



MAHATMA GANDHI UNIVERSITY, KERALA

Abstract

Strength and Conditioning (Minor) - Fourth Semester - Modifications to the Course Content and rectification of typographical error - Approved - Orders Issued.

ACA 16

No. 400/ACA 16/2026/MGU

Priyadarshini Hills, Dated: 13.01.2026

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 09.01.2026.

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 Content** and the **rectification of typographical error in the CCA of the course MG4DSCSAC200: Heart Rate Training**, in the **Fourth 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 Content** of the said course in the **Fourth Semester syllabus of Strength and Conditioning (Minor)** stands modified to this extent.

Orders are issued accordingly.

ASSISTANT REGISTRAR III
(ACADEMIC)
For REGISTRAR

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Section Officer

ANNEXURE

SEMESTER IV

Course Name : Heart Rate Training
Course Code : MG4DSCSAC200

Course Content **(Content for Classroom Transaction (units))**

| Module (Modified) | Unit | Course Description | Hours | CO.No (Modified) | Page No. |
|--|-------------|---------------------------|--------------|-----------------------------|-----------------|
| 2 (Number added) Exercise and Cardiovascular System | 2.1 | No Change | No Change | No Change | 27 |
| | 2.2 | | | | |
| | 2.3 | | | | |
| 3 (Number added) Training and Heart | 3.1 | No Change | No Change | No Change | |
| | 3.2 | | | | |
| | 3.3 | | | | |
| 4 (Number added) Monitoring Progress through Heart Rate | 4.1 | No Change | No Change | No Change | 27,28 |
| | 4.2 | | | 8 | |
| | 4.3 | | | | |
| | 4.4 | | | No Change | |

Mode of Assessment

| Continuous Comprehensive Assessment (Typographical error corrected) | Total Marks: 35 (Removed) | Page No. |
|--|--------------------------------------|-----------------|
| | | 28 |