



UNIVERSITY OF CALICUT

Abstract

COFE (College Fitness Education) Programme- for UG students of affiliated colleges under University of Calicut - CUCBCSS UG 2014- w.e.f. 2017 admission onwards-U.O modified- Approved- Orders issued

G & A - IV - J

U.O.No. 7350/2017/Admn

Dated, Calicut University.P.O, 13.06.2017

- Read:-*1. Item No.30 in the minutes of the LXXI meeting of Academic Council held on 20.03.2014
2. Minutes of Deans' Committee held on 11.07.2014
3. Item No.10 in the minutes of LXXII meeting of the Academic Council held on 15.01.2015
4. U.O 11850/2015/Admn Dated 20-11-2015
5. Minutes of the Senate Meeting held on 19.12.2015
6. U.O.Note No.24215/DPE-A-ASST-2/2014/CU dated 07.04.2016
7. Order of the Registrar dated 02.04.2016 on Para No. 158 in File No.24215/DPE-A-ASST-2/2014/CU
8. U.O No. 6353/2016/Admn dated 21/5/2016
9. Letter from Director Department of Physical Education dated 09.06.2017
10. Orders of Vice Chancellor in the file of even No. dated. 12.06.2017

ORDER

The proposal viz. College Fitness Education Programme (COFE) was mooted by the DPE to attract the college students for the regular physical exercise to maintain good health among student community by awarding additional 5 marks per semester for the participation in the regular physical education training of 1 hour duration per day for atleast 80% of the working days of the academic duration.

Vide paper read as (1), the Academic Council referred the matter to the Deans' Committee for preparing the draft general guidelines for implementation.

The meeting of the Deans Committee, vide paper read as (2), approved the draft proposal prepared by the Department of Physical Education suggested that Physical training programme for UG students will be implemented from 2014-15 admission onwards. The Committee also presented a guideline for the implementation of COFE Programme.

Academic Council approved the guidelines formulated by the Deans' Committee vide paper read as (3).

Vide paper read as (4), the Modified UG Regulations 2014 implemented modifying the Clause 4.11 in the Regulations by adding an additional paragraph as follows: In addition, maximum of 6 marks per semester can be awarded to the students of UG Programmes, for participating in the College Fitness Education Programme (COFE), as resolved by the Steering Committee at its meeting held on 11.06.2015 and the Academic Council at its meeting held on 11.07.2015.

Vide paper read as (5), Senate approved the Modified CUCBCSS UG Regulations.

Vide paper read as (6), it has been informed by DPE that all the formal procedures for the implementation of the COFE Programme including the fixation of Grace Marks in Regulations have been completed and orders have been received, as per paper read as (7), to implement the COFE Programme for UG students of affiliated colleges in University of Calicut w.e.f 2016 admission onwards.

Vide paper read as (8), COFE Programme for UG students of affiliated colleges in University of Calicut has been implemented w.e.f 2016 admission onwards.

Vide paper read as (9), Director Department of Physical Education forwarded the minutes of the meeting of the Committee constituted to re-examine the Test Batteries in the guidelines of COFE Programme and modify the guidelines for implementing w.e.f 2017 UG admission onwards and requested to approve the modifications.

Vide paper read as (10), sanction has been accorded by the Vice Chancellor to implement the modifications in the guidelines of COFE Programme for UG students of affiliated colleges in University of Calicut w.e.f 2017 admission onwards.

U.O No. 6353/2016/Admn dated 21/5/2016 has been modified to this extent.

Orders are issued accordingly.

(The guidelines for the Programme are appended).

