



## **SPORTS AUTHORITY OF INDIA**



**LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION**  
**KARIAVATTOM, THIRUVANANTHAPURAM-695 581**  
**(Affiliated to the University of Kerala)**

## **PROSPECTUS**

**2019-20**

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## **THE RANI OF JHANSI**

Rani Lakshmibai was born as Manikarnika Tambe on November 19, 1828, in Varanasi, India, in a Marathi Brahmin family to Moropant Tambe and Bhagirathi Sapre (Bhagirathi Bai). She was a gallant queen of the princely state of Jhansi (presently located in the Jhansi district in Uttar Pradesh). Lakshmibai, the Rani of Jhansi, was one of the most resolute, patriotic and illustrious leaders of the First War of Independence in 1857. Her struggle against the alien rulers was courageous and consistent. She inspired her followers with unbounded enthusiasm and zeal for her cause. When she took over the government of Jhansi in June, 1857, she was hardly twenty two years old, but she showed the grit of a warrior and wisdom of a saint. She refused to cede Jhansi to the British. As an organizer par excellence she revamped the administration of the State, boosted the sagging morale of her troops and raised a banner of revolt against the British. She fought with undaunted courage the forces led by Sir Hugh Rose. When Jhansi fell, she successfully made her escape to Kalpi to continue the struggle. On 17 June, 1858, she finally died a martyr's death at Gwalior. In the words of Sir Hugh Rose, "She was the bravest and the best man on the side of the mutineers."

## MEMBERS OF THE TEACHING FACULTY

SL.NO.	NAME	DESIGNATION
1.	<b>Dr.G. KISHORE</b> MPE, M.Phil, Ph.D	<b>Principal</b>
2.	<b>Dr.USHA SUJIT NAIR</b> MPE, Ph.D, Dip. in Sports Management Level II (ISAK)	<b>Associate Professor</b>
3.	<b>Dr.JOSELET CHARLES</b> M.Sc (PE), M.Phil, Ph.D, PGDSM, PGDCA, Level II (ISAK), Level I (BCCI)	<b>Associate Professor</b>
4.	<b>Dr.GEORGE MATHEWS</b> MBBS, DPMR, Dip.N.B. (PMR), M.Phil (Clinical Epidemiology)	<b>Associate Professor</b>
5.	<b>Dr.SHAILAJA MOHAN</b> MPE, Ph.D	<b>Associate Professor</b>
6.	<b>Dr.PRADIP DUTTA</b> MPE., M.Phil.,Ph.D., M.S. (Football)., AFC Coaching Licence 'A' (Malaysia) Sports science & coaching programme, University of Birmingham, UK Dip. in Coaching (Football), AFC Elite Conditioning Instructor, International Coaching Dip. in General Conditioning (Hungary). Level II (ISAK), FIFA Instructor (Fitness/Switzerland) FIFA 11 + instructor (Switzerland) AFC Instructor (Fitness), Malaysia Football periodization mentorship course, Holland	<b>Associate Professor</b>
7.	<b>Dr.SADANANDAN. C.S.</b> M.P.E., M.Phil, Ph.D., Dip. in Coaching (Volleyball) FIVB Level II, Level II (ISAK)	<b>Associate Professor</b>
8.	<b>Dr.SAWANT MAHENDRA NARENDRA</b> BA (Economics), MPed.,Ph.D Certificate in Coaching (Wrestling) PG Diploma in Sports Management, Certificate course in yoga PG Diploma in Educational Planning, Management and administration ISAK Level I	<b>Associate Professor</b>
9.	<b>Dr.LAMLUN BUHRIL</b> MPE, Ph.D	<b>Associate Professor</b>

10.	<b>Lt.LOVEY DEBORA CRUZ</b> MPE, M.Phil, TTCC in Yoga Pre-commissioned Officer Trng. in NCC, Level II (ISAK), TAFISA certified leadership course in sport for all. In-Charge of NCC	<b>Associate Professor /ANO</b>
11.	<b>Dr.ASHUTOSH ACHARYA</b> MPE, Ph.D (Physical Education) NET (JRF)	<b>Assistant Professor</b>
12.	<b>Dr.JAYARAMAN S</b> MA, MPED, MPhil, , Diploma in Coaching (Athletics) PGDSM, PhD, (NET, SLET, ISAK Level-I)	<b>Assistant Professor</b>
13.	<b>Dr.SANJEEV S PATIL</b> M PEd, M Phil, Ph.D Dip. In Coaching (Judo) PGDSM, PGDY ITSET National Referee in Judo ISAK Level-I	<b>Assistant Professor</b>
14.	<b>Dr.SANJAY KUMAR PRAJAPATI</b> MP Ed, PhD (Physical Education) NET, JRF, Certificate Course in Sports Coaching Certificate Course in YOGA ISAK Level-I	<b>Assistant Professor</b>
15.	<b>Sh.SUDHEESH C S</b> MPE. ISAK Level (II), Skill Development Course in Physiology of Sports, NET (JRF)	<b>Assistant Professor</b>
16.	<b>Dr.NARENDRA GANGWAR</b> MPed, MPhil, PhD, NET, FIFA Senior Coaching Course FIFA Women's Football Development course AFC 'A' License coach AFC 'C' License Instructor AIFF 'D' License Instructor AIFF Grass root Instructor AFC Conditioning course (Module-I)	<b>Assistant Professor</b>
17.	<b>Sh.MATHEW LUKOSE</b> MPE, Diploma in Coaching (Swimming)	<b>Coach (Swimming)</b>
18.	<b>Dr.M.STALIN NAGARAJAN</b>	<b>Coach (Lawn Tennis)</b>
19.	<b>Smt.MINI UNNIRAJ</b>	<b>Coach (Hockey)</b>

### ADMINISTRATIVE STAFF

1.	PRIMJITHLAL P.F.	-	Assistant Director
2.	DIVYA JEYCHANDREN	-	Assistant Director
3.	MOHANDAS.T.P	-	Accounts Officer/DDO
4.	SARAVANABAVAN. A	-	Accounts Officer
5.	REMADEVIAMMA. S.	-	Personal Assistant
6.	SHRI. JOJAN.P.P.		Assistant
7.	CISY PAUL	-	U.D.C.
8.	MURALEEDHARAN. V	-	Assistant Librarian
9.	LATHIKA. M.P	-	Junior Accountant
10.	SHRI. RAVEENDRAN NAIR.S.		U.D.C
11.	SISYMOL. K.G	-	U.D.C.
12.	VIJENDRA BABU.K	-	Electrician
13.	VIJAYAKUMAR.T	-	Plumber
14.	CHANDRA BABU.B	-	Driver
15.	AJIL TK	-	Data Entry Operator
16.	AJITH KUMAR.A	-	Groundsman (GRADE – II)
17.	GOPAKUMAR.P	-	Groundsman
18.	SURESH KUMAR.K	-	Groundsman
19.	PRATHAPACHANDRAN.C.B	-	Groundsman
20.	GOPAKUMAR V.	-	Groundsman
21.	SASIDHARAN NAIR.R	-	Safai Karmachari
22.	JUMAILA BEEVLB	-	Safai Karmachari
23.	SAROJINI AMMA.K	-	Cook
24.	DAYAMONI.D	-	Cook Helper
25.	BENNICHEN.G	-	Bearer Helper

# LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION

## THIRUVANANTHAPURAM

### 1.0 THE BACKGROUND

Lakshmibai National College of Physical Education, Kariavattom, Thiruvananthapuram, which bears the name of Lakshmibai, Rani of Jhansi, the dauntless heroine of the First War of Independence, was established by the Government of India, Ministry of Human Resource Development, Department of Education on 17th August, 1985. The college is a humble tribute of the nation to the unrelenting spirit of freedom, valour and patriotism. As an off-shoot of Lakshmibai National College of Physical Education, Gwalior (now LNIPE) it aims to provide excellent facilities for the upliftment of Physical Education and sports in the country and serve as a model institute of teacher-training by offering under-graduate, post-graduate and doctoral studies.

The college is located at the northern side of the Kariavattom Campus of the University of Kerala approximately 15 k.m. from Thiruvananthapuram city on the National Highway 47. The expanse of coconut and cashew plantation produces a soothing effect on the human body, mind and spirit.

### 1.1 OBJECTIVES

The main objectives of the Institution are: -

- To provide excellent facilities for the up-liftment of physical education and sports in the country and to serve as a model institute for teacher's training by offering undergraduate and post-graduate/ research courses.
- To prepare highly competent and skilled leaders in the field of physical education and sports.
- To serve as a Centre of Excellence for research in physical education and allied areas
- To provide technical ,professional and academic leadership to other institutions of physical education
- To provide vocational guidance and placement services to the people in the field.
- To develop and promote programmes of mass physical activity.

### 1.2 COURSES OFFERED

The college is affiliated to the University of Kerala and it offers the following courses:

- (1) Bachelor of Physical Education (BPEd) - 2 years (Approved by NCTE)**
- (2) Master of Physical Education (MPE) - 2 years**
- (3) Master of Philosophy (Physical Education) MPhil (1 Year)**

For eligibility and other details refer to the Kerala University website.

Application for this programme shall be submitted online to the Kerala University.

#### **(4) Ph.D in Physical Education**

For eligibility and other details refer to the Kerala University website.

Application for this programme shall be submitted online to the Kerala University

#### **(5) Post Graduate Diploma in Health & Fitness Management PGDHFM (1 Year)**

**Note: The course will be conducted if at least ten candidates qualify in the admission test.**

### **1.3 PROSPECTS OF THE COURSES**

We live in an era where people have realized the importance of sports and fitness. This field is expanding exponentially each passing day. You can shape your future by pursuing your career in Physical Education.

On completion of the course the graduates will be well qualified for appointment as Physical Education Teachers in schools, and post-graduates as Directors of Physical Education in Colleges and Universities. A career in physical education can lead you to a wide range of career options. There are many other options of working in this field apart from serving as a Physical Education Teacher. A candidate with passion for Physical Education can also work as coach, team manager/sports manager, fitness instructor, athletic trainer, sports journalist, and photographer. Trained Physical Education personnel are given preference in Defence and Police services with special recruitment drives.

### **1.4 RESIDENTIAL STATUS**

All students have to reside in the college hostels. They are required to take their food only in the college mess, where both vegetarian and non-vegetarian meals are provided.

### **2.0 ADMISSIONS**

The college is co-educational and admits students from all over India and abroad. The seats for admission to various courses are as under:

BPEd (2 Years)	50 (Boys-30, Girls-20)
M.P.E (2 Years)	25
M.Phil (1 Year)	06
P.G.D.H.F.M (1 Year)	20

### **2.1 APPLICATION FOR ADMISSION**

Candidates can apply online through the “Admission” page of the college website ([www.lncpe.gov.in](http://www.lncpe.gov.in)). Make sure all the necessary documents are ready before you attend the online application. After successful submission of the application online, they have to take a print of the submitted application and carry the same, along with the following documents.

- I. Self attested copies of all the documents.
- II. All the documents and certificates in original.
- III. Any government ID proof (passport, voter ID, Aadhar card, Driving License)
- IV. Demand draft (of **Rs 500** (for all courses) drawn in favour of Principal, LNCPE payable at Trivandrum)

**Online application will open on 2<sup>nd</sup> May 2019.**

**Online Application will close on 13<sup>th</sup> May 2019.**

## **2.2 ADMISSION TESTS**

Merely applying online will not entitle a candidate to be called for Admission Tests. Admission test cards shall be generated on the basis of information submitted online. Candidates are advised to go through the prospectus and ensure their eligibility for the course applied. The candidates need to ensure their eligibility before proceeding for the admission test. **Candidates are advised to look up the College website from time to time for any update.**

<b>1. BPEd</b>	<b>Friday-Sunday</b>	<b>17<sup>th</sup> to 19<sup>th</sup> May 2019</b>	<b>8 a.m</b>
<b>2. M.P.E</b>	<b>Thursday</b>	<b>16<sup>th</sup> May 2019</b>	<b>8 a.m</b>
<b>3. P.G.Diploma in H &amp; F Management</b>	<b>Thursday</b>	<b>16<sup>th</sup> May 2019</b>	<b>8 a.m</b>

Candidates who have appeared in any of the qualifying examinations, but whose results are awaited may also apply. However, they will have to produce pass certificate, mark sheet at the time of admission test.

**ADMISSION TESTS WILL BE CONDUCTED SIMULTANEOUSLY IN LNCPE, THIRUVANANTHAPURAM AND SAI, IMPHAL & SAI, KANDIVALI, MUMBAI FOR BPEd AND MPE. FOR PG DIPLOMA IN HEALTH AND FITNESS MANAGEMENT TEST WILL BE CONDUCTED AT LNCPE THIRUVANANTHAPURAM ONLY.**

## **2.3 RANK LIST**

Names of the candidates selected will be displayed on the notice board / College website ([www.lncpe.gov.in](http://www.lncpe.gov.in)) after the tests and approval by the university.

The candidates selected should attend counseling (dates will be informed to the selected candidates) followed by Medical Test at medical Centre at LNCPE, Thiruvananthapuram



and those who clear the medical test should get themselves enrolled by paying the required fees on or before **22<sup>nd</sup> July 2019** failing which, candidates from the waiting list will be called for admission.

Non-payment of fee within the prescribed period will automatically debar a candidate from admission.

## **2.4 WOMEN CANDIDATES**

Married women are eligible for admission, but if a woman candidate admitted reaches the stage of expectancy during the course, she may have to discontinue her studies for a minimum period of one year.

