

SANKALCHAND PATEL UNIVERSITY
VISNAGAR

Faculty of Mass Communication & Journalism



Structure, Teaching Scheme and Syllabus of
Bachelor of Arts (Journalism & Mass Communication)

Program Code: JM101

With effect from: 2024-25

Sem. IV

COURSE LEARNING OUTCOME

Programme Name: -B. A. Journalism & Mass Communication

Program Outcomes (PO): -

- [PO.1] This program will provide a strong foundation in communication theories, principles, and practices.
- [PO.2] This program will develop critical thinking skills to analyze and evaluate media content.
- [PO.3] This program will ensure proficiency in writing, editing, and reporting across various journalistic formats.
- [PO.4] This program will equip students with practical skills in multimedia production (video, audio, digital content).
- [PO.5] This program will teach students to conduct thorough research and produce accurate journalistic work.
- [PO.6] This program will foster an understanding of and adherence to ethical journalism practices and legal standards.
- [PO.7] This program will develop proficiency in digital tools and platforms for content creation and audience engagement.
- [PO.8] This program will enhance effective communication in diverse cultural, social, and political contexts.
- [PO.9] This program will cultivate leadership and teamwork skills for media organizations and independent projects.
- [PO.10]. This program will prepare students to adapt to the evolving media landscape and new technologies.

Program Specific Outcome (PSO): -

- [PSO.1]. This program will equip students with the skills to produce high-quality multimedia content across various platforms, including digital, broadcast, and print, preparing them for a diverse range of media careers.
- [PSO.2]. This program will foster strong ethical decision-making abilities in students, ensuring they adhere to professional standards while producing accurate, balanced, and responsible journalism.

Credits and Course Type Distribution (Semester wise)

Semester	MJ	MN	MDC	SEC	AEC	VA C / IK S	IN T / OJ T	RP / DES ERT	TOTAL CREDITS
I	8	4	4	2	2	2	-	-	22
II	8	4	4	2	2	2	-	-	22
III	12	-	4	2	2	2	-	-	22
IV	12	4	-	2	2	2	-	-	22
V	12	8	-	2	-	-	-	-	22
VI	12	4	-	-	2	-	4	-	22
VII	12	4	-	-	-	-	-	6	22
VIII	12	4	-	-	-	-	-	6	22
TOTAL	88	32	12	10	10	8	4	12	176

Branch Name:	Faculty of Mass Communication & Journalism
Program Code:	JM101
Course Name:	Development Communication
Course Code:	14-JMM308-2C
Pre-requisite Course:	-----

Course Objectives:

1. Understand the concept and theories of development communication.
2. Analyze the role of media in social transformation and development initiatives.
3. Develop practical skills to create communication strategies for developmental issues.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)								Total (Marks)
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)				Practical (Marks)				
				University Assessment		Continuous Assessment		University Assessment		Continuous Assessment		
				Min.	Max.	Min	Max.	Min	Max.	Min	Max.	
3	-	2	4	18	50	09	25	-	-	09	25	100

Subject Contents:

Sr. No.	Topic	Total Hours	Weightage (%)
1	Introduction to Development Communication Definition, scope, and importance. Historical evolution of development communication. Models and theories: Rogers' Diffusion of Innovations, Shannon-Weaver Model. Role of communication in rural and urban development.	12	25%
2	Media and Development Traditional and modern media in development. Community radio, participatory video, and social media. Case studies of successful media-led development campaigns. Media's role in education, health, and environment.	12	25%
3	Communication Strategies for Development Designing effective development communication campaigns. Behavior Change Communication (BCC). Use of folk media for developmental purposes. Evaluation of campaign effectiveness	12	25%

4	Challenges and Ethical Issues Barriers to effective communication in development. Ethical considerations in development communication. Role of government, NGOs, and international bodies. Future of development communication in India.	12	25%
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Reference Books:

Sr. No.	Books
1	Srinivas Melkote & H. Leslie Steeves: Communication for Development in the Third World.
2	Bella Mody: Designing Messages for Development Communication.
3	Rogers E.M.: Diffusion of Innovations.
4	Daya Thussu: Media on the Move: Global Flow and Contra-Flow.
5	Wilbur Schramm: Mass Media and National Development.

