



SPORTS AUTHORITY OF INDIA



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

PROSPECTUS 2016-2017

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GRAMS : 'Physical', Kariavattom
Thiruvananthapuram
Website : www.lncpe.gov.in

Cost of Prospectus

Rs. 400/- by regd.post
Rs. 350/- by hand

Application form downloaded from the college website shall accompany a DD for Rs.350/-
favouring **Principal LNCPE**, payable at **SBT, Kariavattom**



THE RANI OF JHANSI

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. 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 FACULTY

| SL.NO. | NAME | DESIGNATION |
|--------|--|--------------------------------|
| 1. | G. KISHORE MPE, M.Phil, Ph.D | Principal |
| 2. | K.V.K. REDDY MPE, Dip. in Coaching (Tennis).Ph.D, Certificate in Coaching (Athletics), Level II (ISAK) | Associate Professor |
| 3. | USHA SUJIT NAIR MPE, Ph.D, Dip. in Sports Management Level II (ISAK) | Associate Professor |
| 4. | JOSELET CHARLES M.Sc (PE), M.Phil, Ph.D, PGDSM, PGDCA, Level II (ISAK), Level I (BCCI) | Assistant Professor |
| 5. | GEORGE MATHEWS MBBS, DPMR, Dip.N.B. (PMR), M.Phil (Clinical Epidemiology) | Assistant Professor |
| 6. | SHAILAJA MOHAN MPE, Ph.D | Assistant Professor |
| 7. | PRADIP DUTTA MPE., M.Phil.,Ph.D., M.S. (Football)., AFC Coaching Licence 'A' (Malaysia) 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 | Assistant Professor |
| 8. | SADANANDAN. C.S. MPE., M.Phil, Ph.D., Dip. in Coaching (Volleyball) FIVB Level II, Level II (ISAK) | Assistant Professor |
| 9. | SAWANT MAHENDRA NARENDRA BA (Economics), MPed., Certificate in Coaching (Wrestling) PG Diploma in Sports Management, Certificate course in yoga PG Diploma in Educational Planning, Management and administration | Assistant Professor |
| 10. | JAINDHAN.J MPE | Assistant Professor |
| 11. | Lt.LOVEY DEBORA CRUZ 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 | Assistant Professor/ANO |
| 12. | LAMLUN BUHRIL MPE, Ph.D | Assistant Professor |

- | | | |
|-----|---|-----------------------------|
| 13. | R. KASI VISWANATHAN B.Sc, MPed, Ph.D Dip. in Coaching(Hockey), Level 1(ISAK) | Hockey Coach |
| 14. | MURALIDHARAN NAIR.V Diploma in Coaching (Handball) | Handball Coach |
| 15. | RADHA SUKUMARAN Diploma in Coaching (Hockey) | Hockey Coach |
| 16. | MATHEW LUKOSE MPE, Diploma in Coaching (Swimming) | Swimming Coach |
| 17. | VINAYAGA MOORTHY.S M.Sc, BPEd Diploma in Coaching (Athletics) | Athletics Coach |
| 18. | VIJAY KUMAR.G Diploma in Coaching (kabaddi) | Kabaddi Coach |
| 19. | ALOKE KUMAR BANERJEE B.Com., Diploma in Coaching (Basketball) | Basketball Coach |
| 20. | RAJESH.R B.Sc.,Diploma in Coaching (Weight Lifting) | Weight lifting Coach |

ADMINISTRATIVE STAFF

| | | | |
|----|----------------------|---|-------------------------|
| 1 | PRIMJITHLAL P.F. | - | Assistant Director |
| 2 | C.DHANDAPANI | - | Assistant Director |
| 3 | MOHANDAS.T.P | - | Accounts Officer |
| 4 | SARAVANA BHAVAN | - | Accounts Officer |
| 5 | REMADEVIAMMA. S. | - | Personal Assistant |
| 6 | SHIRLY. S | - | Assistant |
| 7 | JOJAN. P.P | - | Assistant |
| 8 | MURALEEDHARAN. V | - | Assistant Librarian |
| 9 | CISY PAUL | - | U.D.C. |
| 10 | RAVEENDRAN NAIR.S | - | U.D.C |
| 11 | LATHIKA. M.P | - | Junior Accountant |
| 12 | SISYMOL. K.G | - | U.D.C. |
| 13 | AJIL.T.K | - | Data Entry Operator |
| 14 | KUNJAMMA SEBASTIAN | - | Lab Technician |
| 15 | VIJENDRA BABU.K | - | Electrician |
| 16 | VIJAYAKUMAR.T | - | Plumber |
| 17 | CHANDRA BABU.B | - | Driver |
| 18 | REGHUVARAN NAIR.S | - | L.D.C |
| 19 | AJITH KUMAR.A | - | Groundsman (GRADE – II) |
| 20 | GOPAKUMAR.P | - | Groundsman |
| 21 | SURESH KUMAR.K | - | Groundsman |
| 22 | PRATHAPACHANDRAN.C.B | - | Groundsman |
| 23 | DANAM | - | Cook |
| 24 | SAROJINI AMMA.K | - | Cook |
| 25 | DAYAMONI.D | - | Cook Helper |
| 26 | BENNICHEN.G | - | Bearer Helper |
| 27 | SASIDHARAN NAIR.R | - | Safai Karmachari |
| 28 | JUMAILA BEEVI.B | - | Safai Karmachari |

