of days for field activity	<u>180</u>
Intramural – 40 Days	
Number of days for intramural competitions	Athletic Meet – 10 Days
Athletic meets, play-days etc	Play Day – 01

Learning

1. Learning through simulation
2. Active – learning developed by providing internet facilities
3. Learning through watching (High Level Sports Meets & Tournaments, advanced play surfaces and play courts)
4. Seminar/workshop/conference
5. Introduction of N.LIST,- Resource center
6. Laboratory records introduced
7. Introduction of Language Lab for self learning
8. Learning by observing the international matches and volunteering
9. By getting in-pur of the latest methods used in Physical Education from the teachers who visit other countries
10. Organizing seminars and workshops specifically for students
11. Transparency in grading and allotment of internal marks.
12. The scheme of evaluation is made known to the students at the beginning of the academic year

2.1 Teaching – Learning Process

a) Assignments: Semester-wise one assignments for each paper to be submitted by the students.

b) Teaching Plan:

The classes are handled by the staff based on the time-table and workload allotted by the college. Time Table is prepared and individual workload is designed and distributed.

Guest lectures and subject experts from near by colleges are invited by handling special classes.

c) Methods Employed :

Teaching aids like, Smart board, Computer, Projector, TV, DVD players, Charts and models are used for effective teaching-learning process.

d) Seminars :

Students are engaged to participate in State, National, International seminars organized by other educational institutions.

S.N O.	REG NO.	NAME	TOPIC	GUIDE
1	201902 03001	Alagarsamy.P	Effect Of Low Impact Training On Selected Health Related Fitness And Physiological Variables On It Professionals	Dr. Merlin Thanka Daniel
2	201902 03002	Ancy.P	Gender Based Analysis On Multiple Intelligence Among Junior Chess Players	Dr .Glory Darling Margaret
3	201902 03003	Aravindh.K	Effect Of Ladder And Medicine Ball Training On Selected Skill Related Fitness And Performance Variables Of Handball Players	Dr.S.JohnsonPremkumar
4	201902 03004	Balaji.V	Effect Of SAQ Training On Selected Motor Fitness And Performance Variables Among Junior Roller Skaters	Dr.E. SimsonJesudass
5	201902 03005	Manikandan.K	Effect Of Resistance Training With And Without Meditation On Skill Related And Performance Variables Among Junior Archers	Dr.S.Abraham Davidson
6	201902 03006	Manjula.R	A Case Study On International Road Cyclist-Mr.Naveen John	Dr.K.Jothi
7	201902 03007	Nasarkhan.M	Effect Of Trx Training On Selected Physical Fitness Physiological And Perofemance Variables Among Football Players	Dr.J.JacksonSutharsingh
8	201902 03008	Pandian.S.P	Effect Of Ab Roller Training On Selected Physical Fitness Physiological And Performance Variables Among Football Players	Dr. George Abraham
9	201902 03009	Praveen Kumar.K	Influence Of SAQ Training On Selected Motor Fitness And Skill Related Variables Among Hockey Players	Dr. George Abraham
10	201902 03010	Srinivasan.C	Effect Of Tabatta Training On Selected Physical Fitness And Performance Variables Among College Level Football Players	Mr.M.FelixArokkiaraj
11.	201902 03011	Tendulkar.S	Comparative Study On Body Muscle Mass And Related Anthropometric Measurements Of Various Category Body Builders	Dr. GladyKirubakar
12	201902 03012	Vaseekaran.S	Effect Of Suryanamaskar And Calisthenics Exercise On Selected Skill Related Fitness Physiological And Psychological Variables Among Cricket Players	Dr. J.SamuelJesudoss

13.	201902 03013	Venkataraman. K	Effect Of Floor And Step Aerobic Exercises On Selected Attacking Skills Of Kabaddi Players	Dr .S. Jerome David
14.	201902 03014	Vince.T	A Kinematic Analysis Of Three Point Shot Among Basketball Players	Dr. George Abraham

2.2 Teacher Quality

a) Contribution to College: Staff responsibilities are allocated and printed in the college calendar.

b) Society: Staff members and students contribute to the society individually in the teaching and acting as resource persons in the workshops/seminars and orientation and refresher courses conducted by Universities/ colleges/ government sectors.

c) Research:

Research activities are carried out in the college.

PhD guided by faculty members

Name : J ANTONY ANANDARAJ

Reg. No : A1902PEPM183

Guide Name : Dr. George Abraham

Year & Month of Reg : 2020, February

Full time/Part time: Part time

Topic

IMPACT OF ADIMURAI KARATE AND COMBINED MARTIAL ARTS TRAINING ON SELECTED PHYSICAL PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES AMONG COLLEGE STUDENTS

M.Phil Scholars and guide allotted for 2019-20

d) Evaluation Process:

Letter Grades and Grade Points: for M.P.Ed, B.P.Ed

i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.

ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade point	Letter Grade	Description
90 – 100	9.0 – 10.0	O	Outstanding
80 – 89.99	8.0 – 8.99	D+	Excellent
75 – 79.99	7.5 – 7.99	D	Distinction
70 – 74.99	7.0 – 7.49	A+	Very Good
60 – 69.99	6.0 – 6.99	A	Good
50 – 59.99	5.0 – 5.99	B	Average
00 – 49.99	0.0	RA	Re-Appear
Absent			

And, the following credit system was accepted for the M.P.Ed., Two year course
Total Credits,

Part I (Theory – Core Course and Elective Course)	-	52
Part II (Games and other Physical Activities)	-	24
Part III (Teaching/Coaching/Internship)	-	37
Total	=	113 Credits

M.P.Ed-

SEMESTER I

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
MCC 101	Yogic Sciences	4	0	0	4	25	75	100
MCC102	Research Process in Phy., Edn., & Sports Sciences	4	0	0	4	25	75	100
MCC 103	Physiology of Exercise	4	0	0	4	25	75	100
MEC 104	Environmental Studies	1	0	0	1			
MEC 105	Sports Management					25	75	100
MPC 106	Track and Field (Throws) and Yoga	0	2	2	3	(Each Activity 50 Marks)		100
MPC 107	Aerobics and Exercise Physiology Lab	0	2	2	3	(Each Activity 50 Marks)		100
MPC 108	Specialization 2 nd Best	0	2	2	3	-	-	100
MPC 109	Specialization 1 st Best	0	2	2	3	-	-	100
MPC 110	Teaching Practice and Class Room Teaching		1	1	2	-	-	100

SEMESTER II

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
MCC 201	Sports Psychology	4	0	0	4	25	75	100
MCC 202	Applied Statistics in Phy., Edn.,	4	0	0	4	25	75	100
MCC 203	Test, Measurement and Evaluation in Phy., Edn.,	4	0	0	4	25	75	100
MEC 204	Value Education	1	0	0	1			
MEC 205	Physical Fitness, Sports Nutrition and Health Promotion					25	75	100
MPC 206	Track and Field (Sprint, Relay, Hurdle) and Gymnastics	0	2	2	3	(Each Activity 50 Marks)		100
MPC 207	Indigenous Activities and Sports Psychology Lab	0	2	2	3	(Each Activity 50 Marks)		100
MPC 208	Specialization 2 nd Best (External	0	2	2	3	Average		100
MPC 209	Specialization 1 st Best	0	2	2	3	-	-	100
MPC 210	Teaching Practice and Class Room Teaching		1	1	2	-	-	100

SEMESTER III

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
MCC 301	Scientific Principles of Sports Training	4	0	0	4	25	75	100
MCC 302	Curriculum Design in Phy., Edn.,	4	0	0	4	25	75	100
MCC 303	Sports Biomechanics & Applied Kinesiology	4	0	0	4	25	75	100
MEC 304	ICT in Phy., Edn.,	1	0	0	1			
MEC 305	Sports Sociology					25	75	100
MPC 306	Track and Field (Jumps) and Swimming	0	2	2	3	(Each Activity 50 Marks)		100
MPC 307	Martial Arts and Biomechanics & Kinesiology Lab	0	2	2	3	(Each Activity 50 Marks)		100
MPC 308	Coaching Lesson & Officiating	0	2	2	3	-	-	100
MPC 309	Specialization 1 st Best	0	4	4	6	-	-	100
MPC 310	Internship		1	6	4	-	-	100

SEMESTER IV

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
MCC 401	Prevention and Management of Sports Trauma	4	0	0	4	25	75	100
MCC 402	Rules of Sports and Games	4	0	0	4	25	75	100
MCC 403	Dissertation	4	0	0	4	25	75	100
MEC 404	Sports Technology							
MEC 405	Sports Engineering	1	0	0	1	25	75	100
MPC 406	Track and Field (Middle & Long Distance, Combined) and Training Methods	0	2	2	3	(Each Activity 50 Marks)		100
MPC 407	Mass Drill and Sports Injury and Rehabilitation Lab	0	2	2	3	(Each Activity 50 Marks)		100
MPC 408	Coaching Lesson & Officiating	0	1	1	2	-	-	100
MPC 409	Specialization 1 st Best (External)	0	4	4	6	Average		100

TOTAL CREDITS IN MPED TWO YEARS COURSE

Semester	Credits in Theory Part I	Credits in Practical		Total
		Part II (Games & Other Activity)	Part III (Teaching/Coaching/ Internship)	
I	13	6	8	27
II	13	6	8	27
III	13	6	13	32
IV	13	6	8	27
TOTAL	52	24	37	113

Total credits in all the four semester = 27+27+32+27
Total = 113 Credits

TOTAL MARKS IN MPED TWO YEARS COURSE

Semester	Marks in Theory Part I	Marks in Practical		Total
		Part II (Games & Other Activity)	Part III (Teaching/Coaching/ Internship)	
I	400	200	300	900
II	400	200	300	900
III	400	200	300	900
IV	400	200	200	800
TOTAL	1600	800	1100	3500