### ***NOTES***

1. All admissions are provisional and subject to confirmation of their eligibility by the University of Kerala.
2. The College reserves the right to deny admission to a candidate on disciplinary grounds.
3. The College reserves the right to keep seats vacant if as many candidates as the sanctioned strength of seats do not qualify.
4. Candidates are admitted on their own responsibility and the credentials/ documents furnished by them. If, at any stage, it is found that any document furnished by a candidate is forged, or information contained in it is false his/her admission will be cancelled forthwith.

## **3.0 ATTENDANCE AND EXAMINATIONS**

Regulations regarding attendance and Examinations established by University of Kerala shall be followed for all courses. As per the rule there shall be 180 teaching days in a year (90 teaching days in a semester). Every student is required to put in 100% attendance (separately in theory and activities). However, leave on account of illness, injury, participation in sports activities and other exigencies may be allowed to the extent of 15 % of the total classes in a semester/year. In case a student exceeds this limit, he/she may take admission in the same class in the next academic year. Sanction of duty leave on account of participation in sports/literary/cultural activities beyond the extent mentioned above is left to the discretion of the Principal.

### **Note:**

Attendance will be counted from the commencement of the session irrespective of the date of admission of an individual.

## **3.1 INTERNAL EXAMINATION**

- Students are expected to perform well in sessional/model examinations so as to score good marks in the sessional.

- A student may be detained from appearing for the University Examination if his/her progress in theory/activity is not found satisfactory.

#### 4.0 CONDUCT AND DISCIPLINE

- If any incident of ragging comes to the notice of the authority, action will be taken as per the law prohibiting, and directions of the supreme court of India and the central/state government as well as the UGC regulations on curbing the menace of ragging in educational institutions, 2009.
- On admission the candidate and his/her parent/guardian have to give an undertaking to the office that their ward will not indulge in ragging and if found guilty of ragging then they will be punished by the institution as per UGC regulations.
- As per the order of the Supreme Court of India, in case an applicant for admission is found to have indulged in ragging in the past, admission may be refused and, if it is noticed later that he/she has indulged in ragging, he/she shall be expelled from the institution.
- Students are required to maintain excellent conduct both inside and outside the college campus and hostels. The College reserves the right to take disciplinary action including expulsion or rustication from college at any time during the course of study if a student violates college rules or acts in a manner which is detrimental to the college discipline.
- **Students are not permitted to use car/motorcycle/scooter, etc. on the campus**
- There are separate rules regarding discipline in the college, on and off the playfields, in the hostels, at assemblies, in the library, etc.
- Promotion to the second year class can be denied on reasons of indiscipline or misconduct.
- **Students are not permitted to engage themselves in any activities involving politics/ political parties inside the campus, any violations will attract disciplinary proceedings.**
- Smoking, consumption of alcohol and narcotics are prohibited in the hostels and campus.

The college diary containing these rules will be provided to each student at the beginning of the year. A student who violates the provisions in the rules will be dealt with suitably.

**College reserves the right to make change(s) in these rules at any time, which will be notified to the students for compliance.**

#### 5.0 HEALTH CENTRE

College Health Centre provides free treatment for ordinary ailments and injuries. Physiotherapy treatment for sports related injuries is also available. In case of emergency,

serious ailments/injuries the students will be referred to government Medical College for further treatment at their own expense.

## **6.0 CLUB AND CO-CURRICULAR ACTIVITIES**

The Institute promotes cultural and literary activities by providing the students an opportunity to participate in dramatics, music, debates, symposia, quiz competitions etc through the Cultural Club and Literary Society. The students are also involved in activities like Camping, Outreach Activities and Adventure Programmes to develop leadership qualities and all-round personality development.

## **7.0 COLLEGE DUES**

Students will be required to pay the fee according to the details given in Annexure-I

### **7.1 MONTHLY DUES MUST BE CLEARED BY STUDENTS BY THE 10TH OF EVERY MONTH FAILING WHICH FINE WILL BE LEVIED AS GIVEN BELOW:**

Upto 10th	-	No fine
Upto 15th	-	Rs. 50/-
Upto 20th	-	Rs. 75/-
Last working day of the month	-	Rs. 100/-

If a student does not clear the dues within the period mentioned above, his/her name will be struck off the college rolls and re-admission will be allowed only on clearance of all dues and fine as mentioned above within three days along with a re-admission fee of Rs.150/-.

#### **Note:**

**If any day specified above is not a working day, fees will be collected on the next working day.**

## **7.2 CAUTION MONEY**

Caution Money of Rs. 1000/- in case of BPEd, MPE, M.Phil and PGDHFM shall be realized from each student along with the first installment of fees. The caution money will be refunded to the student only on completion of the course after deducting outstanding dues, if any. However, if any student will fully causes damage to college property his/her caution money shall not be refunded in order to make good such loss.

#### **Note:**

**If the caution money is not claimed within a year of completion of the course, it will be forfeited to the college and credited to the college account.**

### 7.3 UNIVERSITY FEE

- **Examination fee** will be collected from the students as prescribed by the University of Kerala.
- Students who come from institutions outside the jurisdiction of University of Kerala will have to produce **migration certificates** from their respective Universities/Boards soon after their admission to college. *(This does not apply to the candidates who have passed Higher Secondary from Kerala Education Board.)*
- **Matriculation fee** will be collected from candidates who come from Universities other than the University of Kerala and various Boards.
- **Recognition** of the qualifying examination by the University of Kerala is mandatory for all candidates who have passed their qualifying examination from Universities other than Kerala University and various Boards. However, this does not apply to the candidates from Calicut University.
- **Eligibility certificate** must be obtained by remitting **Rs. 200/-** to University of Kerala by the candidates of other Universities and Boards of Higher Secondary Examinations.

### 7.4 UNIFORM

An amount of **Rs.4000/-** will be collected from each student at the time of admission to supply uniform, sports kit, etc. Additional money will be collected from the students on this account, if necessary.

### 7.5 INSURANCE COVERAGE

All students admitted to this college will be insured against injury/death due to accident. The college will levy the required amount as premium on each student.

### 8.0 SCHOLARSHIPS AND ASSISTANTSHIPS

The college has a provision for awarding the following scholarships and assistantships to eligible and deserving candidates as per the established criteria:

#### (a) Academic Merit Scholarships:

**A maximum of three Academic Merit Scholarships in each of the BPEd I & II, MPE-I & II years** will be awarded to meritorious students who secure 60% or more aggregate marks in the University Examination. The value of Academic Merit Scholarship for MPE will be Rs.2,500/- per year.

**Note:** If more than the stipulated number of students qualify for a scholarship, the award will be considered in order of merit.