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Define and explain core concepts of development communication	1 Remembering
CLO2	Apply communication theories to developmental contexts	3 Applying
CLO3	Critically evaluate media strategies for developmental impact	5 Evaluating
CLO4	Design communication campaigns addressing social issues	6 Creating

Mapping of CLOs with Pos & PSOs

Course	Program Outcomes (POs)										Program Specific Outcomes (PSOs)	
Learning Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 1	PSO2
CLO1	M		M		M					M		
CLO2	L	L		L		L			L		M	M
CLO3	L	L	L				L			L	L	
CLO4					L			M				M

H: High, M: Medium, L: Low

Branch Name:	Faculty of Mass Communication & Journalism
Program Code:	JM101
Course Name:	Digital Media & Journalism
Course Code:	14-JMM309-2C
Pre-requisite Course:	-----

Course Objectives:

1. Explore the fundamentals of digital media in journalism.
2. Acquire skills in multimedia content creation and publishing.
3. Develop a critical understanding of digital ethics and trends.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)								Total (Marks)
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)				Practical (Marks)				
				University Assessment		Continuous Assessment		University Assessment		Continuous Assessment		
				Min.	Max.	Min	Max.	Min	Max.	Min	Max.	
2	-	4	4	09	25	09	25	09	25	09	25	100

Subject Contents:

Sr. No.	Topic	Total Hours	Weight age (%)
1	Foundations of Digital Media Evolution and characteristics of digital media. Differences between traditional and digital journalism. Understanding online audiences. Introduction to content management systems (CMS).	12	25%
2	Multimedia Storytelling Basics of video, audio, and photo editing tools. Creating interactive content (infographics, polls, etc.). Use of social media for storytelling. Importance of Search Engine Optimization (SEO).	12	25%
3	Ethics and Challenges in Digital Journalism Legal and ethical issues in online journalism. Fake news and fact-checking. Data privacy concerns. Managing trolls and cyberbullying.	12	25%
4	Emerging Trends in Digital Journalism Artificial intelligence in journalism. Augmented and virtual reality storytelling. Podcasting and vlogging trends. Monetization and audience engagement strategies.	12	25%

Reference Books:

Sr. No.	Books
1	Mark Briggs: Journalism Next
2	Paul Bradshaw: The Online Journalism Handbook.
3	Tony Harcup: Journalism: Principles and Practice.
4	David Meerman Scott: The New Rules of Marketing and PR

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Explain the role and evolution of digital journalism	2 Understanding
CLO2	Create multimedia content using appropriate tools	6 Creating
CLO3	Analyze ethical challenges in the digital sphere	4 Analyzing
CLO4	Apply SEO techniques to enhance online content visibility	3 Applying

Mapping of CLOs with Pos & PSOs

Course	Program Outcomes (POs)										Program Specific Outcomes (PSOs)	
Learning Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 1	PSO2
CLO1	M		M		M					M		
CLO2	L	L		L		L			L		M	M
CLO3	L	L	L				L			L	L	
CLO4					L			M				L

H: High, M: Medium, L: Low

Branch Name:	Faculty of Mass Communication & Journalism
Program Code:	JM101
Course Name:	Current Affairs & Translation
Course Code:	14-JMM401-2C
Pre-requisite Course:	-----

Course Objectives:

1. Equip students with the ability to analyze and interpret current events.
2. Develop translation skills for media and communication purposes.
3. Understand the impact of current affairs on journalism and society.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)								Total (Marks)
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)				Practical (Marks)				
				University Assessment		Continuous Assessment		University Assessment		Continuous Assessment		
				Min.	Max.	Min	Max.	Min	Max.	Min	Max.	
3	-	2	4	18	50	09	25	-	-	09	25	100

Subject Contents:

Sr. No.	Topic	Total Hours	Weight age (%)
1	Understanding Current Affairs Definition, scope, and significance of current affairs. Types: Political, economic, social, cultural, and environmental. Sources of current affairs: News channels, newspapers, and social media. Role of journalists in interpreting current events.	12	25%
2	Analysis of National and International Issues Key national issues: Governance, policies, and politics. Major international events and their impact on India. Role of media in conflict reporting. Case studies of recent significant events.	12	25%
3	Basics of Translation Definition, importance, and challenges of translation. Tools and techniques for effective translation. Translating news from regional to national languages. Ethics in translation for media.	12	25%
4	Practical Translation and Reporting Translating news articles from English to regional languages and vice versa. Writing news reports based on translated material. Hands-on practice with recent current affairs. Evaluation and critique of translated works.	12	25%

Reference Books:

Sr. No.	Books
1	Selected articles from leading newspapers and journals (e.g., The Hindu, The Indian Express, Economic and Political Weekly).
2	A textbook of Translation by Peter Newmark
3	Policy briefs and reports from the Ministry of Information and Broadcasting, Government of India.

