

PAGE NO. _____

Department of Physical Education
St. Xavier's College (Autonomous), Palayamkottai

Minutes of the Board of Studies

The Board of Studies Meeting of the **Department of Physical Education** was held on 19.08.2023 in the department at 10.00 a.m. The meeting started with a prayer followed by the welcome address of the Head of the Department.

Agenda of the Meeting:

Agenda 1- Course Pattern Semester I to IV

Agenda 2- Content of Semester I

Agenda 3- Content of Semester II

Members Present:

1. Dr. V. Kumar (Chairman)

Assistant Professor
Department of Physical Education
St. Xavier's College (Autonomous)
Palayamkottai - 627 002

2. Dr. S. Sethu (University Nominee)

Assistant Professor
Department of Physical Education and Sports
Manonmaniam Sundaranar University
Tirunelveli - 627 012
Cell: 9443461487

3. Dr. A. Johnson (Subject Expert)

Associate Professor and Head
Department of Physical Education, Health Education and Sports
Ayya Nadar Janaki Ammal College
Sivakasi - 626 124
Cell: 9487369155

4. Dr. N. Veeraparameswari (Subject Expert)

Assistant Professor and Head
Department of Physical Education
Arul Anandar College
Karumathur, Madurai - 625 514
Cell: 9943331954

5. Dr. S. Athisayaraj

Assistant Professor
Department of Physical Education
St. Xavier's College (Autonomous)
Palayamkottai - 627 002
Cell: 9965027841

6. Dr. C. Selvaraja

Assistant Professor
Department of Physical Education
St. Xavier's College (Autonomous)
Palayamkottai - 627 002
Cell: 9629365397

7. Mr. A. Ajith (Alumni)

Physical Education Teacher
St. Xavier's Higher Secondary School
Palayamkottai - 627 002
Cell: 9597960963

8. Mr. A. Adhikeshavan (Student Representative)

Reg. No. 22UPE541
II Year Physical Education (Shift II)
St. Xavier's College (Autonomous)
Palayamkottai - 627 002
Cell: 8925143287

The following members could not attend the meeting due to various reasons:

1. **Dr. G. Peter Michael Raj**
Director and Head
Department of Physical Education
St. Xavier's College (Autonomous)
Palayamkottai - 627 002
2. **Mr. D. Livingston Rajapaul (Industrial Sector)**
Managing Director
Jasmin Coir Products and David Paper Products
Palayamkottai - 627002
Cell: 7502777777

Based on the discussions on the agenda the following suggestions were made by the board:

Suggestions 1:

Dr. S. Sethu (University Nomine) recommended including Fundamental Movements of Physical Education in the core paper as well as in the core practical.

Suggestions 2:

Dr. A. Johnson (Subject Expert) proposed that our Physical Education students increase their practical hours.

Suggestions 3:

Dr. N. Veeraparameswari (Curriculum Expert) suggested that we include foundation courses related to our Physical Education curriculum.

1/c
Signature of the HoD
(with seal)
19/8/23

Members Presented in Board of Studies

SIGNATURE

1. **Dr. G. Peter Michael Raj (Chairman)**
Director and Head
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002

2. **Dr. S. Sethu (University Nominee)**
Assistant Professor
Department of Physical Education and Sports
Manonmaniam Sundaranar University
Tirunelveli - 627 012
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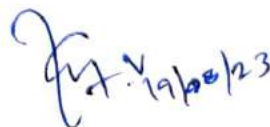
3. **Dr. A. Johnson (Subject Expert)**
Associate Professor and Head
Department of Physical Education, Health Education and Sports
Ayya Nadar Janaki Ammal College
Sivakasi - 626 124
Cell: 9487369155

4. **Dr. N. Veeraparameswari (Subject Expert)**
Assistant Professor and Head
Department of Physical Education
Arul Anandar College
Karumathur, Madurai - 625 514
Cell: 9943331954

5. **Dr. V. Kumar (Assistant Professor)**
Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002



19/08/2023



19/08/23

Members Presented in Board of Studies

SIGNATURE

Dr. S. Athisayaraj (Assistant Professor)
Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9965027841



Dr. C. Selvaraja (Assistant Professor)
Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9629365397



Dr. A. Ajith (Alumni)
Physical Education Teacher
St. Xavier's Higher Secondary School
Palayamkottai - 627 002
Cell: 9597960963



Dr. D. Livingston Rajapaul (Industrial Sector)
Managing Director
Jasmin Coir Products and David Paper Products
Palayamkottai - 627002
Cell: 7502777777

Dr. A. Aathikesavan (Student Representative)
Reg. No. 22UPE541
I Year Physical Education (Shift II)
St. Xavier's College
Palayamkottai - 627 002
Cell: 8925143287



Department of Physical Education
St. Xavier's College (Autonomous), Palayamkottai.