Ajitha P.P

Joint Registrar

To

Dept.of Physical Education, University of Calicut
Copy to: All the affiliated colleges/ Pareeksha Bhavan

Forwarded / By Order

Section Officer

C0FE (COLLEGE FITNESS EDUCATION PROGRAMME)

PHYSICAL TRAINING TO UG STUDENTS AND AWARD OF GRACE MARK

Guidelines

- **Minimum 80 % attendance required for grace mark.**
- **Mark will be out of 10 points.**
- **4 Marks for the attendance.**
- **6 Marks for the performance in physical tests.**
- **Students having 80 % attendance only will be allowed to attend the physical tests.**
- **If a student participate in physical tests but failed to qualify in all tests is also eligible for the grace**
- **Mark provided she/he has 80 % attendance.**
- **A student having 80 % attendance does not participate/fail will be eligible for grace marks for his attendance only.**
- **A student can select 6 test items at his/her choice and the points will be awarded out of 6 according to the number of items qualified as given below.**
- **6 marks will be awarded per semester.**
- **A student has to appear in 6 test items at the end of each semester of which 3 items will be new from the approved list of test battery.**

MARKS FOR ATTENDENCE

- **80%and above: 4 marks _**
- **10 hours per semester.**
- **Only for first four semesters.**

Example to find out total marks out of 10 for students having different % of attendance and different no. of items qualified. __

NAME I	Points for attendance II(in points)	No. items qfd III	Points for the item qfd IV	Total points V (II+IV)	Grace mark VII
1	4	6	6	10	6
2	4	5	5	9	5
3	4	4	4	8	4
4	4	3	3	7	3
5	4	2	2	6	2
6	4	1	1	5	1
7	4	0	0	4	0.5

TEST BATTERIES

Si No	Test item	Score	Qualifying mark (Men)	Qualifying mark (Women)
1.	Sit up	Nos/min	20/min	15/min
2.	Sit and reach	In Cm	30 cm	30 cm
3.	Pull up	Nos	5nos	NA
4.	Flexed arm hang	Sec	NA	15 sec
5.	Shuttle run	Sec	8 sec	10 sec
6.	Shot put	Meter	6 meter	4 meter
7.	Burpees	Nos/min	20nos	15 nos
8.	Skipping	Nos/min	60nos	50 nos
9.	Standing broad jump	Meter	3 meter	2 meter
10.	100 meters	Sec	14 sec	17 sec
11.	Hoping on one leg (50 meters)	Sec	20 sec	25 sec
12.	Static balance(any balancing posture)	Sec	30 sec	30 sec
13.	Dynamic balance (100 mtr long beam)	Completing without losing balance	Completing without losing balance	Completing without losing balance
14.	Sargent/Vertical jump	Nos	15 nos	10 nos
15.	Rope climbing	1 repetition	4 meter	3 meter

16.	Cricket ball throw	Meter	50 meter	35 meter
17.	High jump	Meter	1.32 meter	1 meter
18.	Squat thrust	Nos/min	25 nos	20 nos
19.	800 meters	Sec	2min 30 sec	3 min
20.	1500 meters	Min	9 min	11 min
21.	3000 meters walking	Min	30 min	45 min
22.	For arm plank	Min/Sec	1min	30 sec
23.	Reverse for arm plank	Min/Sec	1min	30 sec
24.	Stepping (15 inch bench)	Steps/1 minute	100 nos/1min	70 nos/1min
25.	Bench squat (15 inch Height)	Squat/1 minute	40nos/1min	20nos/1min
26.	Dumbbell flies(full swing)	Noes	5 kg (20 noes)	3kg (20 noes)
27.	Wall Bounce(Basket ball) (2 Meter from the Wall)	Noes	30 noes/minute	30 noes/minute
28.	Target Hit on wall (Tennis Ball)	3 chances	10 meter Distance	7 meter Distance
29.	3 Hopes in Single Leg	meters	4.5Meters	3.5 meters
30.	12 minute run or Walk		2000meter	1600meters

Differentially abled students with 70% attendance have to write an objective test having 20 questions each carrying $\frac{1}{2}$ marks. A question bank with 100 questions to be prepared by the UG Board in Physical Education.

Every college has to appoint regular Physical Education Teacher satisfying the condition that up to 1000 students 1 Teacher and above 1000 students 2 teachers. College where there is no Physical Education teacher is appointed cannot have this programme implemented.

A committee is to be constituted with 5 members among the teaching staff with HOD Physical Education as the convener with minimum one lady staff for conducting Physical fitness test.

A redressal forum comprising of following members have to be constituted to address the grievances

- a) Director, DPE, Calicut University
- b) Director, CDC
- c) Dean, Students Welfare
- d) DOA
- e) Two member nominated by the Vice-Chancellor