**(b) Sports Merit Scholarships:**

**Sports Merit Scholarships up to 10% of the total sanctioned strength of BPEd I & II, MPE-I & II classes will be awarded to medal winners at the All India Inter-**

**Note:**

- Sports achievement rating scale maintained by the college will be applied to decide the order of merit for the award of scholarship.
- In case of a tie on a particular point of merit, the number of times of achievement/participation in the game/sport at different levels and the number of merit certificates possessed by the candidates will be considered in that order.
- Medal winners only in the events/sports/games included in the schedule of All India Inter University Sports Control Board or Indian Olympic Association or the list printed by the National Sports Federations concerned will be considered for the award of scholarships.

**(c ) Best student award**

**Prof. K.R.K.Nair memorial endowment prize** will be awarded to the best student of **final year BPEd and MPE** on recommendation of a committee duly constituted for the purpose. The prize amount will be decided by the College Development Committee every year.

**(d) Student Teaching Assistantship:**

A total of 8 (Eight) students each from MPE-I and MPE-II classes will be eligible for grant of Student Teaching Assistantship of **Rs.750/-** per student per month for assistance in instructional classes, library management, physiotherapy and allied activities.

**Note:**

- Academic Merit Scholarships will be awarded only after the declaration of University examination results.
- Sports Merit Scholarships will be given at the end of the academic session.
- The award of scholarships/assistantships is subject to a student's good conduct, character and satisfactory academic performance. The scholarship may be denied on disciplinary grounds.
- No student shall receive more than one scholarship from any source at a time in the academic year under consideration. However, this will not apply to Student Teaching Assistantship.
- The award of scholarship / assistantship shall be decided on the recommendation of the College Staff Council, and the decision of the Principal shall be final in this regard.

**SC/ST/OBC STUDENTS ELIGIBLE FOR A SCHOLARSHIP DURING THE ACADEMIC YEAR 2019-20 SHOULD SUBMIT THEIR APPLICATION FORMS SCHOLARSHIP FORMS FOR THE RESPECTIVE DEPARTMENTS FOR THE ACADEMIC YEAR BY FEBRUARY FOR PROCESSING.**

## **9.0 MEDALS**

College awards the following Gold medals:

1. **Lt. Col. K.S.C.Nair Gold Medal**  
To the First rank holder in the MPE examination.
2. **Lt. Col. K.K.Nair Gold Medal**  
To the Best Sportsman of the year selected by a committee duly constituted for the purpose.
3. **Col. R.G Nair (Retd) Gold Medal**  
To the Best Sportswoman of the year selected by a committee duly constituted for the purpose.
4. **Sundaramuthil Gold Medal**  
To the First rank holder in the BPED examination.

## **10.0 ADMISSION PROCEDURE**

- All eligible candidates desirous of seeking admission to BPED/MPE Courses should apply online before the last date prescribed.
- The candidates are provisionally called for admission tests on the basis of the documents submitted by them.
- They have to report to the center opted on the prescribed dates and time given in the test call card
- The schedule of tests will be notified to the candidates on their arrival at the testing venue.
- **Candidates must be in possession of all original certificates/credentials and other documents for verification by college administration when they report for tests.**

# **10.1 REGULATIONS FOR THE DEGREE OF BACHELOR OF PHYSICAL EDUCATION (BPEd.)**

**(Approved by NCTE)**

## **10.1.1. Introduction**

Bachelor of Physical Education (B.P.Ed.) is a two year professional degree programme with the objective of preparing Physical Education teachers to impart Physical Education and sports activities up to High School level. The course will also facilitate employment for them as Trainers/ Instructors/ Coaches in fitness centers, health clubs, sports clubs, sports academy etc.

**10.1.2. Name of the Course:** The name of the course shall be Bachelor of Physical Education (B.P.Ed.)

**10.1.3. Nature of the Course:** The course shall be full time residential and co-educational.

**10.1.4. Duration:** The duration of the course shall be two academic years with four semesters.

A candidate must complete the course of study for the Bachelor of Physical Education (B.P.Ed.) and pass all papers in Part-A (Theory), Part-B (Practical Skills), Part-C (Teaching Ability) **and Part – D (Coaching Ability)** within a total period of Four Years commencing from his/her first admission to the B.P.Ed. Course.

## **10.1.5. Eligibility for admission and reservation of seats.**

For admission to the B.P.Ed. Course the candidate shall fulfill the following conditions.

### **10.1.5.1**

a) Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter-College/Inter-Zonal/District/School competition in sports and games as recognised by the AIU/IOA/SGFI/Government of India.

Or

b) Bachelor's degree in Physical Education with 45% marks.

Or

c) Bachelor's degree in any discipline with 45% marks and studied Physical Education as compulsory/ elective subject.

Or

d) Bachelor's degree with 45% marks and having participated in National/Inter University/ State competitions or secured First, Second or third position in Inter Collegiate/ Inter Zonal/ District/School competition in sports and games as recognized by the AIU/IOA/SGFI/Government of India.

Or

e) Bachelor's degree with participation in International competitions or secured first, second or third position in National/Inter university competitions in sports and games as recognised by respective federations/ AIU/IOA/SGFI/Government of India.

Or

f) Graduation with 45% marks and at least 3years of Teaching experience (for deputed in-service candidates ie, trained Physical Education Teachers/Coaches)

*The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC/ST/OBC and other categories shall be as per the rules of the Central Government/State Government whichever is applicable.*

**10.1.5.2.** Should be below the age of 25 years as on 1<sup>st</sup> July of the year of admission (**born on or after 2<sup>nd</sup> July 1994**). Age relaxation will be given as per University rules to eligible categories.

**10.1.5.3.** Should possess a high level of physical fitness to undertake daily heavy load of Physical exercises and should not have any Physical deformity or mental disability which prevents him/her from actively taking part in Physical Education programme.

**10.1.6.** If a woman student admitted to B.P.Ed. course gets married and is found medically unsuitable at any stage of the programme, have to discontinue the programme.

#### **10.1.7. Number of Seats**

<b>Men</b>	<b>Women</b>	<b>Total</b>
30	20	50

*Note: Rank lists shall be published separately for men and women. Reservation of seats for SC/ST/OBC candidates shall be done as per rules of the Government of India.*

#### **10.1.8. Selection Criteria**

The candidates shall be selected to the B.P.Ed Course as per merit from the rank list, which will be prepared on the basis of the following four items of the selection criteria which shall follow the same order as given here under.