Minutes of the Board of Studies

The Board of Studies Meeting of the Department of Physical Education was held on 23.02.2023 in the department at 10.00 a.m. The meeting started with a prayer followed by the welcome address by the Head of the Department.

Agenda of the Meeting

Agenda 1- III to VI Semester Course Pattern

Agenda 2- Core and Elective Practical

Agenda 3- NME and Add on Courses

Members Present:

1. Dr. G. Peter Michael Raj (Chairman)

Director and Head
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002

2. Dr. S. Sethu (University Nominee)

Assistant Professor
Department of Physical Education and Sports
Manonmaniam Sundaranar University
Tirunelveli - 627 012
Cell: 9443461487

3. Dr. A. Johnson (Subject Expert)

Associate Professor and Head
Department of Physical Education, Health Education and Sports
Ayya Nadar Janaki Ammal College
Sivakasi - 626 124
Cell: 9487369155

4. Dr. N. Veeraparameswari (Subject Expert)

Assistant Professor and Head
Department of Physical Education
Arul Anandar College
Karumathur, Madurai - 625 514
Cell: 9943331954

5. Dr. V. Kumar (Assistant Professor)

Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002

6. Mr. A. Aathikesavan (Student Representative)

Reg. No. 22UPE541
I Year Physical Education (Shift II)
St. Xavier's College
Palayamkottai - 627 002
Cell: 8925143287

The following members could not attend the meeting due to various reasons:

1. Dr. S. Athisayaraj (Assistant Professor)

Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002

2. Mr. A. Ajith (Alumni)

Physical Education Teacher
St. Xavier's Higher Secondary School
Palayamkottai - 627 002
Cell: 9597960963

3. Mr. D. Livingston Rajapaul (Industrial Sector)

Managing Director
Jasmin Coir Products and David Paper Products
Palayamkottai - 627002
Cell: 7502777777

Based on the discussions on the agenda the following suggestions were made by the board:

Suggestions 1:

Discussed and reviewed the existing course patterns for the third to sixth semesters.

Suggestions 2:

Dr. S. Sethu (Our University Nomine) was recommended to physical literacy for Non major and also suggest to movement education included in the elective paper for our department students.

Suggestions 3:

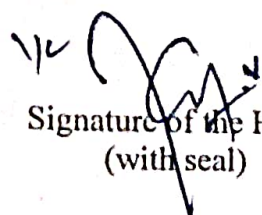
Dr. A. Johnson (Subject Expert) was suggested to Part IV Physical Education compulsory for all UG students. He also recommended to Morning Physical Activity in our Physical Education Students.

Suggestions 4:

Dr. N. Veeraparameswari (Subject Expert) was explore opportunities for collaboration with other institutions to enhance practical training.

Name and signature of the members

1. Dr. G. Peter Michael Raj (Chairman)
2. Dr. S. Sethu (University Nomine)
3. Dr. A. Johnson (Subject Expert)
4. Dr. N. Veeraparameswari (Subject Expert)
5. Dr. V. Kumar (Assistant Professor)
6. Mr. A. Aathikesavan (Student Representative)



Signature of the HoD
(with seal)

Members Presented in Board of Studies

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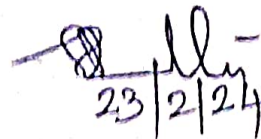
1. Dr. G. Peter Michael Raj (Chairman)

Director and Head
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002


23/2/24

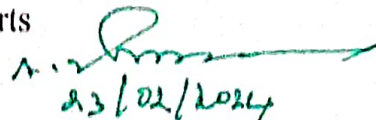
2. Dr. S. Sethu (University Nominee)

Assistant Professor
Department of Physical Education and Sports
Manonmaniam Sundaranar University
Tirunelveli - 627 012
Cell: 9443461487