Total Credits,

Part I (Theory – Core Course and Elective Course) - 52

Part II (Games and other Physical Activities) - 78

Part III (Teaching/Coaching/Intensive teaching) - 9

Total = 139 Credits

SEMESTER I

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
BCC 101	Principles and foundation of Phy., Edn., and guidance and counseling	4	0	0	4	25	75	100
BCC102	Anatomy and Physiology	4	0	0	4	25	75	100
BCC 103	Health Education and Environmental Studies	4	0	0	4	25	75	100
BEC 104	Sports Nutrition and Weight Management	1	0	0	1	25	75	100
BEC 105	Sports Management							
BPC 106	Calisthenics, Minor games	0	2	4	4	(Each 50 Marks)		100
BPC 107	Drill and Marching, Aerobics	0	2	4	4	(Each 50 Marks)		100
BPC 108	Badminton and Ball badminton, Softball,	0	2	6	5	(Each 50 marks)		100
BPC 109	Table Tennis, Chess, Carrom &Tennis	0	2	6	5	(Each 50 Marks)		100
BPC 110	Track Events	0	1	1	1.5	(Each 50 marks)		100
BPC 111	Teaching Practice	0	1	1	1.5	-		100

SEMESTER II

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
BCC 201	Yoga Education	4	0	0	4	25	75	100
BCC 202	Organization and Administration and Methods of Teaching in Phy., Edn.,	4	0	0	4	25	75	100
BCC 203	Principles and Techniques of Officiating Coaching Part I	4	0	0	4	25	75	100
BEC 204	Educational Technology and sports journalism and tourism	1	0	0	1	25	75	100
BEC 205	Sports Medicine, Physiotherapy and Rehabilitation							
BPC 206	Dhanda and baithaks , Light Apparatus	0	2	4	4	(Each 50 Marks)		100
BPC 207	Yoga, Silambam	0	2	4	4	(Each 50 Marks)		100
BPC 208	Basketball, Volleyball	0	2	6	5	(Each 50 marks)		100
BPC 209	Football, Throwball	0	2	6	5	(Each 50 Marks)		100
BPC 210	Field Events	0	1	1	1.5	(Each 50 marks)		100
BPC 211	Teaching Practice	0	1	1	1.5	-		100

SEMESTER III

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
BCC 301	Sports Training	4	0	0	4	25	75	100
BCC 302	History of phy., edn., Recreation and Camping	4	0	0	4	25	75	100
BCC 303	Educational Psychology and Sociology	4	0	0	4	25	75	100
BEC 304	Computer Application in Phy., Edn.,	1	0	0	1	25	75	100
BEC 305	Personality Development and Communication skills							
BPC 306	Lezium, Kung fu	0	2	4	4	(Each 50 Marks)		100
BPC 307	Swiss ball and Core board Training, Tennikoit	0	2	4	4	(Each 50 Marks)		100
BPC 308	Cricket, Archery	0	2	6	5	(Each 50 marks)		100
BPC 309	Hockey, Netball,	0	2	6	5	(Each 50 Marks)		100
BPC 310	Throw Events	0	1	1	1.5	(Each 50 marks)		100
BPC 311	Intensive Teaching Practice	0	1	7	4.5	-		100

SEMESTER IV

Course	Title of the paper	L	T	P	Total Credits	Internal	External	Total
BCC 401	Measurement and Evaluation in Phy., Edn.,	4	0	0	4	25	75	100
BCC 402	Kinesiology and Biomechanics	4	0	0	4	25	75	100
BCC 403	Principles and Techniques of Officiating Coaching Part II	4	0	0	4	25	75	100
BEC 404	Contemporary issues in phy., Edn., fitness and wellness	1	0	0	1	25	75	100
BEC 405	Elementary statistics							
BPC 406	Malkhamband pyramid, Boxing	0	2	4	4	(Each 50 Marks)		100
BPC 407	Theraband and Ladder Training , Gymnastics	0	2	4	4	(Each 50 Marks)		100
BPC 408	Kabaddi, Handball	0	2	6	5	(Each 50 marks)		100
BPC 409	Khokho, Swimming	0	2	6	5	(Each 50 Marks)		100
BPC 410	Coaching Lesson & Officiating	0	1	1	1.5	(Each 50 marks)		100
BPC 411	External Teaching Practice	0	1	1	1.5	-		100

TOTAL CREDITS IN BPED TWO YEARS COURSE

Semester	Credits in Theory Part I	Credits in Practical		Total
		Part II (Games & Other Activity)	Part III (Teaching/Coaching/ Internship)	
I	13	19.5	1.5	34
II	13	19.5	1.5	34
III	13	19.5	4.5	37
IV	13	19.5	1.5	34
TOTAL	52	78	9	139

Total credits = 34+34+37+34

Total credits = 139 credits

TOTAL MARKS IN BPED TWO YEARS COURSE

Semester	Marks in Theory Part I	Marks in Practical		Total
		Part II (Games & Other Activity)	Part III (Teaching/Coaching/ Internship)	
I	400	500	100	1000
II	400	500	100	1000
III	400	500	100	1000
IV	400	400	200	1000
TOTAL	1600	1900	500	4000

B.M.S Course

SCHEME OF EXAMINATION

PART I – WRITTEN EXAMINATION (THEORY)

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

PART II – PRACTICAL TEACHING EXAMINATION

INTERNAL MARKS

1. Orientation and Mobility	- 100	- 2 CREDITS
2. General Lesson 50 & Particular Lesson 50	- 100	- 2 CREDITS
3. Intensive Teaching Practice	- 100	- 2 CREDITS
TOTAL MARKS = 300		- 6 CREDITS

EXTERNAL MARKS – TEACHING PRACTICE (Internal & External Examiners)

1. Orientation and Mobility	- 100	- 2 CREDITS
2. General Lesson 50 & Practical Lesson 50	- 100	- 2 CREDITS
TOTAL MARKS= 200		- 4 CREDITS

PART II TOTAL MARKS = 500 - 10 CREDITS

PART III – PRACTICAL = 1400 MARKS

Part I Theory

Each core papers 4 credits (6x4)	24 credits
Electives 2 credits each (2x2)	4 credits
Part II Teaching practice	10 credits
Part III Practical	56 credits
Total	94 credits

Additional credits

Extramural	
International Representation (each)	3 credits
State, University Representation (each)	2 credits
Inter collegiate representation (each)	1 credit
For qualifying each officiating examination	1 credit

- **Written Examination (20 Marks):**

Each student will be graded by the subject teacher(s). Three sessional tests will be conducted for each paper. Each test carries a maximum of 20 marks and the average of best two tests will be considered. However, in the case of students who miss the tests for any valid reason with prior permission from the subject teacher(s) and the Principal, they may be granted special permission to write the sessional test before the commencement of semester examinations.

- **Assignment (5 Marks):**

The students will be given 5 marks for assignments. This may be in the form of Seminars, Projects, Written Materials, Records, etc., A student should submit a minimum of one assignments for each course.

- **Pre Semesters (75 Marks):**

The Pre Semester examinations will be held at the end of each semester before the final semester examinations, covering all portions and 75 marks are awarded for this examination. Each paper will be evaluated for 75 marks and this will be converted into 25 marks. All the examination will be conducted by the Controller of Examinations. The dated and test portions will be intimated in advance by staff concerned. There are no minimum marks for passing in both internal and external examinations. However, the minimum for passing in each paper is 50% combining internal and external marks. A student who fails in anyone or more papers in the semester examination, will be permitted to rewrite the paper or papers in the subsequent semester examinations.

First sessional test	=	20 Marks
Second sessional test	=	20 Marks
Third sessional test	=	20 Marks
Average of the best two tests	=	20 Marks
Assignment	=	5 Marks
Pre Semester converted to 25	=	25 Marks
Total	=	50/2
Internal	=	25 Marks

- **Theory:**

Part I

- i. The Answer scripts are evaluated by both internal and external examiners (Double Valuation).
- ii. If there is 10% difference between two examiners, a third revaluation is conducted, which will be final.
- iii. Question papers for each examination will follow the regulation and syllabus in force at that time. The question paper pattern include both 5 marks and 10 marks.
 - a. Part A – Compulsory 10 Questions X 2 Marks = 20 Marks
 - b. Part B - 5 Questions out of 7 X 5 Marks = 25 Marks
 - c. Part C - 3Questions out of 5 X 10 Marks = 30 Marks

Total	=	75 Marks

- iv. A student getting 'RA' Re-Appear in a subject must repeat the examination to obtain the degree. Such students are exempted from attendance.

- v. A student shall not be permitted to repeat any course only for the purpose of improving the grade.

- **Practical:**

There are no minimum marks for passing in both internal and external examinations. However, the minimum for passing in each practical is 50% of total marks in the particular practical.

A student, who fails in any one or more practical in the semester examination, will be permitted to redo the practical(s) in the subsequent semester examinations.

2.3 Students' performance and learning outcomes:

Results of odd and even semester are presented below:

Since there was no Examination Reforms by the Controller of Examination, presented the Examination Results of Odd semester (November 2019) which was published on 04.02.2020. The percentage of pass is given below

SEMESTER EXAMINATION RESULTS - NOVEMBER 2019

SL.NO.	CLASS	PERCENTAGE OF PASS			%
		STUDENTS STRENGTH	STUDENTS APPEARED	NO. OF PASS	
1	M.P.E.D II	46	33	31	94
2	M.P.E.D I	60	41	39	95
3	B.P.ED. I	98	82	73	89
4	B.P.ED. II	100	85	52	61
5	B.P.E.S. III	58	31	28	90
6	B.P.E.S. II	76	44	30	68
7	B.P.E.S.I	77	45	34	76
8	M.Sc.II	7	7	7	100
9	M.Sc.I	6	6	6	100

b) Conference / Symposium - Nil.

c) Seminar -Nil

d) Competition:

TNPESU Intercollegiate Competitions 2019-20

About 220 students from the YMCA College of Physical Education were represented in Tamil Nadu Physical Education and Sports University Competitions/Tournaments in various sports and games during 2019-20.

