



MAHATMA GANDHI UNIVERSITY, KERALA

**Abstract**

Strength and Conditioning - Modifications to course outcome numbers and question paper patterns for Continuous Comprehensive Assessment (CCA) and End Semester Evaluation (ESE) - Approved - Orders Issued.

**ACA 16**

No. 10371/ACA 16/2024/MGU

Priyadarsini Hills, Dated: 16.11.2024

Read:-1. U.O.No.5797/AC A16/2024/MGU, dated.27.06.2024.

- 2. Minutes of the meeting of the Expert Committee in Physical Education (UG), held on 31.10.2024.
- 3. Orders of the Vice Chancellor under Section 10(17), Chapter III of the Mahatma Gandhi University Act 1985, dated. 15.11.2024.

**ORDER**

The syllabi of various Honours Under Graduate Programmes coming under The MGU-UGP (Honours) Regulations, 2024, have been approved vide paper read as (1) above and published on the website of the University.

The Expert Committee in Physical Education (UG), pointed out the need to modify the course outcome numbers of the **DSC** type courses in the first semester syllabus of **Strength and Conditioning (Minor)**. Also, discussed the need to modify the question paper patterns for both Continuous Comprehensive Assessment (CCA) and End Semester Evaluation (ESE) of the **DSC** type courses in the first semester syllabus of the same and has submitted the following recommendations, vide paper read as (2) above.

**Course Outcome Numbers Modification**

Semester	Course Code & Name	Module	Units	CO No.	Page No.
		1	1.1	1	
			1.2	2	
			1.3	4	
			1.4	1	
			2.1	6	
			2.2	5	

<b>1</b>	<b>MG1DSCSAC100:</b>  <b>Introduction to Strength &amp; Conditioning</b>	<b>2</b>	2.3	3	<b>6 &amp; 7</b>		
			2.4	4			
			<b>3</b>			3.1	2
		3.2				2	
		3.3				3	
		3.4				1	
		3.5				3	
		3.6				5	
		<b>4</b>		4.1		6	
				4.2		6	
				4.3		1	
				4.4		2	
				4.5		5	
		<b>MG1DSCSAC101:</b>  <b>Techniques, Fundamental and Spotting</b>	<b>1</b>	1.1		4	<b>10, 11 &amp; 12</b>
				1.2		1	
	1.3			1			
	1.4			5			
	<b>2</b>		2.1	1			
			2.2	4			
			2.3	3			
2.4			2				
2.5			5				
<b>3</b>			3.1	4			
			3.2	5			
			3.3	1			
			3.4	5			
			3.5	5			
<b>4</b>			4.1	4			
		4.2	4				
		4.3	1				
		4.4	2				
		4.5	5				

## Question Paper Patterns

### Course Type : DSC

Semester	Course Code & Name	Mode of Assessment		Page No.						
		<u>Continuous Comprehensive Assessment (CCA)</u>								
1	<b>MG1DSCSAC100:</b>  <b>Introduction to Strength &amp; Conditioning</b>  <b>MG1DSCSAC101:</b>  <b>Techniques, Fundamentals and Spotting</b>	<u>Practical</u> (15 marks) -  Viva, Demonstration	<u>Theory</u> (25 marks) -  Written Examination (Short Answer - 10 x 2), Viva	7 & 12						
		<u>End Semester Evaluation (ESE)</u>								
		<u>Practical</u> (Total Marks - 35)	<u>Theory</u> (Total Marks - 50/ Duration - 1.5 Hrs)							
		Written Examination								
		Viva, Demonstration								
		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Type</th> <th style="width: 50%;">Marks</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">MCQ</td> <td style="text-align: center;">10 x 1 = 10</td> </tr> <tr> <td style="text-align: center;">Short Answer</td> <td style="text-align: center;">10 x 2 = 20</td> </tr> <tr> <td style="text-align: center;">Short Essay</td> <td style="text-align: center;">4 x 5 = 20</td> </tr> </tbody> </table>	Type	Marks	MCQ	10 x 1 = 10	Short Answer	10 x 2 = 20	Short Essay	4 x 5 = 20
Type	Marks									
MCQ	10 x 1 = 10									
Short Answer	10 x 2 = 20									
Short Essay	4 x 5 = 20									

Considering the emergency, sanction has been accorded by the Vice Chancellor, in exercise of the powers of the Academic Council vested upon him under Section 10(17), Chapter III of the Mahatma Gandhi University Act 1985, vide paper read as (3) above, to approve the said recommendations.

Hence, the course outcome numbers and question paper patterns for both CCA & ESE of the said courses in the syllabus of the **Strength and Conditioning (Minor)**, stands modified to this extent.

Orders are issued accordingly.

SHAJI K G

ASSISTANT REGISTRAR III  
(ACADEMIC)  
For REGISTRAR

Copy To

1. PS TO VC
2. PA to Registrar/CE
3. Convenor, Expert Committee, Physical Education (UG)
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Section Officer