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Interpret and analyze current events with a critical approach	4 Analyzing
CLO2	Apply translation techniques for media purposes	3 Applying
CLO3	Create accurate and ethical translations for journalistic use	6 Creating
CLO4	Evaluate the impact of translated material on communication	5 Evaluating

Mapping of CLOs with Pos & PSOs

Course	Program Outcomes (POs)										Program Specific Outcomes (PSOs)	
Learning Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 1	PSO2
CLO1	M		M		M					M		
CLO2	L	L		L		L			L		M	M
CLO3	L	L	L				L			L	L	
CLO4					L			M				L

H: High, M: Medium, L: Low

Branch Name:	Faculty of Mass Communication & Journalism
Program Code:	JM101
Course Name:	Writing Skills in Hindi Language
Course Code:	14-JME212-1C
Pre-requisite Course:	-----

Course Objectives:

1. Enhance writing proficiency in Hindi for journalistic purposes.
2. Develop creative and professional writing skills.
3. Familiarize students with diverse forms of Hindi writing.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)								Total (Marks)
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)				Practical (Marks)				
				University Assessment		Continuous Assessment		University Assessment		Continuous Assessment		
				Min.	Max.	Min	Max.	Min.	Max.	Mi n.	Max.	
3	-	2	4	18	50	09	25	-	-	09	25	100

Subject Contents:

Sr. No.	Topic	Total Hours	Weight age (%)
1	Basics of Hindi Writing Characteristics of Hindi language. Grammar and sentence structure. Importance of regional expressions. Vocabulary building for journalism	12	25%
2	Forms of Writing in Hindi News writing and reporting. Features and editorial writing. Writing for advertisements and public relations. Scriptwriting for television and radio.	12	25%
3	Creative Writing in Hindi Poetry, prose, and short stories. Use of idioms, metaphors, and literary devices. Developing narratives for fiction and non-fiction. Writing blogs in Hindi.	12	25%
4	Practical Applications Writing assignments on current topics. Editing and proofreading exercises. Developing content for social media in Hindi. Group discussions and presentations.	12	25%

Reference Books:

Sr. No.	Books
1	Raghuvir Sahay: Hindi Patrakarita.
2	Kamleshwar: Samachar Lekhan.
3	Harimohan: Bhasha Vigyan aur Hindi Bhasha.
4	Anil Bhargava: Hindi Journalism: Principles and Practice.
5	Piyush Priyadarshi: Media Lekhan Ke Aayam.

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Demonstrate proficiency in Hindi grammar and vocabulary	3 Applying
CLO2	Create professional and creative Hindi content for diverse platforms	3 Applying
CLO3	Evaluate Hindi writings for language accuracy and impact	5 Evaluating
CLO4	Write various forms of content in Hindi for media	6 Creating

Mapping of CLOs with Pos & PSOs

Course	Program Outcomes (POs)										Program Specific Outcomes (PSOs)	
Learning Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 1	PSO2
CLO1	M		M		M					M		
CLO2	L	L		L		L			L		M	M
CLO3	L	L	L				L			L	L	
CLO4					L			M				L

H: High, M: Medium, L: Low

Branch Name:	Faculty of Mass Communication & Journalism
Program Code:	JM101
Course Name:	Reporting Practices in Sports Beat
Course Code:	14-JME213-1C
Pre-requisite Course:	-----

Course Objectives:

1. Understand the fundamentals of sports journalism.
2. Develop reporting and interviewing skills for sports events.
3. Analyze the impact of sports on culture and society.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)								Total (Marks)
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)				Practical (Marks)				
				University Assessment		Continuous Assessment		University Assessment		Continuous Assessment		
				Min.	Max.	Min	Max.	Min	Max.	Min	Max.	
3	-	2	4	18	50	09	25	-	-	09	25	100

Subject Contents:

Sr. No.	Topic	Total Hours	Weight age (%)
1	Basics of Sports Journalism History and evolution of sports journalism. Characteristics of sports writing. Role of media in promoting sports. Understanding sports terminologies.	12	25%
2	Covering Sports Events Pre-event preparation and research. Live reporting techniques. Writing match reports, player profiles, and analysis. Ethics in sports reporting.	12	25%
3	Interviews and Feature Writing Conducting interviews with players and coaches. Writing features on sports personalities. Analysis of strategies and performances. Role of photography and videography in sports journalism.	12	25%
4	Challenges and Emerging Trends Challenges in sports reporting. Sports and politics intersection. Emerging trends: E-sports, fantasy leagues, and analytics. Sports journalism in the digital age.	12	25%

Reference Books:

Sr. No.	Books
1	Phil Andrews: Sports Journalism: A Practical Introduction.
2	Charles Parrish: Sports Journalism: An Introduction to Reporting and Writing.
3	James Toney: Sports Journalism: The Inside Track.