RESULTS

Men Section

Winners

1. Basketball
2. Badminton

Runners

1. Hockey
2. Ball Badminton

More over college students have received many medals for Archery, Boxing and Athletics for both Men and Women category in Tamil Nadu Physical Education University Intercollegiate Competitions.

Inter University Competitions

Sixty six (66) boys and thirty two (32) girls from YMCA College of Physical Education have represented Tamil Nadu Physical Education and Sports University for South Zone and All India Inter University Tournaments/competitions in various sports and games such as Athletics, Archery, Ball Badminton, Badminton, Basketball, Boxing, Chess, Cricket, Football, Handball, Hockey, Judo, Kabaddi, Kho -Kho, Karate, Netball, Rugby, Volleyball, Table Tennis, Target ball, Swimming, Weight Lifting, Wrestling, and Yoga during 2019-20.

2.4 Guest Lectures-

Sl.No.	Name	Activity
1	Mr.Kannan	Gymnastics
2	Mr.Rangarao	Thai-chi
3	Mr. SensaiKannikaiRaji	Karate,

2.5 Consolidated Attendance Batch-wise-RECORDS PLACED

3.RESEARCH, CONSULTANCY AND EXTENSION

3.1 Promotion of Research	M.Phil. and PhD
3.2 Resource Mobilization for Research	Nil.
3.3 Research Facilities	11 Labs are available
3.4 Research Publications and Awards	Faculties members are publishing articles in the international and

	national journals, college is also publishing Journal of Physical Education and Exercise Sciences (ISSN 0975-9778)
3.5 Consultancy	Physiotherapy
3.6 Extension Activities and Institutional Social Responsibility	Active NSS Group & Sports Academy in various games & sports
3.7 Collaboration	Special Children

3.3 Research Facilities

DETAILS OF LABORATORY FACILITIES

1. Biomechanics lab

- 1.Computer with Printer
- 2.Video Camera
- 3.Multi Media Projector
- 4.Weighing scale
- 5.Skinfold calipers
- 6.Measuring tapes
- 7.Skeleton charts
- 8..Tread mill
- 9.Metronome
- 10.Microscope
- 11.Overhead projector with projections screen
- 12.Cinematic projector

2. **Exercise Physiology lab**

- 1.Spectrophotometer
- 2.Rowing ergometer Caloric count
- 3.Dual elliptic ergometer
- 4.Bicycle ergometer
- 5.Pulse monitor
- 8.Exercise air byke
- 9.Exercise rowing machine
- 10.Bio monitor deluxe
- 11.Electronic ergometer
- 12.Electro cardiograph
- 13.Electrio miograph
- 14.Oscilloscope
- 15.Pulse watch
- 17..Glucometer
- 18.E.C.G. single channel machine
- 19.Pulmonary function testing equipment
- 20.Human physiology charts
- 21.Gymnastic charts
- 22.Stablizers
- 23.Micro medical micro plus spirometer

24.Computer with printer

3. Sports Psychology lab

- 1.Memory apparatus (Drum)
- 2.Reaction Time apparatus
- 3.Perimeter
- 4.Memory maze
- 5.Intelligence test
- 6.Group Testing of intelligence
- 7.Relaxation techniques
- 8.Likert scale
- 9.Mirror drawing apparatus
- 10.Questionnaires
- 11.Aptitude test
- 12Computer with printer
- 13.Heart Beat Monitor
- 14.Skin temperature
- 15.Insight learning
- 16.Visual acuity apparatus
- 17.Mind reader
- 18.Hand steadiness apparatus
- 19.Two hand co-ordination
- 20.Perceptual grouping apparatus
- 21.Tweezer Dexterity
- 22.Memory apparatus
- 23.Whipples trapping
- 24.Intelligence Tests
25. Spass of Attention Tachis Toscope
26. Puzzles
27. Visual Activity board
28. Match me if you can
29. Memory drum
30. Number games
31. Finger Deterity apparatus
- 32.Colour preference of testing
33. Trial and Error
34. Division of attention board
35. Maze box
36. Mirror tracing
37. Directional Peg board
38. Muller Iyer Illusion board
39. Match board
40. Intelligence tester
41. Kinesthetic sensitivity board, (20 left, right hand
42. Memory scale

4. Educational Technology

1. Public Address System
2. Slide projector
3. Tape Recorder
4. T.V. set
5. Overhead Projector
6. Display boards
7. Video cassette recorder

8. Video camera
9. First Aid charts
10. Movie camera
11. Perimeter
12. Caliometer
13. Class Wrilling Board
14. Projection Screen
15. Educational Charts
16. Human Physiology charts
17. Gymnastic charts
18. Micro medical microphone spirometer
19. LCD Projector

5. Health Educational Laboratory

- ◆ Lever weighing machine
- ◆ Anthropometer
- ◆ Growth charts
- ◆ Desirable weight and height tables
- ◆ Calipers4

6. Anatomy Lab

- a. Manikins (Full Body)
- b. Heart specimen
- c. Eye specimen
- d. Brain specimen
- e. New Baur chambers
- f. Charts
- g. B.P.Apparatus
- a. Stethoscope

. Swiss ball

7. Test & Measurement lab

8. Yoga Lab

9. Music Therapy lab

10. Nutrition Lab

11. Sports Medicine Lab

4.INFRASTRUCTUREAND LEARNING RESOURCES :

4.1 Physical Facilities :

S.No.	Playground	No.	Area in sq.ft
1	Football	2	21600
2	Fitness Centre	1	2800
3	Hockey	3	14180
4	Cricket	1	14400
5	Volleyball	3	486
6	Basketball	3	1260
7	Badminton	2	280
8	Ball Badminton	2	280
9	Boxing Ring	1	10000

10	Kho-kho	2	810
11	Kabbadi	2	260
12	Tennis Court complex	14	3696
13	Handball	1	900
14	Boxing Ring	1	100
15	Track & Field	2	18700
16	Gym	1	1200
17	Astro-turf hockey field	1	5000
18	Table Tennis	2	2400
19	Baseball	1	2400
20	Softball	1	2400

4.2 Library :

	Existing		Newly added		Total	
	No.	Value	No.	Value	No.	Value
Text Books & Reference Books	12626	3660677.67	0	0	12626	3660677.67
e-Books	30000	5750	0	0	30000	5900
Journals	328	298215	0	0	328	298215
e-Journals	6500	5750	0	0	6500	5900
Digital Database	22	5750	0	0	22	5900
CD & Video	846	Free	0	0	846	Free
Library automation	YES					

4.3 IT Infrastructure :

	Total Computers	Computer Labs	Internet	Browsing Centers	Computer Centers	Office	Departments	Others
Existing	53	1	9	1	1	1	5	0
Added	2	0	0	0	0	0	0	0
Total	55	1	9	1	1	1	5	0

4.4 Maintenance of Campus facilities :

STATEMENT SHOWING THE AREA OF THE CAMPUS AND BUILDING, ACADEMIC, ADMINISTRATIVE, PLAY AREA, HOSTEL ETC.,

S.No	PRESCRIPTION	SQ.FT	SQ.MT
1.	ADMINISTRATIVE BUILDING FF	5856	549.29
2.	ADMINISTRATIVE BUILDING GF	9756	911.77
3.	CLASS ROOMS	22000	2000
4.	CORRESPONDENT QUARTERS	2224	207.85
5.	DINING HALL	4900	457.94
6.	DIRECTOR'S QUARTERS	518.75	48.48
7.	GYMNASIUM	16655.5	1556.7
8.	HOSTEL FF	4925	463.08
9.	HOSTEL GF	4925	463.08
10.	HOSTEL FOR MEN	14850	1359.15
11.	HOSTEL FOR WOMEN(13A-13 O)	10427	974
12.	LAVATORY	750	70.09
13.	P.G. HOSTEL	2570	244

14.	PAVILION FF	2562	239.43
15.	PAVILION GF	2562	239.43
16.	PHYSIOTHERAPY FF	2136	198.49
17.	PHYSIOTHERAPY GF	3070	288.91
18.	PICNIC CENTRE	2186	204.3
19.	POST GRADUATE HOSTEL FF	2189.63	202.86
20.	POST GRADUATE HOSTEL GF	2560	244
21.	PRAYER HALL	1939.5	181.26
22.	PRAYER HALL	1939.5	181.26
23.	PRINCIPAL'S QUARTERS	948	90.58
24.	PUMP ROOM	625	58.41
25.	QUARTERS	288	26.91
26.	QUARTERS	1562	145.98
27.	QUARTERS	1133	105.88
28.	STAFF QUARTERS FF	725	67.75
29.	STAFF QUARTERS GF	725	67.75
30.	STORE	1140	105.91
31.	SUPERINTENDENTS QUARTER'S	608.5	56.55

5. STUDENT SUPPORT AND PROGRESSION :

5.1 Student Mentoring and Support : -

- **Online Classes**

Due to the COVID- 19 predicament the classes were conducted online after 13th March 2020.

- **Distance Education Programme**

About 72 Students have enrolled in Distance Education Programme under Tamil Nadu Physical Education and Sports University for the academic year 2019-20. The various courses offered were PG Diploma in Yoga/ M.Sc., in Yoga (L.E)/ Diploma in Aerobics Instructor/ Diploma in Gym Instructor/ PG Diploma in Gym Instructor.

- **Examinations**

The Pre-Semester and Odd Semester Examinations for all the courses of M.P.Ed., B.P.Ed and B.P.E.S were conducted in the month of November, 2019.

The Terminal Pre-Semester and Even Semester Examinations for the Final year Students of M.P.Ed., B.P.Ed and B.P.E.S were conducted in the month of September, 2020. It was supposed to be conducted in the month of April, 2020. But, due to Covid19- Pandemic, the examinations were conducted as per the following schedule:

Pre-Semester Examinations for Terminal Semester:

DATE	FORENOON	AFTERNOON
25.09.2020	10.00 AM TO 11.30 AM	2.00 PM TO 3.30 PM
26.09.2020	10.00 AM TO 11.30 AM	2.00 PM TO 3.30 PM

Semester Examinations for Terminal Semester:

DATE	FORENOON	AFTERNOON
28.09.2020	10.00 AM TO 11.30 AM	2.00 PM TO 3.30 PM
29.09.2020	10.00 AM TO 11.30 AM	2.00 PM TO 3.30 PM

The Examinations were conducted through **Online Mode**. The single valuation system was followed. Results were published within five days and consolidated Mark Statements were issued to the students after the one week of terminal semester examinations.