**(i) Written test: 50 Marks**

(General English, General knowledge, Sports and Professional aptitude shall be tested)

*(Candidates who do not score a minimum of 20 marks shall not be eligible for further testing)*

**(ii) Physical Fitness Test (AAPHER Youth Fitness Test - 6 Items): 30 Marks**

AAPHER Youth Fitness Test comprising the following items will be used to assess Physical fitness

1. Pull-ups (Boys)/ Flexed-arm Hang (Girls)
2. Flexed-leg Sit-Ups for one minute
3. Shuttle run (30 ft X 4)
4. Standing Broad Jump
5. 50-Yard Dash
6. 600-Yard Run

AAPHER YOUTH FITNESS TEST Norms for Boys and Girls are enclosed as Appendix- I  
*(Candidates who do not score a minimum of 15 marks shall not be eligible for further testing)*

**(iii) Sports proficiency test (one game/sport): 10 Marks**

A test in the skills of one game/sport of the candidate's choice out of the games/sports included in the schedule of AIU (Sports Division). However, the college reserves the right to delete any game/sport from the list on administrative



considerations and the games/sports selected shall be published in the prospectus for the respective year.

**(iv) Sports achievement (should produce original Certificates):10 Marks**

Achievement rating in a Game/Sport as per the Rating Scale enclosed as Appendix-II

**Total 100 Marks**

*A Candidate should score at least 45% in the selection tests (45 out of 100 marks) to find a place on the rank list.*

**10.1.9. Medium of Instruction and Examination**

The medium of instruction and examination of the course shall be English.

**10.1.10. Programme in the Choice based Semester System**

The following are the important aspects of the B.P.Ed programme.

- A. Semesters
- B. Continuous Internal Assessment (CIA)
- C. End Semester Examination (ESE)

**10.1.11. Semesters:** An academic year is divided into two semesters.

The duration of each semester shall be five months inclusive of the days of examination. There shall be at least 90 working days and a minimum of 450 hours of instruction in a semester. There will be, to the extent possible, one-month break between semesters.

**10.1.12. Working days:** There shall be at least 180 working days per year exclusive of admission and examination processes, etc.

**10.1.13. Academic Week** is a unit of six working days in which distribution of work is organized from day one to day six, with seven contact hours which include tutoring on each day.

**10.1.14. Choice Based Semester System** is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

**10.1.15. Core Course** means a subject that is compulsory as specified for all students undergoing the B.P.Ed. programme.

**10.1.16. Elective Subject** means a subject which would enrich the B.P.Ed. programme where the students are allowed to choose from a category of subjects

**10.1.17. Core Practical** means a Game or Sport discipline that comes under the category of Games which are compulsory as specified for all students undergoing the B.P.Ed. Degree programme.

**10.1.18. Course:** The term course, usually referred to as 'papers' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and

learning outcomes. A course may be designed to comprise Lectures/ tutorials/laboratory work/field work/ outreach activities/ project work/ vocational training/ viva/ seminars/ term papers/ assignments/ presentations/ self-study etc. or a combination of some of these.

The following are the various categories of courses suggested for the B.P.Ed. Programme.

- A. Theory:**
  - 1. Core Course**
  - 2. Elective Course**
- B. Practicum**
- C. Teaching Practice**
- D. Coaching Ability**

## SCHEME OF EXAMINATION

### Semester – I

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Total hours/Week	Credit	Internal marks	External marks	Total marks
<b>Core Course</b>						
CC-101	History and Foundations of Physical Education	4	4	30	70	100
CC-102	Anatomy and Physiology	4	4	30	70	100
CC-103	Environmental Studies	4	4	30	70	100
<b>Elective Course (Anyone)</b>						
EC-101	Sociology	4	4	30	70	100
EC-102	Research and Statistics in Physical Education					
<b>Part B: Practical Course</b>						
PC-101	Track and field (Running Events)	6	4	30	70	100
PC-102	Aquatics	6	4	30	70	100
PC-103	Indigenous sports (Kho-Kho, Kabaddi, Mass demonstration)	6	4	30	70	100
PC-104	Basketball, Football, Volleyball	6	4	30	70	100
Total		40	32	240	560	800

**Note:** Total number of hours required to earn 4 credits for each theory course is 68-80 hours per semester and 102-120 hours for each Practicum Course.

## Semester – II

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Total hours/Week	Credit	Internal marks	External marks	Total marks
<b>Core Course</b>						
CC-201	Yoga Education	4	4	30	70	100
CC-202	Health Education and Nutrition	4	4	30	70	100
CC-203	Educational Psychology	4	4	30	70	100
<b>Elective Course (Anyone)</b>						
EC-201	Recreation	4	4	30	70	100
EC-202	Exercise Physiology					
<b>Part B: Practical Course</b>						
PC-201	Track and field (Jumping Events)	6	4	30	70	100
PC-202	Gymnastics	6	4	30	70	100
PC-203	Badminton, Table Tennis, Tennis,	6	4	30	70	100
<b>Part C: Teaching Practices</b>						
TP-201	Teaching practice (10 teaching practice lessons out of which 5 lessons in classroom (theory) and 5 lessons for out-door activities (mass activities) within premises on the students of B.P.Ed course.)	6	4	30	70	100
<i>External University examination for teaching Theory and activity shall be conducted by one Internal examiner and one External examiner jointly</i>						
Total		40	32	240	560	800

**Note:** Total number of hours required to earn 4 credits for each theory course is 68-80 per semester and 102-120 hours for each Practicum Course.

### Semester – III

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Total hours/Week	Credit	Internal marks	External marks	Total marks
<b>Core Course</b>						
CC-301	Methods of Teaching and ICT in Physical Education	4	4	30	70	100
CC-302	Sports Training	4	4	30	70	100
CC-303	Sports Injuries and Rehabilitation	4	4	30	70	100
<b>Elective Course (Anyone)</b>						
EC-301	Adapted Physical Education	4	4	30	70	100
EC-302	Kinesiology and Biomechanics					
<b>Part B: Practical Course</b>						
PC-301	Track and field (throwing Events)	6	4	30	70	100
PC-302	YOGA	6	4	30	70	100
PC-303	Cricket , Handball, Hockey	6	4	30	70	100
<b>Part C: Teaching Practices</b>						
TP-301	Teaching practice (10 teaching lesson plans for Racket sport/ team games/ indigenous sports out of which 5 lessons internal and 5 lessons external at school.)	6	4	30	70	100
<i>External University examination for teaching Theory and activity shall be conducted by one Internal examiner and one External examiner jointly</i>						
Total		40	32	240	560	800

**Note:** Total number of hours required to earn 4 credits for each theory course is 68-80 per semester and 102-120 hours for each Practicum Course.

