



MAHATMA GANDHI UNIVERSITY, KERALA

Abstract

Bachelor of Physical Education and Sports (Honours) - Third Semester - Modifications to the Course Content - Approved - Orders Issued.

ACA 16

No. 7374/ACA 16/2025/MGU

Priyadarsini Hills, Dated: 07.08.2025

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

2. Minutes of the meetings of the Expert Committee on Physical Education (UG), held on 09.07.2025 and 15.07.2025 .

3. Orders of the Vice Chancellor under Section 10(17), Chapter III of the Mahatma Gandhi University Act 1985, dated. 06.08.2025.

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 Content of the DSC, DSE, MDC, and VAC type courses in the **Third Semester** syllabus of **Bachelor of Physical Education and Sports (Honours)** programme 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, exercising 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 Content** of the said courses in the **Third Semester** syllabus of **Bachelor of Physical Education and Sports (Honours)** programme stands modified to this extent.

Orders are issued accordingly.

SUDHA MENON J

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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Forwarded / By Order

Section Officer

ANNEXURE

SEMESTER III

Course Name : Introduction to Sports Psychology
Course Code : MG3DSCPES200

Course Details	Total Hours (Modified)	Page No.
	75	38

COURSE CONTENT

Content for Classroom Transaction (Units)

Module	Units	Course Description	Hours (Modified)	CO No.	Page No.
2	2.1	No Change	6	No Change	39
	2.2				
	2.3				
	2.4				
	2.5				

Course Name : Understanding Human Body
Course Code : MG3DSCPES201

COURSE CONTENT

Content for Classroom Transaction (Units)

Module	Units	Course Description	Hours (Modified)	CO No. (Modified)	Page No.
1	1.1	No Change	No Change	5	43-44
2	2.2			6	
		Hands-on Exploration Skeltal System: Identify bones, joints, and landmarks	1	No Change	
3		Hands-on Exploration Muscular System: Locate major muscles and understand their actions	1		

4		Hands-on Exploration Digestive system and sense organs: Identify organs and understand the digestive process	6		
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Course Name : Fundamentals of Kinesiology and Biomechanics

Course Code : MG3DSEPES200

Type of Course (Modified)	DSE	Page No. 46
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COURSE CONTENT

Content for Classroom Transaction (Units)

Module	Units	Course Description	Hours (Modified)	CO No.	Page No.
3	3.3	No Change	3	No Change	48
	3.5				
	3.6				

Course Name : A Comprehensive Course on Physical Efficiency Tests

Course Code : MG3MDCPES200

COURSE CONTENT

Content for Classroom Transaction (Units)

Module	Units	Course Description	Hours (Modified)	CO No. (Modified)	Page No.
2	2.2	No Change	10	No Change	52
	2.3				
3	3.1		5		

Course Name : Yoga and Dietetics
Course Code : MG3MDCPES201

COURSE CONTENT

Content for Classroom Transaction (Units)

Module	Units	Course Description	Hours (Modified)	CO No.	Page No.
4	4.3	No Change	15	No Change	56

Course Name : Safe Training in Sports
Course Code : MG3VACPES200

COURSE CONTENT

Content for Classroom Transaction (Units)

Module	Units	Course Description	Hours	CO No. (Modified)	Page No.
1	1.1	No Change	No Change	3	59
	1.2			4	
	1.3			4	
	1.4			2	
2	2.1			1	
	2.2			3	
	2.3			1	
	2.4			5	
3	3.1			2	
	3.2			2	
	3.3			1	
	3.4			5	
	3.5			3	
	3.6			3	
	3.7			3	
	3.8			3	

Course Name : Lifestyle Diseases and Physical Activity
Course Code : MG3VACPES201

COURSE CONTENT

Content for Classroom Transaction (Units)

Module	Units	Course Description	Hours (Modified)	CO No.	Page No.
4	4.1	No Change	3	No Change	63
	4.2		4		
	4.3				
	4.4				
	4.5				