5.2 Student Progression

Colloquium

- All the M.Phil Scholars & M.P.Ed -II year students attended a **Colloquium** for finalizing the Topic of research work. All the teaching staff and Principal attended.
- Students of M.P.Ed II year & the B.P.Ed II year undergone **Intensive coaching classes** between 2 p.m. and 6 p.m.

5.3 Placement Cell

Our college placement cell provides a wide range of job opportunities for the students who complete their education. Institutions from all over Tamil Nadu visited our campus during the first week of March 2020. About 20 students were placed in various schools and sports companies as Physical Education Teachers and Sports Trainers. The programme was coordinated by Dr. (Mrs.) J. Glory Darling Margaret.

The following are the institutions that offered appointments through Placement cell

1. Annai Violet International School Pudur, Ambattur, Chennai – 600 053
2. Fathima Basheer Mat. Hr. Sec.School for Girls, 56/311, Bharathidasan Road, Teynamept, Chennai – 600 018
3. Little Spartans, 1st Floor, 1063, Munusamy Salai, K.K.Nagar West, Chennai – 600 078
4. JRK Matric Higher Secondary School, Vadapalani Chennai
5. School of sports – The Pitch 1st floor, 1354, Pasumpon Muthiramalinga Thevar Road, Nandanam, Chennai – 600 035.
6. Share play, 2nd Floor, /A, Stone Link Avenue, Raja Annamalai Puram, Chennai Tamil Nadu – 600 028
7. Sports Spa Plus Point Venture Sports 18,Z- Block 6th Street , Anna Nagar, Chennai
8. Shri Krishnaswamy Mat.Hr.Sec.School, 7/3, A- Type, Sidco Nagar, Villivakkam, Chennai – 600 049

9. The Velammal International School Kolkatta High Road, Panchetti, Pooneri
Chennai – 601 204

Due to COVID 19 the scheduled campus interview scheduled on 23rd March 2020 was cancelled.

6. Governance, Leadership And Management books

6.1 Scholarships :

Except Forward Community all other students are getting Government scholarship. –

Details	Number of Students	Amount
Financial support from institution	Nil	Nil
Financial support from government	264	1,886,070
Financial support from other sources	Nil	Nil
Number of students who received International/ National recognitions	Nil	Nil

6.2 Admission :

The admission for various courses of study was done for the academic year 2019-2020 as per the TNPESU, NCTE & Government of Tamilnadu rules & guidelines.

Category	QUOTA – WISE							Total
	OC	BC	BCM	MBC/ DNC	SC	SCA	ST	
M.Phil	1	4	1	5	4	NIL	NIL	15
M.P.Ed	9	26	1	9	13	NIL	1	59
B.P.Ed	9	39	1	17	28	2	NIL	96
B.P.E.S	8	29	1	15	18	2	NIL	73
D.P.Ed	NIL	4	1	NIL	6	NIL	NIL	11

7. Innovations and Best Practices:

- **Picnic**

One day picnic was organized in the month of July 2019. 453 students participated .

- **Annual Leadership Camp**

Annual Leadership Camp was organized to Yelagiri in the last week of Jan to 1st week of Feb.2020. 189 students and 11 staff members participated in the same.

- **NSS Programme**

Various Programme were carried out by NSS in the campus during the academic year 2019-20. Dr. S. Johnson Premkumar was the NSS coordinator.

The College is conducting Distance Education Programme on various courses. We have conducted contact classes for the following courses .

- a) P.G Diploma in Yoga
- b) P.G. Diploma in Gym / Fitness Trainer
- c) Diploma in Yoga
- d) Diploma in Gym and Fitness Training
- e) M.Sc., Yoga (Lateral Entry)

Environment Consciousness : Tree plantations took place at the college campus.

Solar lights were erected on the streets of the campus.

Best Practices: One India One Nation

- **Talent Nite** was conducted every month.
- **Onam** was celebrated.
- **Christmas was** celebrated in the YMCA college premises. The performance of our Christmas papa added more color to the programme.
- The students of the College celebrated "**Pongal Festival**".
- **Project Sports meet**
- **Annual Leadership Camp**
- **One day Picnic.**
- **Distance Education Programme**

STAFF COONTRIBUTIONS

Academic Audit for the year – 2019-20																			
S. No.	Name of the Staff	Research Guidance M.Phil/Ph.d.	Research Project	Author of the Book	Chapter in Edited Books	Articles in Journals	Publication in the proceedings	Other Publications	Paper Presentation	Participation in Conference/Seminar Participated as Chair person/panel Discussion	Resource person	Refresher/Short Term	Editorial Committee Member	Board of Studies	Member Question paper	Setter/Subject Expert Doctoral Committee	Member Seminar/Workshop	Organized Any other Post held/Awards	
1.	Dr. George Abraham	3 / 0	-	-	-	1 0	-	-	7	-	-	3	-	1	1	4	1 0	-	1
2.	Dr. K. Jothi Dayanandan	-	-	-	-	-	-	-	-	-	2	-	1	1	4	5	-	-	
3.	Dr. S. Johnson Premkumar	1 / 0	-	-	-	1 1	-	-	1	-	-	-	1	1	4	5	-	2	
4.	Dr. Glory Darling Margaret. J.	1 / 1	-	-	-	2	-	-	4	-	-	3	-	1	1	4	5	-	-
5.	Dr. J. Jackson Sudharsingh	1 / 0	-	1	-	3 2	-	-	2	-	-	-	1	1	4	5	-	1	
6.	Dr. S. Gladys Kirubakar	1 / 1	-	-	-	1	-	-	-	-	-	-	-	1	4	5	-	-	
7.	Dr.S.Abraham David Son	-	-	-	-	1	-	-	1	-	-	-	-	1	4	5	-	-	
8.	Dr. E. Simson Jesudass	-	-	-	-	-	-	-	-	-	-	-	-	1	4	3	-	-	
9.	Dr.S.Jerome David	1 / 0	-	-	-	-	-	-	-	-	-	-	-	1	4	-	-	-	
10.	Dr.M.Felix Arokia raj	1 / 0	-	-	-	-	-	-	-	-	-	1	-	1	4	-	-	-	

11	Dr.A.MerlinThangadaniel	-	-	-	-	-	-	-	-	-	-	-	-	-	1	4	-	-	-
12	Dr.J. Samuel Jesudoss	1 / 0	-	2	-	9	-	-	1	-	-	-	-	-	1	4	4	-	-
13	Dr.PonAnbarasau	-	-	-	-	-	-	-	-	-	-	-	-	-	1	4	2	-	-
14	Mr.B.Praveen doss	-	-	2	-	-	-	-	2	-	-	-	-	-	1	4	-	-	-
15	Dr. K. Karthikeyan	-	-	-	-	-	-	-	-	-	-	-	-	-	1	4	-	-	1
16	Dr.J.James	-	-	-	-	-	-	-	-	-	-	-	-	-	1	4	-	-	-
17	Dr.R.Prabu	-	-	-	-	-	-	-	4	-	-	2	-	-	1	-	-	2	1
18	Dr. J. Komala	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-
19	Dr.S.Sathish Kumar	-	-	-	-	2	-	-	-	-	-	-	-	-	3	-	-	-	-

YMCA COLLEGE OF PHYSICAL EDUCATION

ACADEMIC AUDIT REPORT

SESSION – 2018-2019 and 2019-2020

Name of the Department: Physical Education (Single Faculty College)

Expert Committee members and their affiliation:

1. Dr. Manikandan, Prof.&Head, Dept, of Physical Education, Tamilnadu Physical Education & Sports University
2. Dr.Uma Manohar, Associate Prof. & Head, Dept of Physical Education, Queen Mary's College

The following were the recommendations made during the academic audit conducted on Thursday, the 22nd July 2021




Recommendation for future direction

- Faculties may be encouraged to conduct research projects, through various funding options such as UGC major and minor research projects, as the percentage of faculties conducting research projects is relatively less
- Faculties may be encouraged to publish papers, articles or participate in book review, as the percentage of faculties involved in such activities is less
- The institution may formulate a consultancy policy and encourage its faculties to participate in consultancy projects
- Student centric learning mechanism may be improved
- Feedback mechanism may be introduced from external stakeholders
- International programme/Student exchange programme (Abroad study) MoU to be increased.
- Salary of management staff may be increased as inflation.

Overall Rating : (Tick any one)

Excellent	<input checked="" type="checkbox"/>	General Comments: <i>The college may apply for Re-Accreditation at the earliest.</i>
Very Good	<input type="checkbox"/>	
Good	<input type="checkbox"/>	
Satisfactory	<input type="checkbox"/>	

Signatures of Academic Auditors with Name & Seal

Signature of Expert Member	Signature of Expert Member	Signature of Chair Person /HOD
 Dr. S. MANIKANDAN Professor Dept. of Physical Education Tamilnadu Physical Education and Sports University Melakattaiyur (Post), Chennai-600 127. Tamilnadu, India.	 Dr. E. UMA , M.Sc., M.P.Ed., M.Phil., Ph.D., ASSOCIATE PROFESSOR & HEAD DEPT. OF PHYSICAL Edn. HEALTH Edn. & SPORTS QUEEN MARY'S COLLEGE (A) CHENNAI - 600 004	 Dr. GEORGE ABRAHAM Principal YMCA College of Physical Education, Nandanam, Chennai-600 035.