### Semester – IV

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Total hours/Week	Credit	Internal marks	External marks	Total marks
<b>Core Course</b>						
CC-401	Sports Management	4	4	30	70	100
CC-402	Measurement and Evaluation in Physical Education	4	4	30	70	100
CC-403	Officiating and Coaching	4	4	30	70	100
<b>Elective Course (Anyone)</b>						
EC-401	Curriculum Design	4	4	30	70	100
EC-402	Health and Fitness Management					
<b>Part B: Practical Course</b>						
PC-401	Track and field (organization and management of Athletic Meet)	6	4	30	70	100
PC-402	Softball, Wrestling, Weight Lifting & Weight Training, Taekwondo, Judo and Kalaripayattu (Any three of these)	6	4	30	70	100
<b>Part D: Coaching Ability</b>						
CA-401	Sports Specialization:( <b>Track &amp; Field/Gymnastics/Swimming</b> ) Coaching Lessons Plans (4 internal lesson and 1 final external lesson- one to be selected from above three)	6	4	30	70	100
<i>External University examination for coaching ability shall be conducted by one Internal and one External jointly</i>						
CA-402	Games Specialization: (one to be selected from the games offered) Coaching Lesson Plans (one for games 5 lessons)	6	4	30	70	100
<i>External University examination for coaching ability shall be conducted by one Internal examiner and one External examiner jointly</i>						
Total		40	32	240	560	800
		160	128	960	2240	3200

**Note:**Total number of hours required to earn 4 credits for each theory course is 68-80 per semester whereas 102-120 hours for each Practicum Course.

## **10.2. REGULATIONS FOR THE DEGREE OF MASTER OF PHYSICAL EDUCATION (MPE)**

### **10.2.1 Eligibility conditions**

Candidates who have obtained atleast 50% marks in the BPE/BPEd degree from a University---Indian or Foreign---recognized for the purpose by University of Kerala and are below 25 years of age as on 01<sup>st</sup> July of the year of admission (**born on or after 2<sup>nd</sup> July 1994**) are eligible for admission.

**Note (i):** Relaxation to the extent of 5% marks in aggregate will be given to outstanding sportspersons who have represented the country in Asian Games/Commonwealth Games/Olympic Games or those who have secured first, second or third place at Senior National/Junior National/National games or at All India Intervarsity Competitions in the sports disciplines recognized by the Indian Olympic Association/Association of Indian Universities in the preceding three academic years.

**Note (ii):** SC/ST candidates will be given relaxation as per University rules.

Candidates who have appeared for the qualifying examinations, but whose results are awaited may also appear for the admission test. However, they must submit the statement of marks and pass certificates before the date stipulated by the college, failing which their admission will be cancelled.

**Note: Candidates who are sure that they fulfill the eligibility conditions may report for the admission tests as per the schedule given by the college. Candidates may note that a call letter for the entrance test shall be sent to them by post. However, they are advised not to wait for the call letter, but look up for the list of eligible candidates on the college website.**

### **10.2.2 Admission Tests**

The candidates shall be selected to the MPE course as per merit from the rank list, which will be prepared on the basis of the following three items of the selection criteria which shall be conducted in the same order as given.

#### **10.2.2.1 Written Test: 100 marks**

A written test of 2 hrs duration to assess General Knowledge (20 marks) and theoretical knowledge in the subjects studied at Under Graduate level (80 marks). The questions for 40 marks shall be objective type.

#### **10.2.2.2 Game/Sport Proficiency Test: (30 marks)**

A test in the skills of one game/sport of candidate's choice out of the games/sports included in the schedule of AIU (Sports Division). **However, the college reserves the right to delete any game/sport from the list on administrative consideration.**

**The list of games/sports is:**

- |                       |                |               |
|-----------------------|----------------|---------------|
| 1. Basketball         | 2. Boxing      | 3. Cricket    |
| 4. Football           | 5. Gymnastics  | 6. Handball   |
| 7. Hockey             | 8. Kabaddi     | 9. Kho Kho    |
| 10. Shuttle Badminton | 11. Softball   | 12. Swimming  |
| 13. Table Tennis      | 14. Taekwondo  | 15. Tennis    |
| 16. Track & Field     | 17. Volleyball | 18. Wrestling |

**10.2.2.3 Game/Sports Achievement: (20 marks)**

Achievement rating in a Game/Sport as per the Rating Scale enclosed as Appendix-II

**Note: Rank list of the candidates will be prepared on the basis of total marks (max 150) obtained in written test (100 marks), Game/Sport proficiency test (30 marks) and Game/sport achievement (20 marks)**

**10.2.3 COURSE CONTENT**

The course of study for Master of Physical Education (Previous and Final) is as follows:

**M.P.E. (PREVIOUS)**

**PART -A Theory**

- (I) Research Methods and Statistics.
- (II) Methodology of Sports Training
- (III) Measurement and Evaluation in Physical Education
- (IV) Specialization - (i) Exercise Physiology OR (ii) Sport Biomechanics OR  
(iii) Sport Psychology.

**PART-B Practicals**

- (I) Laboratory Practicals in Sports Science Specialization
- (II) Advanced skills and officiating in one game and officiating in Athletics.

**PART-C Sport Specialization**

**Note:** In PART-C (Sports Specialization) a student will be offered specialization only in the game which he/she has opted for the admission test.

**M.P.E. (FINAL)**

**Part- A Theory**

- (I) Management of Physical Education and Sports
- (II) Sports Medicine
- (III) Professional Preparation and Curriculum Designing OR Thesis\*
- (IV) Specialization - (i) Exercise Physiology OR (ii) Sport Biomechanics OR  
(iii) Sport Psychology.

**\*Thesis may be opted for in lieu of paper III by those who secure at least 60% marks in aggregate in MPE I year, subject to approval by a competent committee.**

**Part - B Practicals**

- (i) Laboratory Practicals in Sport Science Specialization
- (ii) Advanced Coaching Lesson in one game/sport.



## 10.3 POST GRADUATE DIPLOMA IN HEALTH AND FITNESS MANAGEMENT

### 10.3.1 Eligibility Conditions

Subject to the procedure laid down for admission, a candidate shall be eligible for admission to the Post Graduate Diploma in Health and Fitness Management Course provided he/she has obtained,

- a) A Bachelor's Degree in Physical Education of a University - Indian or foreign recognized for the purpose by the University of Kerala.
- b) A Bachelor's Degree with degree (BPED)/Diploma in Physical Education (DPED) of at least one-year duration awarded by an Indian University or a Board duly appointed by the Education Department of the State/Centre.

OR

- c) Indian or foreign qualification(s) recognized as equivalent to those mentioned at (a) and (b) above by the University of Kerala provided, further, that the upper age limit for admission to the course will be 30 years on 1st July of the year of admission **(Born on or after 2<sup>nd</sup> July 1989)**.

#### **NOTE:**

- i) Age may be relaxed by five years for in-service teachers.
- ii) SC/ST candidates will be given age relaxation as per the university rules.

### 10.3.2 ADMISSION TESTS

**10.3.2.1 Physical Fitness Test (A):** AAHPER Youth Fitness Test comprising the following items to assess physical fitness.