23/2/24

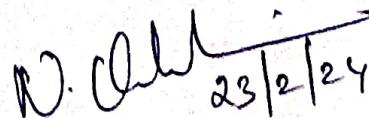
3. Dr. A. Johnson (Subject Expert)

Associate Professor and Head
Department of Physical Education, Health Education and Sports
Ayya Nadar Janaki Ammal College
Sivakasi - 626 124
Cell: 9487369155


23/02/2024

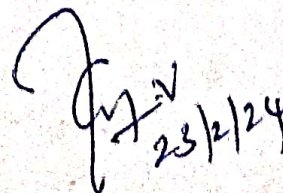
Dr. N. Veeraparameswari (Subject Expert)

Assistant Professor and Head
Department of Physical Education
Arul Anandar College
Karumathur, Madurai - 625 514
Cell: 9943331954


23/2/24

Dr. V. Kumar (Assistant Professor)

Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002


23/2/24

Members Presented in Board of Studies

SIGNATURE

6. Dr. S. Athisayaraj (Assistant Professor)

Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9965027841

7. Dr. C. Selvaraja (Assistant Professor)

Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9629365397

6. 7. 23/02/24

8. Mr. A. Ajith (Alumni)

Physical Education Teacher
St. Xavier's Higher Secondary School
Palayamkottai - 627 002
Cell: 9597960963

9. Mr. D. Livingston Rajapaul (Industrial Sector)

Managing Director
Jasmin Coir Products and David Paper Products
Palayamkottai - 627002
Cell: 7502777777

10. Mr. A. Aathikesavan (Student Representative)

Reg. No. 22UPE541
I Year Physical Education (Shift II)
St. Xavier's College
Palayamkottai - 627 002
Cell: 8925143287

A. Aathikesavan

Department of Physical Education
St. Xavier's College (Autonomous), Palayamkottai

Minutes of the Board of Studies

The Board of Studies Meeting of the **Department of Physical Education** was held on 01.02.2025 in the department at 10.00 a.m. The meeting started with a prayer followed by the welcome address of the Head of the Department.

Agenda of the Meeting:

- Agenda 1-** Minutes of the Previous Board of Studies Meeting
- Agenda 2-** Finalizing detailed syllabus for UG programmes
- Agenda 3-** Introduction of Indian Knowledge System (IKS) – 5%
- Agenda 4-** 40% of the syllabus skill Based.
- Agenda 5-** Inclusion of MOOC course (For Add-on, Value Added, and Extra Credit Course)
- Agenda 6-** Any other matter

Members Present:

- 1. Dr. V. Kumar (Chairman)**
Assistant Professor & Head
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
- 2. Dr. S. Sethu (University Nominee)**
Assistant Professor and Head
Department of Physical Education and Sports
Manonmaniam Sundaranar University
Tirunelveli - 627 012
Cell: 9443461487
- 3. Dr. A. Johnson (Subject Expert)**
Associate Professor and Head
Department of Physical Education, Health Education and Sports
Ayya Nadar Janaki Ammal College
Sivakasi - 626 124
Cell: 9487369155

4. Dr. N. Veeraparameswari (Subject Expert)

Assistant Professor and Head
Department of Physical Education
Arul Anandar College
Karumathur, Madurai - 625 514
Cell: 9943331954

6. Dr. S. Athisayaraj (Assistant Professor)

Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9965027841

7. Dr. C. Selvaraja (Assistant Professor)

Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9629365397

8. Dr. P. Thangaraj (Assistant Professor)

Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9500853792

9. Ms. P. Arunachalavadivu (Assistant Professor)

Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9092235969

10. Mr. A. Aathikesavan (Student Representative)

Reg. No. 22UPE541
III Year Physical Education (Shift II)
St. Xavier's College
Palayamkottai - 627 002, Cell: 8925143287

The following members could not attend the meeting due to various reasons:

1. **Mr. A. Ajith**
Physical Education Teacher,
St. Xavier's Higher Secondary School
Palayamkottai - 627 002
2. **Mr. D. Livingston Rajapaul (Industrial Sector)**
Managing Director
Jasmin Coir Products and David Paper Products
Palayamkottai - 627002
Cell: 7502777777

Based on the discussions on the agenda the following suggestions were made by the board:

Agenda 1: Minutes of the Previous Board of Studies Meeting

The minutes of the previous Board of Studies (BoS) meeting held on April 25, 2023, were reviewed and approved by the members. The actions taken based on the previous meeting's resolutions were also discussed and acknowledged.