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Explain the role of sports journalism in media and society	2 Understanding
CLO2	Create engaging content on sports for diverse platforms	6 Creating
CLO3	Apply practical techniques to report sports events effectively	4 Applying
CLO4	Evaluate the performance of players and events critically	5 Evaluating

Mapping of CLOs with Pos & PSOs

Course	Program Outcomes (POs)										Program Specific Outcomes (PSOs)	
Learning Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 1	PSO2
CLO1	M		M		M					M		
CLO2	L	L		L		L			L		M	M
CLO3	L	L	L				L			L	L	
CLO4					L			M				L

H: High, M: Medium, L: Low

Branch Name:	Faculty of Mass Communication & Journalism
Program Code:	JM101
Course Name:	Educational Video Production
Course Code:	14-AEC108-2C
Pre-requisite Course:	-----

Course Objectives:

1. Introduce the fundamentals of educational video production.
2. Enable students to conceptualize and script educational content.
3. Provide an understanding of video aesthetics and technical aspects.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)								Total (Marks)
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)				Practical (Marks)				
				University Assessment		Continuous Assessment		University Assessment		Continuous Assessment		
				Min.	Max.	Min	Max.	Min	Max.	Min.	Max.	
2	-	-	2	09	25	09	25	-	-	-	-	50

Subject Contents:

Sr. No.	Topic	Total Hours	Weight age (%)
1	Basics of Educational Video Production Definition, importance, and scope of educational videos. Audience analysis for educational content. Types of educational videos: Tutorials, demonstrations, and explainers. Key elements of effective educational videos.	12	25%
2	Pre-Production Developing objectives for the video. Scriptwriting techniques for educational content. Storyboarding and planning shot sequences. Setting up production schedules and logistics.	12	25%
3	Production Techniques Basics of camera handling and framing. Lighting setups for educational videos. Recording high-quality audio. Engaging delivery styles for presenters	12	25%
4	Post-Production Editing educational videos using software (e.g., Adobe Premiere Pro). Adding visuals, animations, and subtitles. Reviewing and refining for clarity and engagement. Publishing and promoting videos on online platforms.	12	25%

Reference Books:

Sr. No.	Books
1	Herbert Zettl: Video Basics.
2	Gerald Millerson: Video Production Handbook.
3	Steve Stockman: How to Shoot Video That Doesn't Suck.
4	Barry Hampe: Making Documentary Films and Videos.
5	Michael Rabiger: Directing: Film Techniques and Aesthetics.

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Understand the key concepts of educational video production	2 Understanding
CLO2	Develop scripts and plans for effective educational videos	6 Creating
CLO3	Analyze the technical and aesthetic elements of video production	4 Analyzing
CLO4	Create high-quality educational videos for diverse audiences.	6 Creating

Mapping of CLOs with Pos & PSOs

Course	Program Outcomes (POs)										Program Specific Outcomes (PSOs)	
Learning Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 1	PSO2
CLO1	M		M		M					M		
CLO2	L	L		L		L			L		M	M
CLO3	L	L	L				L			L	L	
CLO4					L			M				L

H: High, M: Medium, L: Low

Branch Name:	Faculty of Mass Communication & Journalism
Program Code:	JM101
Course Name:	Photography & Videography
Course Code:	14-SEC109-2C
Pre-requisite Course:	-----

Course Objectives:

1. Provide hands-on experience in photography and videography techniques.
2. Develop technical proficiency with cameras and editing tools.
3. Understand the creative aspects of visual storytelling

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)								Total (Marks)
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)				Practical (Marks)				
				University Assessment		Continuous Assessment		University Assessment		Continuous Assessment		
				Min.	Max.	Min	Max.	Min	Max.	Min	Max.	
-	-	4	2	-	-	-	-	09	25	09	25	50

Subject Contents:

Sr. No.	Topic	Total Hours	Weight age (%)
1	Fundamentals of Photography Camera types, settings, and operations. Basics of exposure: Aperture, shutter speed, and ISO. Composition techniques: Rule of thirds, leading lines, and framing. Lighting basics: Natural and artificial lighting.	12	25%
2	Videography Techniques Basics of videography: Camera angles and movements. Importance of audio in videography. Continuity and shot sequencing. Basics of drone videography.	12	25%
3	Editing and post-processing Introduction to photo and video editing software (e.g., Photoshop, Premiere Pro). Color correction and grading. Adding transitions, text, and effects. Exporting media for various platforms.	12	25%
4	Visual Storytelling Developing concepts and narratives for photo and video projects. Capturing emotions and action. Creating portfolios: Projects on nature, portraits, and events. Evaluating visual content critically.	12	25%

Reference Books:

Sr. No.	Books
1	Scott Kelby: The Digital Photography Book.
2	Ansel Adams: The Camera.
3	Michael Freeman: The Photographer's Eye.
4	David Stump: Digital Cinematography.

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Evaluate the quality and impact of visual content	5 Evaluating
CLO2	Create visually engaging photo and video projects.	6 Creating
CLO3	Operate cameras and related equipment effectively	3 Applying

Mapping of CLOs with Pos & PSOs

Course	Program Outcomes (POs)										Program Specific Outcomes (PSOs)	
Learning Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 1	PSO2
CLO1	M		M		M					M		
CLO2	L	L		L		L			L		M	M
CLO3	L	L	L				L			L	L	

H: High, M: Medium, L: Low

Branch Name:	Faculty of Mass Communication & Journalism
Program Code:	JM101
Course Name:	Basics of Yoga Philosophy
Course Code:	14-VAC007-1C
Pre-requisite Course:	-----

Course Objectives:

1. Provide an introduction to the foundational concepts of yoga philosophy.
2. Develop an understanding of the relationship between mind, body, and spirit.
3. Explore the historical and practical relevance of yoga in daily life.

Teaching and Examination Scheme:

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)								Total (Marks)
Lecture (L)	Tutorial (T)	Practical (P)	Credit	Theory (Marks)				Practical (Marks)				
				University Assessment		Continuous Assessment		University Assessment		Continuous Assessment		
				Min.	Max.	Min	Max.	Min	Max.	Min.	Max.	
2	-	-	2	09	25	09	25	-	-	-	-	50

Subject Contents:

Sr. No.	Topic	Total Hours	Weight age (%)
1	Introduction to Yoga Philosophy Definition and scope of yoga. Historical evolution of yoga philosophy. The eight limbs of yoga (Ashtanga Yoga) by Patanjali. Importance of yoga in holistic development.	12	25%
2	Core Texts of Yoga Philosophy Overview of the Bhagavad Gita's teachings on yoga. Patanjali's Yoga Sutras: Key concepts. Importance of Upanishads in yoga philosophy. Hatha Yoga Pradipika: Introduction.	12	25%
3	Mind-Body-Spirit Connection Concept of prana (life force) and its role in yoga. Chakras and their significance. Meditation as a tool for self-awareness. Yoga for mental and emotional well-being.	12	25%
4	Practical Applications of Yoga Philosophy Integrating yoga principles into daily life. Ethical living through Yamas and Niyamas. Role of Pranayama and Dhyana in stress management. Yoga as a path to self-realization.	12	25%

Reference Books:

Sr. No.	Books
1	imusti Hatha Yoga Pradipika Book - by Swami Muktibodhananda
2	Swami Satchidananda: The Yoga Sutras of Patanjali
3	The Bhagavad Gita: Gita Press Gorakhpur
4	Swami Vivekananda: Raja Yoga.
5	B.K.S. Iyengar: Light on Yoga.

Course Learning Outcomes (CLO): On completion of this course, the students will be able to:

CLO	Description	Bloom's Taxonomy Level
CLO1	Understand the foundational concepts of yoga philosophy	2 Understanding
CLO2	Apply yoga principles for holistic well-being	3 Applying
CLO3	Analyze the teachings of key yoga texts.	4 Analyzing
CLO4	Develop a personal approach to integrating yoga into daily life	6 Creating

Mapping of CLOs with Pos & PSOs

Course	Program Outcomes (POs)										Program Specific Outcomes (PSOs)	
Learning Outcomes	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 1	PSO2
CLO1	M		M		M					M		
CLO2	L	L		L		L			L		M	M
CLO3	L	L	L				L			L	L	
CLO4					L			M				L

H: High, M: Medium, L: Low