- Pull-ups (Boys)/Flexed-arm Hang (Girls)
- Flexed-leg Sit-ups for one minute
- Shuttle Run (30ft X 4)
- Standing Broad Jump
- 50-Yard Dash
- 600-Yard Run

**Note: This is a qualifying test. Those who fail to secure 40% of the composite score of 60 points of the test battery shall not be eligible for further testing.**

**The norms are presented as Appendix I.**

**10.3.2.2 Written Test (B):** A written-test of 2 hours' duration consisting of objective as well as subjective questions to assess general knowledge, general intelligence and reasoning ability. (100 marks)

(Minimum passing marks is 40%)

**10.3.2.3 Interview (C):** (50 marks)

(Minimum of 50% marks is to be secured)

**Note:** The final merit list of the candidates shall be prepared on the basis of the total marks secured by them in the tests B and C out of a total of 150 marks.

**A candidate should obtain atleast 50% of the total marks to be eligible for admission to the course.**

### **10.3.3 COURSE CONTENT**

The course of study comprises three parts.

#### **Part-A Theory**

- I. Principles of Health and Fitness      II Nutrition  
III. Health and Fitness Centre Management    IV Health and Fitness Assessment

#### **Part - B Activities**

- i. Aerobics, Meditation, Recreational games and sports. Swimming, Weight Training  
Yoga and use of various apparatus of fitness namely, Balls, Benches, Boxes, Hollow  
hoops. Machines, Multigym, Skipping ropes, etc
- ii. Testing various Physical, Anthropometric, Physiological and Psychological  
parameters.

Operating and monitoring various equipment such as Treadmill, Bicycle Ergometer, Belt-  
Vibrators, Multigym, Sauna bath, Steam bath, Whirlpool and Massaging in a fitness centre.

- iii. Certification in CPR.

#### **Part – C- Internship**

To gain field experience the Candidates will be attached to private or public sector firms,  
Health Clubs, Physiotherapy centres, etc. for a period of four weeks. Candidates must  
submit a Field Experience Report.

# RESERVATION OF SEATS & ADMISSION PROCEDURE

(As per Central Govt. Rules)

**1. SC (Scheduled Caste)**

**15% of the sanctioned strength of seats shall be reserved for the candidates belonging to Scheduled Castes.**

**2. ST (Scheduled Tribes)**

**7.5% of the sanctioned strength of seats shall be reserved for the candidates belonging to Scheduled Tribes.**

**3. OBC (Other Backward Classes)**

**27% of the sanctioned strength of seats shall be reserved for OBC candidates.**

**Note:**

1. The selection list will be displayed on the notice board and published on the College website after completion of all tests, formalities and final approval from University Of Kerala.
2. The candidates selected will be examined by the College Medical Officer and only those found medically fit will be admitted to undergraduate /post-graduate courses.
3. The seats which fall vacant on account of non-payment of fee/dues within the prescribed time limit, or on disqualification in the medical examination, or those vacated by the candidates themselves will be filled from the waiting list in order of merit according to the University rules and regulations.
4. The candidates who have passed their qualifying examination(s) from Universities other than the University of Kerala will have to submit eligibility certificate obtained from the University of Kerala along with the first installment of fee.
5. **SC/ST/OBC candidates must download the respective certificate forms from the College Website and submit them along with the application form.**



## Annexure – I

### SCHEDULE OF FEES FOR THE YEAR 2019-2020

Sl No	Particulars	BPed I YEAR		MPE I YEAR		PGDHFM	M.Phil	
		Total Fees	Fees to be paid at the time of admission	Total Fees	Fees to be paid at the time of admission	Total Fees	Total Fees	Fees to be paid at the time of admission
1	Mess Fees (For 10 months)	35,000.00	17,500.00	35,000.00	17,500.00	35,000.00	35,000.00	17500
2	Tuition Fees	1200.00	1200.00	2000.00	2000.00	10,000.00	10,000.00	5000
3	Uniform Fees	4000.00	4000.00	4000.00	4000.00	4000.00	2500.00	2500
4.	Caution money*	1000.00	1000.00	1000.00	1000.00	1000.00	1000.00	1000
5.	ID Card , Diary & Syllabus Book	250.00	250.00	250.00	250.00	250.00	250.00	250
6	Insurance	500.00	500.00	500.00	500.00	500.00	500.00	500
7	University Fees**	2095.00	2095.00	2200.00	2200.00	2200.00	As decided by the University	
	<b>Total</b>	<b>44,045.00</b>	<b>26545.00</b>	<b>44,950.00</b>	<b>27,450.00</b>	<b>52,950.00</b>	<b>49,250.00</b> (Excluding the university fee)	<b>26,750.00</b> (Excluding the university fee)

\* Refundable after the completion of the course.

\*\* Subject to change as per the notification of University of Kerala.

**Note:**

1. The amount of fee/dues mentioned above is liable to change at any time without prior notice.
2. Balance mess fees will be payable in two equal installments in November and January. If actual cost of food increases due to price rise, the increased amount will also be collected from students in monthly installments.
3. Students who have not dined in the mess for a certain number of days are not entitled for reimbursement of proportionate amount of mess fee.
4. Charges for excursion, books, stationery, etc. are not included.
5. Recognition fee (Rs.300/-), Matriculation fees (Rs 100/-), etc. must be paid by the students who have studied outside University of Kerala as per University rules.
6. Fees for mess and Uniform will be based on actual expenditure. Deficit, if any, will be collected from students.

APPENDIX-I

**AAHPER Youth Fitness Test**

**Norms for BOYS of Age 17+**

PERCENTILE SCORES						PERCENTILE
PULL-UP	SIT-UP	SHUTTLE RUN	SBJ	50-YARD DASH	600-YARD RUN	
23	66	7.0	9' 10"	5.4	1:20	100 <sup>th</sup>
15	54	8.6	8' 5"	5.9	1:32	95 <sup>th</sup>
13	51	8.9	8' 2"	6.0	1:35	90 <sup>th</sup>
12	49	9.0	8' 0"	6.1	1:38	85 <sup>th</sup>
11	47	9.1	7' 10"	6.3	1:41	80 <sup>th</sup>
10	46	9.2	7' 9"	6.3	1:43	75 <sup>th</sup>
10	45	9.3	7' 7"	6.4	1:45	70 <sup>th</sup>
9	43	9.4	7' 6"	6.5	1:47	65 <sup>th</sup>
8	42	9.5	7' 5"	6.5	1:49	60 <sup>th</sup>
7	42	9.6	7' 3"	6.6	1:50	55 <sup>th</sup>
7	41	9.8	7' 2"	6.6	1:52	50 <sup>th</sup>
6	40	9.9	7' 1"	6.7	1:53	45 <sup>th</sup>
6	39	10.0	7' 0"	6.8	1:56	40 <sup>th</sup>
5	38	10.1	6' 10"	6.9	1:57	35 <sup>th</sup>
5	37	10.2	6' 8"	7.0	1:59	30 <sup>th</sup>
4	35	10.4	6' 6"	7.0	2:02	25 <sup>th</sup>
3	34	10.5	6' 4"	7.1	2:06	20 <sup>th</sup>
2	32	10.7	6' 2"	7.3	2:12	15 <sup>th</sup>
1	30	11.0	5' 10"	7.5	2:22	10 <sup>th</sup>
0	26	11.7	5' 3"	7.9	2:38	5 <sup>th</sup>
0	1	15.7	3' 0"	12.0	5:10	0