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 brought into existence by the Government of India, Ministry of Human Resource Development, Department of Education on 17th August, 1985. Hence, 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 to uplift 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: -

- i. Preparation of highly competent and skilled leaders in the field of Physical Education, sports and games;
- ii. Serving as a Centre of Excellence for research in Physical Education and allied areas;
- iii. Providing technical, professional and academic leadership to other institutions of Physical Education;
- iv. Providing vocational guidance and placement services to people in the field, and
- v. Developing and promoting programmes of mass physical activity.

1.2 COURSES OFFERED

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

B.P.E.d Course (SUSPENDED FOR THE ACADEMIC YEAR 2016-17)

- (1) Bachelor of Physical Education- B P Ed (4 years)

Eligibility: Plus Two, age below 21 yrs as on 1st July 2016

For details please refer 10.1.1

- (2) Master of Physical Education MPE (2 years)

Eligibility: BPE/BPEd with 50% marks, age below 25 yrs as on 1st July 2016

For details please refer 10.2.1

(3) Master of Philosophy (Physical Education) M Phil (1 Year)

Eligibility: MPE/MPed or any equivalent degree in Physical Education with 55% marks from Kerala / any Recognized University

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

Eligibility: BPE/BPEd with 50% marks, age 30 yrs or less as on 1st July 2016

For details please refer 10.3.1

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

1.3 PROSPECTS OF THE COURSES

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. However, both will find ample avenues to act as supervisors, administrators, recreation and fitness leaders in industrial and commercial establishments, clubs and other agencies which are actively engaged in the promotion of physical fitness, sports, health and recreation as well as performance in sports and games.

1.4 RESIDENTIAL STATUS

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

2.0 ADMISSIONS

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

| | |
|-------------|------------------------|
| B.P.Ed | 50 (30 Men & 20 Women) |
| M.P.E | 25 |
| M.Phil | 06 |
| P.G.D.H.F.M | 20 |

Break up of seats is furnished under Sl. No. 11.0 IMPORTANT POINTS ON ADMISSION PROCEDURE (Reservation of seats) in this prospectus.

2.1 APPLICATION FOR ADMISSION

Each application for admission must be made in the prescribed form attached with the prospectus. Applications complete in all respects and accompanied by necessary certificates

and testimonials (photocopied, certified copies) must reach the college office by **5 pm on or before 27th June 2016 for all courses.**

Application forms without attested copies of necessary certificates and testimonials will be summarily rejected.

2.2 ADMISSION TESTS

Merely sending the application will not entitle a candidate to be called for Admission Tests. However, all eligible candidates, whether or not they receive the interview call-card in time, may report for admission test on the date and time given below. **They are advised to look up the College website from time to time.**

| | | | | |
|----|--|---------------|------------------------------|--------------|
| 1. | P.G.Dip.in H & F Management | Friday | 15.07.16 | 8 a.m |
| 2. | M.P.E | Friday | 01.07.16 02.07.16 | 8 a.m |

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 before the date stipulated by the college.

*** ADMISSION TESTS WILL BE CONDUCTED SIMULTANEOUSLY IN GANDHINAGAR, KOLKATTA, CHANDIGARH & TRIVANDRUM FOR MPE, BUT ONLY IN TRIVANDRUM FOR PG DIPLOMA IN HEALTH AND FITNESS MANAGEMENT.**

2.3 SELECTION LIST

Names of the candidates selected will be put on the notice board / College website after the tests and approval by the university.

The candidates selected should undergo medical test at Medical Centre, LNCPE, Trivandrum and those who clear the medical test should **deposit all fees by Thursday, 21.07.16 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

2.4.1 BPEd (SUSPENDED FOR THE YEAR 2016-17 FOR TECHNICAL REASONS)

Only unmarried women, widows or divorcees without encumbrances will be admitted to BPEd course. If a woman student admitted to BPEd course gets married and is found medically unsuitable at any stage of the course, she will have to discontinue the course.