The National Council of YMCAs of India

Y. M. C. A COLLEGE OF PHYSICAL EDUCATION

Nandanam Chennai – 600 035

A Christian Minority Institution



An Autonomous College Registered under UGC act

Affiliated to Tamil Nadu Physical Education & Sports University

Re-accredited by NAAC with 'A' Grade

Recognized by National Council for Teacher Education

& Government of Tamil Nadu

ACADEMIC AUDIT

2020-2021

**Y.M.C.A College of Physical Education
Nandanam, Chennai
Academic Audit 2020-21**

Date: 20th October 2023

Venue: College Conference Hall

The dynamics of higher education require an academic audit to achieve and sustain academic excellence. A system for managing academic quality across the entire institute has been established by the office of the Internal Quality Assurance Cell. It strives to compile data that is supported by evidence and relates to the caliber of academic programs.

The Academic Audit encourages a culture of constant assessment and quality improvement while supporting the best practices of the various academic programs. The Academic Audit was started by the IQAC during the academic year (2020-2021) with the goal of evaluating the UG/PG curriculum, teaching methods, and learning methodologies as well as to provide ongoing quality assurance. It is necessary to implement a faculty-driven model of ongoing self-reflection, peer feedback, cooperation, and teamwork based on structured discussion in order to improve educational quality processes in teaching, learning, and assessment.

The audit promotes integration between programs and disciplines and serves to:

- (1) provide a faculty-driven method for a continuous improvement process
- (2) encourage communication among faculty, students, and administrators
- (3) provide self-assessment based on quality principles

Since then, the college has been launching a number of novel academic programs by taking the helm in numerous ground-breaking initiatives. The institution has added a large number of new courses with a variety of topic and activity possibilities. The College was accredited by NAAC with a "A" grade in March 2003 and was re-accredited until January 2018 due to the efficiency of the well-designed program.

There is a need to relook and review the curriculum, teaching, learning and evaluation methods. The statutory reports (NAAC, UGC or University) are not able to give a detailed and critical look at the curriculum, teaching, learning and evaluation methods. The Higher Education scenario has changed dramatically since we received our autonomy in 1986 and restructuring in 2002 followed by different phases of restructuring in 2015 and 2021.

New teaching and learning methods are needed in order to make Higher Education relevant to the current times and to suit it to the world at larger industry or the larger (Civil) society.

The Objectives of the Academic Audit are:

- To subject the college curriculum to external scrutiny.

- To update the curriculum, teaching, learning and evaluation methods.
- To make suggestions for improvement to the curriculum for necessary changes.
- To achieve the goal of updated curriculum and revised learning and evaluation methods.

Modalities

The team (Academic Audit Team) has to identify/finalize the names of a Convener and two members from the panel submitted or from outside the panel. The identified persons will be contacted through phone/e-mail/letter. Academic hand-book, syllabus and previous question papers will be sent to them in advance. The dates of the visit of academic audit members were scheduled on 20th October 2023

On the day of the visit, they were accompanied by core group members of the IQAC

Dr. S. Johnson Premkumar,
 Dr. K. Jothi Dayanandhan,
 Dr. J. Jackson Sutharsingh &
 Dr. S. Gladys Kirubakar.

Y.M.C.A College of Physical Education, Nandanam, Chennai

Academic Audit Report 2020-21

Friday 20th October 2023 using the NAAC Parameters

Based on the NAAC criteria, an academic audit was conducted covering all academic activities within the College. The findings of the team are outlined below.

Academic Audit Report	
Curricular Aspects	CURRICULUM AND SYLLABUS:
Curricular Planning and Implementation	The syllabus is prepared by the subject and course coordinator after consulting experts and taking input from the teaching faculty. The syllabus is then submitted to the BoS and AC for approval.
	Inputs to students are through: Lectures Chalk & Talk PowerPoint Presentation Case Study Role Play, simulation, GD, etc.

	<p>COURSES OFFERED:</p> <ol style="list-style-type: none"> 1. M.P.Ed 2. B.P.Ed 3. B.P.E.S 4. D.P.Ed 5. B.M.S 6. M.Sc 7. P.G.D.S.C 8. M.Phil 9. Ph.D 10. Certificate Courses/Value Added Courses <p>The features of the Programmes are:</p> <ol style="list-style-type: none"> 1. Certificate Courses incorporated in syllabus 2. FDP by certified Professionals 3. Reference material by learning partners 4. Continuous student orientation program 5. Train the Trainer Program 6. Field visit
Curricular Design and Development	<ol style="list-style-type: none"> 1. Every year, the syllabus is revised with slight changes. 2. The process is based on input from the higher education institution school education department and also from the feedback of alumnus 3. The syllabus is updated based on the new skill-based papers. 4. The subject coordinators identify the needs of the industry and develop lesson plans. 5. Shared teaching of one subject is carried out by three faculty members
Academic Flexibility	<ol style="list-style-type: none"> 1. Faculty flexibility to manage the number of subjects and participate in add on, added value courses and extracurricular activities. 2. CBCS system offers the option to take credits in one year across the semester. 3. CBCS with credits is formulated. 4. Faculty has full flexibility to plan and implement these outreach programmes such as students involved in physical fitness battery test, teaching

	<p>skills of various sports and games in schools.</p> <p>5. Allotment of Subjects based on choice of teaching methodology</p>
Curriculum Enrichment	<ol style="list-style-type: none"> 1. Major changes have been initiated to introduce online teaching and assessment. 2. Online exams have been deployed on many online platforms for both undergraduate and post graduate programs. 3. Continuous internal assessments and end-of-semester exams are conducted online. This has contributed to helping academic activities continue despite the unprecedented impact of the Covid-19 pandemic. 4. Expected 21-days internship for students about to graduate (not implemented due to the impact of the Covid-19 Pandemic)
Teaching-Learning & Evaluation	
Catering to Student Diversity	<ol style="list-style-type: none"> 1. Celebration of festivals portraying other state such as Onam, etc. 2. Orientation Program conducted through online 3. Internships (not done due to Covid-19 Pandemic) & Placements provided 4. Recognizing only few achievements as less number of competitions conducted due to Covid-19 Pandemic 5. Scholarships provided 6. Encourages students who take up competitive exams 7. Parent Teachers Association meetings NOT conducted due to Covid-19 pandemic.
Teaching-Learning Process	<p>Process adopted-lectures, case studies, classroom participation (physically not done due Covid-19 Pandemic), assignments, technological (e-source of information and knowledge), Student presentations.</p> <p>BEST PRACTICES:</p> <ol style="list-style-type: none"> 1. Course materials – provided for students 2. Future employer requirements are considered and focus when developing the curriculum

Teachers Quality	<p>3. Participatory learning methods employed</p> <ol style="list-style-type: none"> 1. According to the students, the teacher has solid subject knowledge. 2. Faculty members conduct research and write books and articles 3. Faculties keeping track of students' classroom behavior and participation. 4. The use of digital presentations is appreciable 5. The ability to designate a coordinator or convener for the BoS Academic Council, IQAC, Staff Council Secretary, and Theory & Practical Coordinator once in every three years provides a development opportunity. 6. Staff utilization is efficient. <ol style="list-style-type: none"> a. Benefits of research and book writing include non-financial acknowledgment. b. Routines - keep teachers engaged in teaching , evaluation and research activities
Evaluation Process and Reforms:	<p>Evaluation process. Classroom interactions Tests and exams Assignments and presentations Internal assessment:</p> <ol style="list-style-type: none"> a. CA-3 (20marks)+Assignment (5marks) + Pre semester (75 marks) +End Semester Examination(ESE) - (75 marks)=100. b. Minimum 1 assignments c. Examiners: 75% external + 25%internal. d. Source of external examiners – past database, contacts with minimum 5 years teaching experience. e. QP design pattern: Easy 30%, Moderate 40% challenging-30%. f. Application oriented Q Ps. Subject + skill + application.
Student Performance and Learning Outcomes:	<p>Student oriented initiatives are:</p> <ol style="list-style-type: none"> a) Students seminars and workshops b) CBCS Planning for Outcome Based Education to implement from 2021-22 c) Orientation d) Bridge courses

	<ul style="list-style-type: none"> e) Certificate courses. f) Recognize achievements – scholarships from YMCA College Management, State Government
Student Reflections	<p>Expectations met by the institution</p> <ul style="list-style-type: none"> a) Academics–excellent more opportunities for sports competitions and inter collegiate tournaments b) Flexibility offered. c) Challenging assignments d) Good admission policy e) Infrastructure–Wi-fi, hostel & playfields are satisfactory f) Library timings–satisfactory g) Certificate, Add-on courses–adequate h) Placement–commendable
Research Consultancy & Extension	
Promotion of Research	<ul style="list-style-type: none"> a) Research Center at college b) Doctoral Degree Programmes c) 4 Ph.D Scholars Registered under Tamil Nadu Physical Education & Sports University d) Bi-Annual journal. (Published) e) Student Research at M.P.Ed: guiding them to choose the subject, conducting and reporting process. f) Research Initiatives For faculty–book writing, research paper publishing in UGC CARE listed Journals. g) UGC funded projects
Research Facilities	<ul style="list-style-type: none"> a) The college library and internet facilities are well planned to meet the research needs of the college. b) Research scholars are provided with an adequate facility Online journal/electronic content is available
Research Publications and Awards	<p>Publications – YMCA College of Physical Education Journal of physical education and exercise sciences Peer Reviewed Bi- Annual ISSN 0975-9778 December 2019 - July 2020. Vol.11. No: 2 – Vol.12- No: 1</p>
Consultancy	Not explored