# AAHPER Youth Fitness Test

## Norms for GIRLS of Age 17+

PERCENTILE SCORES						PERCENTILE
FLEXED ARM HANG	SIT-UP	SHUTTLE RUN	SBJ	50-YARD DASH	600-YARD RUN	
<b>73</b>	<b>66</b>	<b>8.2</b>	<b>7' 6"</b>	<b>6.4</b>	<b>1:39</b>	<b>100<sup>th</sup></b>
<b>34</b>	<b>45</b>	<b>9.6</b>	<b>6' 9"</b>	<b>6.8</b>	<b>2:02</b>	<b>95<sup>th</sup></b>
<b>28</b>	<b>41</b>	<b>10.0</b>	<b>6' 6"</b>	<b>7.0</b>	<b>2:10</b>	<b>90<sup>th</sup></b>
<b>22</b>	<b>40</b>	<b>10.1</b>	<b>6' 3"</b>	<b>7.1</b>	<b>2:14</b>	<b>85<sup>th</sup></b>
<b>19</b>	<b>38</b>	<b>10.3</b>	<b>6' 2"</b>	<b>7.3</b>	<b>2:20</b>	<b>80<sup>th</sup></b>
<b>17</b>	<b>35</b>	<b>10.4</b>	<b>6' 0"</b>	<b>7.4</b>	<b>2:24</b>	<b>75<sup>th</sup></b>
<b>14</b>	<b>34</b>	<b>10.5</b>	<b>5' 11"</b>	<b>7.5</b>	<b>2:26</b>	<b>70<sup>th</sup></b>
<b>12</b>	<b>33</b>	<b>10.7</b>	<b>5' 10"</b>	<b>7.5</b>	<b>2:30</b>	<b>65<sup>th</sup></b>
<b>10</b>	<b>32</b>	<b>10.9</b>	<b>5' 9"</b>	<b>7.6</b>	<b>2:35</b>	<b>60<sup>th</sup></b>
<b>9</b>	<b>31</b>	<b>11.0</b>	<b>5' 7"</b>	<b>7.7</b>	<b>2:38</b>	<b>55<sup>th</sup></b>
<b>8</b>	<b>30</b>	<b>11.1</b>	<b>5' 5"</b>	<b>7.9</b>	<b>2:41</b>	<b>50<sup>th</sup></b>
<b>7</b>	<b>30</b>	<b>11.3</b>	<b>5' 4"</b>	<b>8.0</b>	<b>2:45</b>	<b>45<sup>th</sup></b>
<b>6</b>	<b>28</b>	<b>11.5</b>	<b>5' 3"</b>	<b>8.0</b>	<b>2:48</b>	<b>40<sup>th</sup></b>
<b>5</b>	<b>27</b>	<b>11.6</b>	<b>5' 2"</b>	<b>8.1</b>	<b>2:53</b>	<b>35<sup>th</sup></b>
<b>4</b>	<b>26</b>	<b>11.9</b>	<b>5' 0"</b>	<b>8.2</b>	<b>2:56</b>	<b>30<sup>th</sup></b>
<b>3</b>	<b>25</b>	<b>12.0</b>	<b>4' 11"</b>	<b>8.4</b>	<b>3:02</b>	<b>25<sup>th</sup></b>
<b>2</b>	<b>22</b>	<b>12.2</b>	<b>4' 9"</b>	<b>8.5</b>	<b>3:09</b>	<b>20<sup>th</sup></b>
<b>2</b>	<b>20</b>	<b>12.5</b>	<b>4' 7"</b>	<b>8.8</b>	<b>3:19</b>	<b>15<sup>th</sup></b>
<b>1</b>	<b>18</b>	<b>13.0</b>	<b>4' 4"</b>	<b>9.0</b>	<b>3:30</b>	<b>10<sup>th</sup></b>
<b>0</b>	<b>14</b>	<b>14.0</b>	<b>4' 1"</b>	<b>9.5</b>	<b>3:45</b>	<b>5<sup>th</sup></b>
<b>0</b>	<b>1</b>	<b>17.0</b>	<b>3' 3"</b>	<b>15.0</b>	<b>6:40</b>	<b>0</b>

**APPENDIX II**  
**Achievement Rating Scale**

<b>Sl.No</b>	<b>Level of Participation in sports/games</b>	<b>Marks</b>
1.	<b>International participation</b>	<b>20</b>
2.	<b>First three position holders in the following championships</b> a. Senior National b. All India Inter University (AIU) c. School Games Federation of India (SGFI) d. Junior National	<b>18</b>
3.	<b>Participation in the following championships</b> a. Senior National b. All India Inter University (AIU) c. School Games Federation of India (SGFI) d. Junior National e. Youth National (First three position holders as well)	<b>16</b>
4.	<b>First three position holders in the following championships</b> a. Sub- Junior National b. Zonal-Senior/Youth/ Junior (Inter State) c. Women National Sports Festival d. Rural National	<b>14</b>
5.	<b>First three position holders in the following championships</b> a. State Senior/Youth/Junior b. State Schools <b>Participation in the following championships</b> a. Sub Junior National b. Women National Sports Festival c. Zonal -Senior/Youth/ Junior(Inter State) d. Rural National <b>University Team Members (Non-Participation)</b>	<b>12</b>
6.	<b>First three position holders in the following championships</b> a. State Sub Junior b. K.V.S/CBSE/ISE/NVS National c. Inter Collegiate(Including College Games) d. Rural State e. State Women Sports Festival <b>Participation in the following championships</b> a. State Senior/Youth/junior b. State School	<b>10</b>
7.	<b>First three position holders in the following championships</b> a. Dist. Senior/Youth/ Junior b. Dist. Schools <b>Participation in the following championships</b> a. K.V.S/CBSE/ISE/NVS National b. State Sub Junior c. Rural State d. State Women Sports Festival	<b>8</b>
8.	<b>First three position holders in the following championships</b> a. KVS /CBSE/ISE/NVS Region b. Rural Dist. c. Sub Junior Dist. d. State VHSC/ Poly Tech	<b>6</b>
9.	<b>First three position holders in the following championships</b> a. Women Dist. Sports Festival <b>Participation in the following championships</b> a. KVS/CBSE/ISE/NVS Region b. Dist. Inter Schools/ Inter collegiate c. Rural Dist. d. Dist. Senior/Youth/Junior e. State VHSC/ Poly Tech	<b>4</b>
10.	<b>Participation in the following Competitions</b> a. KVS/CBSE/ISE/NVS Zone b. District VHSC/Poly Tech, Rural Taluk c. Intramural/ inter club etc.	<b>2</b>