Agenda 2: Finalizing the Detailed Syllabus for UG Programmes

The syllabus for the UG (B.Sc. Physical Education) program was reviewed in detail. Modifications were made to ensure that the curriculum aligns with contemporary academic and professional requirements. Notable revisions include:

- ✚ Incorporation of practical components in core subjects.
- ✚ Enhancements in sports sciences, coaching, and training methodologies.
- ✚ Integration of emerging topics such as sports analytics, fitness technology, modern technology in physical education, fundamentals of movement education and adapted physical education.
- ✚ The finalized syllabus was unanimously approved and will be implemented in the upcoming academic session.

Agenda 3: Introduction of the Indian Knowledge System (IKS): 5%

In line with the National Education Policy (NEP) 2020, a 5% inclusion of the Indian Knowledge System (IKS) has been integrated into the curriculum. The IKS component will cover:

- ✚ Traditional Indian sports and indigenous games.
- ✚ Yogic science and its application in sports and wellness.
- ✚ Contributions of ancient Indian texts to physical education and health sciences.

Agenda 4: 40% of the Syllabus to be Skill-Based

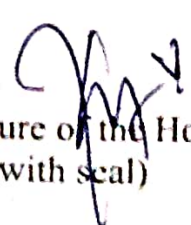
To enhance practical learning and employability, it was resolved that 40% of the syllabus across all semesters will be skill-based. This will include:

- ✚ Practical modules on sports training, coaching, and officiating.
- ✚ Hands-on experience in fitness assessment and rehabilitation.
- ✚ Application-based learning through internships, workshops, and industry collaborations.

Agenda 5: Inclusion of MOOC Courses (For Add-on, Value-Added, and Extra Credit Courses)

To facilitate continuous learning and multidisciplinary exposure, the inclusion of Massive Open Online Courses (MOOCs) was approved. The following points were decided:

- ✚ MOOC courses will be available as add-on, value-added, and credit-based courses.
- ✚ Platforms such as SWAYAM, NPTEL, and Course will be recommended.
- ✚ Students will be compulsory to complete at least one MOOC per semester as a compulsory part of their degree requirements.


Signature of the HoD
(with seal)

Members Presented in Board of Studies

SIGNATURE

1. Dr. V. Kumar (Chairman)
Assistant Professor & Head
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002

V. Kumar
1/12/25

2. Dr. S. Sethu (University Nominee)
Assistant Professor and Head
Department of Physical Education and Sports
Manonmaniam Sundaranar University
Tirunelveli - 627 012
Cell: 9443461487

S. Sethu
1/12/25

3. Dr. A. Johnson (Subject Expert)
Associate Professor and Head
Department of Physical Education, Health Education and Sports (S.F.)
Ayya Nadar Janaki Ammal College
Sivakasi - 626 124
Cell: 9487369155

A. Johnson
01/02/25

4. Dr. N. Veeraparameswari (Subject Expert)
Assistant Professor and Head
Department of Physical Education
Arul Anandar College
Karumathur, Madurai - 625 514
Cell: 9943331954

N. Veeraparameswari
01/02/25

6. Dr. S. Athisayaraj (Assistant Professor)
Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9965027841

S. Athisayaraj
01/02/25

7. Dr. C. Selvaraja (Assistant Professor)
Assistant Professor
Department of Physical Education
St. Xavier's College
Palayamkottai - 627 002
Cell: 9629365397

C. Selvaraja
01/02/25

Members Presented in Board of Studies

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8. Dr. P. Thangaraj (Assistant Professor)

Assistant Professor

Department of Physical Education

St. Xavier's College

Palayamkottai - 627 002

Cell: 9500853792

P. Thangaraj
01/02/2025

9. Ms. P. Arunachalavadivu (Assistant Professor)

Assistant Professor

Department of Physical Education

St. Xavier's College

Palayamkottai - 627 002

Cell: 9092235969

P. Arunachalavadivu
01/02/25

10. Mr. A. Aathikesavan (Student Representative)

Reg. No. 22UPE541

I Year Physical Education (Shift II)

St. Xavier's College

Palayamkottai - 627 002

Cell: 8925143287

A. Aathikesavan
01/02/25