



MAHATMA GANDHI UNIVERSITY, KERALA

Abstract

Strength and Conditioning (Minor) - Fifth Semester - Modifications to the Course Details, Course Outcomes, Course Content and duration for End Semester Evaluation - Approved - Orders Issued.

ACA 16

No. 5562/ACA 16/2026/MGU

Priyadarsini Hills, Dated: 02.06.2026

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

2. Minutes of the meeting of the Expert Committee on Physical Education (UG)
4. Orders of the Vice Chancellor under Section 10 (17), Chapter III of the Mahatma Gandhi University Act 1985, dated 31.05.2026.

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 on Physical Education (UG), deliberated on modifying the **Course Details, Course Outcomes, Course Content** and **duration for End Semester Evaluation** of DSC type courses in the **Fifth Semester** syllabus of **Strength and Conditioning (Minor)** and has submitted recommendations, vide paper read as (2) above.

(Recommendations are attached as Annexure).

Considering the urgency of the matter, 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 aforementioned recommendations.

Hence, the **Course Details, Course Outcomes, Course Content** and **duration for End Semester Evaluation** of the said courses in the **Fifth Semester** syllabus of **Strength and Conditioning (Minor)** stands modified to this extent.

Orders are issued accordingly.

SIJI ANNA KURIEN

ASSISTANT REGISTRAR III
(ACADEMIC)
For REGISTRAR

Copy To

1. PS to VC
2. PA to Registrar/CE
3. Convenor, Expert Committee, Physical Education (UG)
4. JR 2 (Admin)/DR 2, AR 3 (Academic)
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6. Tabulation/Academic Sections concerned
7. AC C1/AC C2 Sections
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File No. 29696/AC A16-1/2026/AC A16

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Section Officer

The document is digitally approved. Hence signature is not needed.

ANNEXURE

SEMESTER V

Course Name : Energy Expenditure and Fatigue

Course Code : MG5DSCSAC300

Course Details (Modified)	Lecture	Tutorial	Practical (Modified)	Others	Page No.
	3		1		29

Course Outcomes (CO)

CO.No.	Expected Course Outcome	Learning Domains	PO.No	Page No.
1	No Change	No Change	No Change	29-30
2				
3				
4				
5				
6				
7				
8	Removed			

Course Content

(Content for classroom transaction (units))

Module	Units	Course Description	Hours (Modified)	CO.No	Page No.
1	1.1	No Change	3	No Change	30-31
	1.2		2		
	1.3		No Change		
	1.4		2		
2	2.1	No Change	3	No Change	
	2.2		2		
	2.3		No Change		
	2.4		2		
3	3.1	No Change	3	No Change	
	3.2		2		
	3.3		2		

	3.4		No Change		
4	4.1	No Change	No Change	No Change	
	4.2				
	4.3				
	4.4				
	4.5				
5		Teacher Specific Content			

Mode of Assessment

		Page No.
Continuous Comprehensive Assessment (Typographical error corrected)	Total Marks: 35 (Removed)	31
End Semester Evaluation		
Theory Total Marks: 50	Duration: 1.5 hrs (Modified)	
Practical Total Marks: 35		

Course Name : Yoga and Wellness
Course Code : MG5DSCSAC301

Course Name	Yoga and Wellness (Modified)				Page No. 29
Course Details (Modified)	Lecture	Tutorial	Practical (Modified)	Others	
	3		1		

Course Outcomes (CO)

CO.No.	Expected Course Outcome	Learning Domains	PO.No	Page No.
1	No Change	No Change	No Change	32-33
2				
3				
4				
5				
6				
7	Removed			
8				

Course Content
(Content for classroom transaction (units))

Module	Units	Course Description	Hours	CO.No (Modified)	Page No.
1		No Change			35-37
2		No Change			
3		No Change			
4	4.1	No Change	No Change	No Change	
	4.2				
	4.3				
	4.4				
	4.5			4	
5		Teacher Specific Content			

Mode of Assessment

	Page No.
Continuous Comprehensive Assessment (Typographical error corrected)	37
Total Marks: 35 (Removed)	
End Semester Evaluation	
Theory Total Marks: 50	37
Duration: 1.5 hrs (Modified)	
Practical Total Marks: 35	