Extension Activities and Institutional Social responsibility:	Outreach programmes promote leadership among students to instill a sense of social responsibility and character building. But due to Covid- 19 Pandemic the programme was not conducted
Infrastructure and Learning Resources	
Physical Facilities	The college has beautifully designed and environmentally friendly classrooms and seminar rooms. Adequate place for indoor and outdoor games are available.
Library as a Learning Resource	Library with latest editions of volumes of books available
IT Infrastructure	Wi-Fi campus, provides free access to faculty and students. - LAN
Maintenance of Campus Facilities	Hygienically maintained campus
Student Support and Progression	
Student Mentoring and Support	<ol style="list-style-type: none"> 1. Identification of slow learning students 2. Remedial measures taken, suggests remedies for non-performers. <ol style="list-style-type: none"> a. Observation b. Work on weaknesses 3. PTA-Parent Teacher Association meeting used to be conducted at the beginning of the college and at frequent intervals based on need
Student Progression	<ol style="list-style-type: none"> 1. Students complete their education at YMCA College and continue their higher education in various Universities in India 2. Students also pursue job in schools colleges fitness centres, police department, etc. 3. NSS, Rotaract Club, UNI- Y, Students council for students
Student Participation and Activities:	<p>The college has always offered students many opportunities to engage in physically healthy, mentally refreshing and socially healthy sports and games.</p> <p>Indoor games area- Gym, Table tennis-Badminton, gymnastics, weight training, aerobics, Yoga, Martial arts Carom-and others.</p> <p>Outdoor Games- Athletics ,Basketball, Ball</p>

	<p>badminton, Handball volleyball, cricket, hockey, Football, kho-kho, kabaddi, netball, tennikoit, tennis, throw ball, boxing, archery, shooting, swimming</p> <p>The college has produced athletes and sports persons of National and International repute. The Playground and facilities are adequate</p> <p>Student Support</p> <ul style="list-style-type: none"> ➤ Scholarship ➤ Encouraged to qualify themselves as officials in various games ➤ TA&DA ➤ Awards ➤ Concessions are provided to sportspersons for competitions ➤ Management scholarships for students participating at inter-university and national level given Rs. 1000/- every year <p>Social and cultural activities organized are:</p> <ol style="list-style-type: none"> 1. Leadership Camps 2. Seminars, lectures, workshops on social issues 3. Blood donation camps 4. Cleanliness drives, awareness campaigns
Governance Leadership and Management	
<p>Institutional Vision and Leadership:</p>	<ol style="list-style-type: none"> 1. Vision statement is clear and noble 2. The vision is clear and noble • Achieve social academic excellence 3. Investment on faculty: <ol style="list-style-type: none"> a) Conduct faculty development programmes in line with the challenges of the present b) Faculty recruitment is strictly followed- based on the need identification by the Principal, based on workload, and in consultation with external subject experts. c) Principal makes the decision based on qualification, experience and remuneration. d) Permission to national seminars, workshops by universities and educational institutions encouraged

Strategy Development and Deployment	Admission policy: Inclusivity promotion - Admission Committee approved by the Management looks into the admission policy Placement.
Faculty Empowerment Strategies:	Faculty Empowerment / teaching staff: <ol style="list-style-type: none"> a) Full autonomy as principal b) Appropriate selection of Teaching faculty - from external sources and flexibility of remuneration c) Faculty members are encouraged to participate in external programs d) Principal annually prepares a budget - the educational expenses related to his program e) Formation of students in corporate values, responsible citizens and attitude development programs.
Financial Management and Resource	<ol style="list-style-type: none"> 1. Finance Committee looks into the financial management 2. Budgeting: No deficits allowed 3. Revenue & disbursement <ol style="list-style-type: none"> a) Infrastructure b) Scholarships–Fee structure: 25% excess to take care of exigencies.
Internal Quality Assurance System	Monitoring system: <ol style="list-style-type: none"> 1. Structured system for tracking the results of courses and additional courses. 2. IQAC is proactive in regularly updating the curricula. 3. The performance of the faculty is effectively evaluated 4. Student performance is effectively assessed
OVERALL ANALYSIS: Observations	
Institutional Strengths	<ul style="list-style-type: none"> ➤ The Institution is first of its kind in Scientific Physical Education in South East Asia ➤ Management based on health and values. ➤ Effective management ➤ Good infrastructure ➤ Dedicated Teachers ➤ High brand value ➤ Need based modern curriculum ➤ Good investment record

	<ul style="list-style-type: none"> ➤ Enthusiastic students ➤ Partial automation ➤ High level of community involvement. ➤ Skill training was introduced ➤ Collaboration with Sports Medicine Department of Sri Ramachandra Training Institute
Institutional Weakness	<ul style="list-style-type: none"> ➤ Research Laboratories to be updated ➤ Limited space for academic expansion ➤ Lack of consultancy services ➤ There is no full-time office for internships – full-time faculty members are given additional responsibility ➤ Academic work is taken over by routines ➤ Digital library ➤ Limitation – For interdisciplinary course ➤ Skills training without outdoor conditions are of little value.
Institutional Opportunities	<ul style="list-style-type: none"> ➤ Faculty and student exchange ➤ New programmes, choice of electives, dual electives ➤ PG Courses in Sports Management and other sports sciences ➤ Collaboration with foreign universities for offering joint programmes ➤ Research and exchange programmes ➤ Enhance research activities
Institutional Challenges	<ul style="list-style-type: none"> ➤ Coping with Changing policies of the government ➤ Handling modern students in discipline ➤ Faculty retention ➤ Financing academic development ➤ Space for expansion ➤ Academic excellence in line with changing domestic and global employers' demands

1. Academics

Statement	Excellent	Good	Satisfactory	Poor
Core Course				
The courses taught are useful for various skill development	✓			
The courses taught are useful for employment	✓			
The courses taught are useful to go for higher studies		✓		
Life Skills Programme & Internship				
Statement	Excellent	Good	Satisfactory	Poor
Useful for various skill development		✓		
Useful for employment				

2. Text Books and Reference Books

Prescribed Text book/ Reference Book for the Courses	Standard – Covering all units of prescribed syllabus	Standard – But not covering all units of prescribed syllabus	Not updated edition	Substandard
	✓			

3. Learning Environment

Statement	Excellent	Good	Satisfactory	Poor
The college has facilities to help learning – Library, Digital Library, E-Journal		✓		
Lab facilities		✓		
Classroom facilities		✓		
Campus maintenance	Excellent	Good	Satisfactory	Poor
ICT Provisions		✓		
Provision for collaboration with other Departments/ Institutions			✓	
Accompaniments		✓		
Research Orientation & Project Work		✓		

4. Teaching

Statement	Excellent	Good	Satisfactory	Poor
The course teachers complete the portions fully	✓			
Most of the teachers encourage the students		✓		

participation in the class				
Most of the teachers take extra efforts to make all the students understand the subjects	✓			
Teacher's knowledge, expertise, teaching and communication ability		✓		
Staff are knowledgeable and proficient in using the online teaching methodologies		✓		

5. Evaluation

Statement	Excellent	Good	Satisfactory	Poor
Evaluation primarily tests: Memory		✓		
Evaluation primarily tests: Analytical Skills	✓			
Evaluation primarily tests: Creativity / originality		✓		
Statement	Excellent	Good	Satisfactory	Poor
Evaluation primarily tests: Communication		✓		
An objective system of evaluation is in place	✓			

6. Question Papers

Internal Papers	High standard	Moderate Standard	Low Standard	Expected and already discussed in the class	From the text book only	Out of portion
		✓				
External papers	High standard	Moderate Standard	Low Standard	Expected and already discussed in the class	From the text book only	Out of portion
	✓					

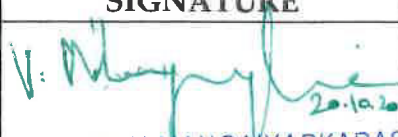

7. Continuous Assessment


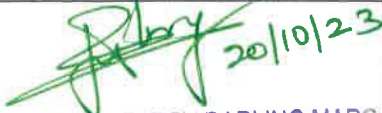
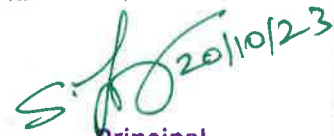
Continuous Assessment is an instrument of learning and improvement	1.Continuous learning ✓	2.Keeping students busy	3.Used as means of Favoritism	4.Used as means of Victimization
---	----------------------------	-------------------------	-------------------------------	----------------------------------

Recommendations for Quality Enhancement of the Institution:

1. Research
 - Research Centre: Create a corpus fund to support research activity.
 - Encourage faculty to take up more of funded projects.
 - Create on-line research repository for Y.M.C.A College of Physical Education
 - Introduction of Research projects at UG level
2. Placement
 - Dedicated placement cell with a professional heading the cell.
 - To Create a student progression dairy to include:
 - Student transformational index
 - Student competency mapping.
3. All the activities planned by various faculties under various criteria are to be measured and quantified.
4. Library—to become digital and increase the seating capacity
5. Seeking collaboration with Institutional funding agencies for projects.
6. Collaboration with other Industry Bodies.
7. Linking Y.M.C.A College Research Centre with “Research Centre of TNPESU, LNIPE GWALIOR and other sports universities in INDIA”.
8. Benefits for research and book writing to be relooked by the faculty
9. More and more skill components to be added in the Curriculum
10. Statutory bodies like SC/ST Cell, Minority Cell, OBC Cell, and Internal Complaints Cell.

