Sacred Heart College (Autonomous), Chalakudy

Minutes of the Board of Studies Meeting in Department of Physical Education held on 15/07/2024.

The meeting of the Board of Studies of Department of Physical Education, Sacred Heart College, (Autonomous), Chalakudy for the academic year 2024-25 was held on 15/07/2024 at 11.00am on hybrid Mode. Dr Jesmy Jose, Head of the Department of Physical Education and Chairperson of theBoard, welcomed the board members.

Agenda:

1) Review and approval of the UG syllabi and Curriculum
2) Mode of evaluation of practicum component.
3) Discussion of outcome based education and course outcome (CO) programme outcome (PO) mapping which is being carried out in the college.
4) Any other relevant academic matters.

Members Present (offline)

1) Dr Jesmy Jose, (Chairperson)
   HoD, Department of Physical Education
2) Dr. Sudheesh C.S. (Subject Expert)
   Assistant Professor and Head
   Department of Exercise Physiology
   Lakshmibai National College of Physical Education
   Kariavattom P.O, Trivandrum
3) Mr. Shinil Kuriakose (Subject Expert)
   Assistant professor & HoD

REENA ITTYACHAN

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Department of Physical Education

Nirmalagiri College

Nirmalagiri PO

Kuthuparamba, Kannur.

4) Mr Xavier Poulose (Industrial Representative)

Athletic Coach

5) Alpha Babu (Alumni Representative)

Member Attended through Google meet

1) Dr Binoy K (University Representative)

Associate Professor & HoD

Department of Physical Education

Govt arts and science college, Calicut

The major points and suggestions in the discussion were the following:

DISCUSSIONS

Agenda 1:

- Chairperson presented the MDC courses syllabus offered by the department of physical education under FYUGP in semester I& II and SEC offered by the department of physical education in Vth semester .
- All members actively participated in the discussion and suggested to have a priority list of three MDC in I and II semesters and SEC in Vth semester and opt one MDC each in I & II and one SEC in fifth semester.

- The contents of the syllabus of physical fitness and active living in MDC II is repeated in the skill enhancement course which is offered in the fifth semester. That alsomay be go to the knowledge of the university.

Agenda 2

- Discussion on external evaluation for the second semester MDC course in practical contents
  - The members of the Board of Studies unanimously proposed that only internal evaluation be conducted for the practical components of the syllabus, while external evaluation should be reserved for assessing theoretical content only.
  - One day may not be sufficient to fully evaluate the quality of students' performance. Therefore, it is proposed that the assessment of students be conducted by the teacher who has been involved with the subject throughout the semester.

Agenda 3

- Discussion of outcome based education and course outcome (CO) programme outcome (PO) mapping which is being carried out in the college.

  - The Board of Studies acknowledges the critical role of Outcome-Based Education (OBE) in optimizing our academic programs and endorses the ongoing process of mapping Course Outcomes (COs) to Program Outcomes (POs). We resolve to review and refine this mapping to ensure alignment with educational goals and industry standards, address any discrepancies, and enhance the overall effectiveness of our curriculum. This process will be documented and reported on regularly to ensure continuous improvement and stakeholder engagement.

RESOLUTION

- The board of studies approved MDC in Physical Education for I &II semester, and SEC in Vth semester which are the courses offered by the university of Calicut.

Semester I

MDC I (1): Yoga and Stress Management

MDC I (2):Lifestyle Disease and Physical Activity

MDC I(3): Sports and Society

Semester II

MDC II(1) : Physical Fitness and Active Living

MDC II (2): Exercise and Weight Management

MDC II (3): Recreational Activities of Elderly

Semester V

SEC V (1): Fitness Management and Personal Training

SEC V (2): First Aid and Basic Life Skill Support

SEC V (3): Physical Fitness and Exercise Prescription

- In every courses, open ended module(Vth module) contents can be design as per the facilities available in the college. Hence the BOS members suggested to provide the activities such as zumba, aerobics, yoga and karate can be included with the available facilities in the college as of now.
- The committee proposed that inorder to achieve maximum impact of the courses in the entire college certain orientation and workshops can be conducted.
- Contents of the syllabus of physical fitness and active living was found to be too large, hence which has to be go t the knowledge of the university as well.

Other agenda

- The Board of Studies members suggested including records of the health status of students, their family members, and college staff to better understand and address the relevant content in the syllabus.

- The Board of Studies decided to forward the resolutions to the Academic Council of Sacred Heart College, Chalakudy for approval.
- The Chairperson extended a vote of thanks to all members for their active participation and contributions, concluding the meeting by 1:00 pm.