Signature of Chairperson and Members of Academic Audit Team 2020-21

	NAME	SIGNATURE
Chairperson	Dr. V. Mangaiyarkarasi Professor and Head & Director (Academic and Admission) Department of Sports Management And Sports Psychology & Sociology Tamil Nadu Physical Education & Sports University Chennai	 20.10.2023 Dr. V. MANGAIYARKARASI, Ph.D., Prof & Head, Dept. of Sports Management, Sports Psy. & Sociology Tamilnadu Physical Education & Sports University, Chennai-600 127.
External Member	Dr. S. Thirumalai Kumar Professor Department of Physical Education Tamil Nadu Physical Education & Sports University Chennai	 20/10/23 Dr. S. THIRUMALAI KUMAR Professor Department of Physical Education Tamilnadu Physical Education and Sports University Chennai - 600 127

External Member	Dr. E. Uma Associate Professor & Head Department of Physical Education, Queen Mary's College, Chennai	 20/10/2023 Dr. E. UMA, M.Sc., M.P.Ed., M.Phil., Ph.D. ASSOCIATE PROFESSOR & HEAD DEPT. OF PHYSICAL EDN. HEALTH EDN. & SPORTS QUEEN MARY'S COLLEGE (A) CHENNAI-600 094
IQAC Coordinator	Dr. J. Glory Darling Margaret Associate Professor Y.M.C.A College of Physical Education Nandanam, Chennai	 20/10/23 Dr. (Mrs) J. GLORY DARLING MARGARET M.P.E., M.Sc(Psy), Guide & Supervisor for P Associate Professor Y.M.C.A College of Physical Nandanam, Chennai - 600 035
Principal	Dr. S. Johnson Premkumar Principal i/c Y.M.C.A College of Physical Education Nandanam, Chennai	 20/10/23 Principal YMCA COLLEGE OF PHYSICAL EDUCATION NANDANAM, CHENNAI-600 035

The National Council of YMCAs of India

Y. M. C. A COLLEGE OF PHYSICAL EDUCATION

Nandanam Chennai – 600 035

A Christian Minority Institution



An Autonomous College Registered under UGC act

Affiliated to Tamil Nadu Physical Education & Sports University

Re-accredited by NAAC with 'A' Grade

Recognized by National Council for Teacher Education

& Government of Tamil Nadu

ACADEMIC AUDIT

2021-2022

Y.M.C.A College of Physical Education , Nandanam, Chennai

Date :20th October 2023

Venue: College Conference Hall

Academic Audit Report 2021-22

COLLEGE PROFILE

1. Y.M.C.A College of Physical Education is a Christian Minority Institution
2. Affiliated to Tamil Nadu Physical Education and Sports University
3. The College is credited with 2nd cycle NAAC accredited with CGPA 3.27
4. Progressive vision of the management and Principal with definite plan of action following decentralized administrative network
5. Qualified and committed faculty members with a mix of experienced and newly appointed
6. The college functions in alignment with the institutional quality policies
7. UG Programmes – B.P.E.S ., B.M.S., B.P.Ed Diploma Programme- D.P.Ed PG Programmes- M.P.Ed , M.Sc , PGDSC Research Programme- Ph.D
8. Faculty members – 26 Administrative staff- 22 Support Staff -15
9. Total Faculty with PhD- 21
10. The percentage of enrollment is good
11. Has a total of 575 enrolled students
12. Has a total of nine supportive courses
13. Research center– 1
14. An active IQAC exists
15. Preparing for the third cycle of the NAAC Accreditation and Autonomy Extension
16. Adequate infrastructure facilities for physical education programme
17. Support services like canteen, dispensary, hostels are provided

Based on the NAAC criteria, an academic Audit was conducted covering all academic activities within the College. The findings of the team are outlined below.

Curricular Aspects	
Curricular Planning and Implementation:	<ol style="list-style-type: none"> 1. Implementation of OUTCOME BASED EDUCATION for B.P.Ed & M.P.Ed courses of study from 2021-22 is appreciated 2. Programs, particularly those at the postgraduate level, may be initiated in compliance with stakeholder and NEP criteria 3. Cross-cutting concern should be classified individually and given special attention 4. The feedback mechanism must be used and finished in accordance with IQAC's instructions 5. There should be a system in place to check the effectiveness of supplemental education programs including add-on programs, elective courses, certificate programs, skill development etc., 6. Implementation of OUTCOME BASED EDUCATION for B.P.Ed & M.P.Ed courses of study from 2021-22 is appreciated 7. Programs, particularly those at the postgraduate level, may be initiated in compliance with stakeholder and NEP criteria 8. Cross-cutting concern should be classified individually and given special attention 9. The feedback mechanism must be used and finished in accordance with IQAC's instructions 10. There should be a system in place to check the effectiveness of supplemental education programs including add-on programs, elective courses, certificate programs, skill development etc.,
Curriculum and Syllabus	<p>The syllabus is prepared by the subject and course coordinator after consulting experts and taking input from the teaching faculty. The syllabus is then submitted to the BoS and AC for approval</p>

<p>Courses Offered</p>	<ol style="list-style-type: none"> 1. Every year, the syllabus is revised with slight changes. 2. The process is based on input from the higher education institution and school education department and also after receiving the feedback from the previous year students 3. The syllabus is updated based on the new skill based papers. 4. The subject coordinators identify the needs of the industry and develop lesson plans. 5. Shared teaching of one subject is carried out by three faculty members. <ol style="list-style-type: none"> 1. M.P.Ed 2. B.P.Ed 3. B.P.E.S 4. D.P.Ed 5. B.M.S 6. M.Sc 7. P.G.D.S.C 8. Ph.D 9. Value added Certificate Courses
<p>Academic Flexibility</p>	<ol style="list-style-type: none"> 1. Faculty flexibility to manage the number of subjects and participate in add on, added value courses and extra-curricular activities 2. CBCS and OBE system offers the option to take 3. Credits in one year across the semester 4. CBCS with OBE credits is formulated 5. Faculty has full flexibility to plan and implement these outreach programme.
<p>Teaching-Learning & Evaluation</p>	
<p>Teacher Quality Teacher Learning and Evaluation</p>	<ol style="list-style-type: none"> 1. All instructors should get systematic, scheduled training on all subject areas and extracurricular obligations. 2. To assure a better quality of education on campus, it is necessary to insist on and monitor the professional skill

<p>Evaluation Process and Reforms</p>	<p>development of the teaching and non-teaching faculty.</p> <p>3. It is important to value the digital learning materials that instructors create.</p> <p>4. PhD completion for all educators should be mandated within a certain timeframe.</p> <p>5. Exposure of instructors to national and international level is recommended</p> <p>6. To improve learning, the tutorial system at the undergraduate level must be strengthened.</p> <p>7. In conformity with the demands of the modern world, blended systems of education that use technology must be promoted.</p> <p>8. A component of the online evaluation system may be required.</p> <p>9. All instructors in OBE must have further training. Analyzing and evaluating results should be done carefully. For this aim, a monitoring committee might be established.</p> <p>10. Feedback on instruction has to be improved.</p> <p>Evaluation process.</p> <ul style="list-style-type: none"> a) Class room interactions b) Tests and exams c) Assignments and presentations <p>Internal assessment :</p> <ul style="list-style-type: none"> a. CA -3 (20marks) + Assignment (5marks) + Pre semester (75 marks) +End Semester Examination (ESE) - (75 marks) = 100. b. Minimum 1 assignments c. Examiners: 75% external + 25% internal. d. Source of external examiners – past database, contacts with minimum 5 years teaching experience. e. QP design pattern: Easy 30%, Moderate 40% challenging – 30%.
--	---

	<p>f. Application oriented QPs. Subject + skill + application</p> <p><u>Implementation of New method to arrive the CA.</u> Present System for Internal Assessment Marks (25) – 3 CAs, Assignment & Pre semester</p> <p>New System Three CAs only 2 - Summative assessment (Written tests) & 1- Formative assessment (Subjective rating)</p> <p>Method of Assessment for Formative method is Subjective rating (20 marks) –</p> <ul style="list-style-type: none"> a. Group Work & Class Interaction – 5 marks b. Quiz – 5 marks c. Presentation - 'Class Seminar' – 5 marks d. Open book exam – 5 marks <p style="text-align: right;">----- 20 Marks -----</p>
Research Consultancy & Extension	
<p>Research and Extension</p>	<ol style="list-style-type: none"> 1. There should be a research culture inside the campus 2. There is a need to improve the publication of staff and students. 3. Faculty members may effectively implement college policies in relation to research projects and publications. 4. Quiet a great deal of additional activities have been undertaken by the college.

<p>Research Facilities</p>	<p>1. The college library and internet facilities are well planned to meet the research needs of the college. 2. Research scholars are provided with an adequate facility</p> <p>Online journal/electronic content is available</p>
<p>Research Publications and Awards</p>	<p style="text-align: center;">JOURNAL OF PHYSICAL EDUCATION AND EXERCISE SCIENCES</p> <p>Peer Reviewed Bi- Annual ISSN 0975-9778</p> <p>August 2020-. July 2021 Vol.12- No: 2- Vol.13- No: 1</p>

Infrastructure and Learning Resources

<p>Physical Facilities</p>	<p>1. All games and sports have adequate play fields, available in the college premises 2. The working environment, staff rooms, and classrooms must be upgraded 3. The maintenance of lab facilities should be given top priority. 4. New ICT infrastructure should be improved</p>
<p>Library as a Learning Resource</p>	<p>1. The Library has a pleasant atmosphere overall. 2. Considerable efforts should be made to improve the reading environment 3. An RFID system must be implemented. 4. Usage of library by the faculty members are appreciated 5. The library centered activities like "Observation of Library Week" and individual award instituted for the best library user among staff and students are highly appreciated 6. A digital information display system can be set up in front of the library</p>

IT Infrastructure	Wi-Fi campus, provides free access to faculty and students.- LAN
Website	<ol style="list-style-type: none"> 1. Recurring content and presentation updates for the website to be initiated 2. To bring the website up to par with international standards, a committee must be established

STUDENT SUPPORT AND PROGRESSION

Student Mentoring and Support	<ol style="list-style-type: none"> 1. Remedial measures taken, suggests remedies for non-performers. <ol style="list-style-type: none"> a. Observation b. Work on weaknesses 2. PTA – parent teacher association meeting held at the beginning of the college and at frequent intervals based on need
Students Progression	<p>NSS, Rotract Club, UNI- Y, Students council for students</p> <p>The college has always offered students many opportunities to engage in physically healthy, mentally refreshing and socially healthy sports and games.</p>
Student Participation and Activities:	<p><u>Indoor games area</u> - Gym, Table tennis –Badminton, gymnastics, weight training, aerobics, Yoga, Martial arts Carom – and others.</p> <p><u>Outdoor Games</u> – Athletics, Basketball, Ball badminton, Handball volleyball,cricket, hockey, Football, kho-kho, kabaddi, netball, tennikoit, tennis, throw ball, boxing, archery, shooting, swimming</p>

The college has produced athletes and sports persons of National and International repute. The Playground and facilities are adequate STUDENT SUPPORT

- Scholarship
- TA & DA
- Awards
- Concessions are provided to sports persons for competitions

Social and cultural activities organized are:

1. Leadership Camps
2. Seminars, lectures, workshops on social issues
3. Blood donation camps
4. Cleanliness drives, awareness campaigns

Suggestions

1. It is suggested that a monitoring committee be established to evaluate the value and necessity of the college's add-on, optional, and certificate courses.
2. A well-established health center/dispensary has a professional medical officer and a physiotherapist on staff.
3. High-achieving postgraduate and research students are given the chance to teach in practical classes. .
4. To increase performance in competitive exams, career counseling must be strengthened.
5. Teachers can receive counseling training

GOVERNANCE LEADERSHIP AND MANAGEMENT

Governance	<ol style="list-style-type: none"> 1. The institution's vision and mission are supported Throughout the planning process. 2. A system of management that is inclusive was observed 3. The staff is given enough welfare measures. 4. Effective execution of PBAS (Performance for Promotion Under CAS) was noted.
Administrative staff	<ol style="list-style-type: none"> 1. Administrative staff members such as office, attenders, menial, ground staff, and other supportive personnel may receive additional training. 2. Training should be provided to improve e-governance. 3. The administrative staff will receive more training to advance their communication and IT skills. 4. Soft skill training must be offered annually to improve relationships between faculty and staff and between staff and students. 5. Teachers must receive specialized training in research and research projects, and administrative staff must receive specialized training in office file management.
Financial Management and Resource	<ol style="list-style-type: none"> 1. Finance Committee looks into the financial management 2. Budgeting: No deficit is allowed 3. Revenue & disbursement: <ol style="list-style-type: none"> a) Infrastructure <p>Scholarships –Fee structure: 25% excess to take care of exigencies.</p>
Internal Quality Assurance System IQAC	<p>The following initiatives are suggested</p> <ol style="list-style-type: none"> 1. Data/proof compilation training using the NAAC Format to be in practice

<p>Documentation</p>	<p>2. Unified documentation system training should be given</p> <p>3. CO PO attainment training to be established</p> <p>4. MOODLE usage must be promoted</p> <p>5. Mentoring training must be provided to all faculty members</p> <p>6. Ensure student participation in seminars, conferences and workshop as enhance the knowledge on NAAC accreditation</p> <p>7. Autonomous extension and 3rd NAAC accreditation preparations to be focused intensively.</p> <p>8. Quality initiatives and the future plans of the IQAC must be clearly mapped out, and a regular feedback system must be implemented.</p> <p>9. IQAC must create a separate menu in the website with all required links.</p> <p>10. IQAC should make sure that every club, cell, NCC, Students Council, intramural, extramural, Uni-Y, Rotaract, and other organization maintains an activity register to record each and every activity.</p>
<p>Statutory Committees clubs, cells and Associations</p>	<p>1. The program coordinator of various events must create effective digital documentation, and IQAC must oversee updating.</p> <p>2. A standard format used by institutions for documentation of student participation, attendance lists, geotagging, and reports of various events should be</p>

	<p>practiced</p> <ol style="list-style-type: none"> 1. The committees, cells, and clubs available to students are sufficient to meet their academic and extracurricular needs. All of the programs are systematic, well-thought-out, and sufficient for the students' overall growth. 2. A systematic mechanism is guaranteed for the clubs and cells to operate efficiently. 3. The planning committee and the purchase committee should regularly meet and follow the right procedures. 4. More programs are in practice to make students more aware of social problems, such as the fight against drugs, cyber security, the basics of human rights, professional competency, etc. 5. Through socially relevant projects with transgender, physically challenged, visually challenged, general population, and mentally challenged children, community collaborations and student community rapport are established. 6. Documentation must be accurate and compliant with institutional standards.
<p>MoU's and Collaborations</p>	<ol style="list-style-type: none"> 1. Placement cell of the college should be encouraged to have agreements with other government educational institutions for training and placement 2. The scope of a student exchange program should not be limited to projects and internships. 3. The MoU must be active, with at least one agreed-upon activity having been carried out. 4. National and International exposure of faculty

	should be encouraged.
Green Initiatives and inclusiveness	<ol style="list-style-type: none"> 1. The college has resorted to the idea of a green Campus. 2. Sufficient green, waste, and energy audits must be performed 3. Appointment of properly managed personnel and adequate security is appreciated 4. National holidays, voters day, drive against drug and other national days are observed. 5. Institutional best practices should receive more Attention.
OVERALL ANALYSIS	
ICT	<ol style="list-style-type: none"> 1. Periodic surveillance audits may be performed for keeping records updated 2. A full-fledged digital enquiry facility is suggested 3. All software's that are in use should be licensed 4. An electronic information display board may be installed at the entrance of the campus 5. Classrooms rooms to be assisted with ICT for teaching and learning
Teaching	<ol style="list-style-type: none"> 1. Staff should show high end professionalism in teaching 2. Innovative approaches in teaching to be inculcated 3. Quality exposure to teachers is very much recommended. Research collaboration and faculty exchange shall be promoted. 4. Appreciation certificate should be given to all staff for their involvement in administrative activities 5. Specific training programme may be conducted for Accreditation , career advancement and content development , ICT and curriculum design
IQAC	<ol style="list-style-type: none"> 1. It should be noted that the IQAC is the quality command center of the campus and should be given appropriate functional directives. 2. IQAC should ensure devise standard formats for

	<p>students attendance , activity reports outcome analysis etc.,</p> <p>3. Mandatory committee for feedback analysis, OBE, PBAS for teaching and non-teaching should be formed.</p> <p>4. The approach to bridge courses/ remedial courses / mentor- mentee should be well defined</p>
--	--

1. Academics

Statement	Excellent	Good	Satisfactory	Poor
Core Course				
The courses taught are useful for various skill development	✓			
The courses taught are useful for employment	✓			
The courses taught are useful to go for higher studies		✓		
Life Skills Programme & Internship				
Statement	Excellent	Good	Satisfactory	Poor
Useful for various skill development	✓			
Useful for employment		✓		

2. Text Books and Reference Books

Prescribed Text book/ Reference Book for the Courses	Standard – Covering all units of prescribed syllabus	Standard – But not covering all units of prescribed syllabus	Not updated edition	Substandard
✓				

3. Learning Environment

3. Learning Environment

Statement	Excellent	Good	Satisfactory	Poor
The college has facilities to help learning – Library, Digital Library, E-Journal		✓		
Lab facilities		✓		
Classroom facilities		✓		
Campus maintenance	Excellent	Good	Satisfactory	Poor
ICT Provisions		✓		
Provision for collaboration with other Departments/ Institutions		✓		
Accompaniments		✓		
Research Orientation & Project Work		✓		

4. Teaching

Statement	Excellent	Good	Satisfactory	Poor
The course teachers complete the portions fully	✓			
Most of the teachers encourage the students participation in the class		✓		
Most of the teachers take extra efforts to make all the students understand the subjects		✓		
Teacher's knowledge, expertise, teaching and communication ability	Excellent ✓	Good	Satisfactory	Poor
Staff are knowledgeable and proficient in using the online teaching methodologies		✓		

5. Evaluation

Statement	Excellent	Good	Satisfactory	Poor
Evaluation primarily tests: Memory	✓			
Evaluation primarily tests: Analytical Skills		✓		
Evaluation primarily tests: Creativity / originality		✓		
Statement	Excellent	Good	Satisfactory	Poor
Evaluation primarily tests: Communication		✓		
An objective system of evaluation is in place		✓		

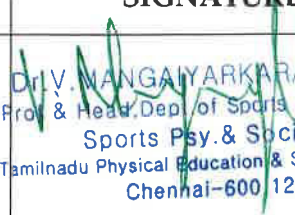

1. Question Papers




Internal Papers	High standard	Moderate Standard ✓	Low Standard	Expected and already discussed in the class	From the text book only	Out of portion
External papers	High standard ✓	Moderate Standard	Low Standard	Expected and already discussed in the class	From the text book only	Out of portion

2. Continuous Assessment

Continuous Assessment is an instrument of learning and improvement	1. Continuous learning ✓	2. Keeping students busy	3. Used as means of Favoritism	4. Used as means of Victimization
--	-----------------------------	--------------------------	--------------------------------	-----------------------------------

Signature of Chairperson and Members of Academic Audit Team 2021-22

	NAME	SIGNATURE
Chairperson	Dr. V. Mangaiyarkarasi Professor and Head & Director (Academic and Admission) Department of Sports Management And Sports Psychology & Sociology Tamil Nadu Physical Education & Sports University Chennai	 Dr. V. MANGAIYARKARASI, Ph.D., Prof & Head, Dept. of Sports Management, Sports Psy. & Sociology Tamilnadu Physical Education & Sports University, Chennai-600 127.
External Member	Dr. S. Thirumalai Kumar Professor Department of Physical Education Tamil Nadu Physical Education & Sports University Chennai	 22/11/23 Dr. S. THIRUMALAI KUMAR Professor Department of Physical Education Tamil Nadu Physical Education and Sports University Chennai - 600 127

External Member	Dr.E. Uma Associate Professor & Head Department of Physical Education, Queen Mary's College, Chennai	 20/10/2023 Dr. E. UMA, M.Sc., M.P.Ed., M.Phil., Ph.D. ASSOCIATE PROFESSOR & HEAD DEPT. OF PHYSICAL Edn HEALTH Edn & SPORTS QUEEN MARY'S COLLEGE (A) CHENNAI - 600 004
IQAC Coordinator	Dr. J. Glory Darling Margaret Associate Professor Y.M.C.A College of Physical Education Nandanam, Chennai	 20/10/23 Dr. (Mrs) J. GLORY DARLING MARGARET M.P.E., M.Sc(Psy), Ph.D Guide & Supervisor for Ph.D Associate Professor Y.M.C.A College of Physical Education Nandanam, Chennai - 600 035.
Principal	Dr. S. Johnson Premkumar Principal i/c Y.M.C.A College of Physical Education Nandanam, Chennai	 20/10/23 Principal YMCA COLLEGE OF PHYSICAL EDUCATION NANDANAM, CHENNAI-600 035