2.4.2 PG COURSES

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

Cautionary Notes

1. **All admissions are provisional** 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

College regulations regarding attendance and examinations have to be followed for all courses. Generally, college has 180 teaching days in a year. 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 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. **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 examinations so as to score good marks in the sessionals. **A student may be detained from appearing in 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 THAT HE/SHE WILL NOT INDULGE IN RAGGING AND AGREE TO ACCEPT PUNISHMENT GIVEN 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. 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 detrimental to 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. 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.

Promotion to the next semester in BPEd Course is based on the regulations framed separately for the course by the university. Promotion to MPE-II class will be based on a student's getting through the respective preceding examination. However, a promotee can be denied admission on reasons of indiscipline or misconduct.

Students are not permitted to engage themselves in any activities involving politics/political parties inside the campus. Violation of this rule will result in suspension of the students concerned.

Smoking and consumption of alcohol are prohibited in the hostels and campus.

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. However, for serious ailments/injuries the students concerned will be referred to the Medical College at their expense.

6.0 CLUB AND CO-CURRICULAR ACTIVITIES

Students' Cultural Club, which functions under the guidance of a member of the staff, coordinates cultural, social and co-curricular activities of the students.

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/-.

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.500/- in case of BPEd, Rs.600/- in case of MPE & PGDHFM and Rs.1200/- in case of M.Phil shall be realized from each student along with the first installment of fees. The caution money will be refunded to the student at the completion of the course after deducting outstanding dues, if any. However, if any student willfully causes damage to the college property his/her caution money shall not be refunded in order to make good such a loss to the college. **If the caution money is not claimed within a year of completion of the course, it shall stand forfeited.**

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 certificate 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 Kerala University 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.2000/- will be collected from each student in case of P.G. Courses 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 semester of the BPEd course and THREE scholarships in each of the MPE-I and 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 BPEd will be Rs.2,000/- per year and that for MPE 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 upto 10% of the total sanctioned strength of BPEd (each semester) classes will be awarded to medal winners at the All India Inter-University and National level competitions held in individual events and team sports during the academic year ending March. The value of Sports Merit Scholarship will be Rs.4, 000/-, Rs.3, 500/- and Rs.3, 000/- for gold, silver and bronze medal winners respectively.

Note:

- (i) Sports achievement rating scale maintained at 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.
- (ii) 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 scholarship.

(c) Student Teaching Assistantship:

A total of 4 (four) 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:-

- (i) Academic Merit Scholarships will be awarded only after the declaration of University examination results.
- (ii) Sports Merit Scholarships will be given at the end of the academic session.
- (iii) 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.
- (iv) 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.
- (v) 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 behalf.

SC/ST/OBC STUDENTS ELIGIBLE FOR A SCHOLARSHIP DURING THE ACADEMIC YEAR 2016-17 SHOULD SUBMIT THEIR APPLICATION FORMS SCHOLARSHIP FROM THE RESPECTIVE DEPARTMENTS FOR THE ACADEMIC YEAR BY FEBRUARY FOR PROCESSING.

9.0 MEDALS

The College awards the following Gold medals:

- i. **Sundaramuthil Gold Medal** to the First rank holder in the BPEd examination.
- ii. **Lt. Col. K.S.C.Nair Gold Medal** to the First rank holder in the MPE examination.
- iii. **Lt. Col. K.K.Nair Gold Medal** to the Best Sportsman of the year selected by a committee duly constituted for the purpose.
- iv. **Col. R.GNair (Retd) Gold Medal** to the Best Sportswoman of the year selected by a committee duly constituted for the purpose.

10.0 ADMISSION PROCEDURE

- i) All eligible candidates desirous of seeking admission to MPE/ P.G Diploma Courses should submit their application forms duly filled in before the last date prescribed.
- ii) The candidates will be formally called for admission tests on the date(s) prescribed through a call card/College Website.
- iii) The exact venue and time for tests will be notified to the candidates on their arrival.
- iv) **The 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) Four Year Integrated Course

ADMISSION SUSPENDED FOR THE YEAR 2016-17

10.1.1 Eligibility criteria for admission to BPED course

Candidates for the Degree of Bachelor of Physical Education (BPED) shall be eligible to appear in admission test:

A. If he/she has passed any one of the following examinations with at least 45% marks.

Senior Secondary Certificate Examination (10+2)

or

Intermediate/equivalent examination from any recognized Education Board/University.

Candidates belonging to SC/ST/OBC and candidates who have participated in tournaments conducted by AIU, National Sports Federation, SGFI and International bodies in Games/Sports included in the schedule of IOA shall be eligible for 5% relaxation in the minimum requirement.

If a candidate has appeared in the said qualifying examination he/she may appear in the admission test but will have to produce the pass certificate and statement of marks before the date stipulated for admission by the college.

B. If his/her age is below 21 years on 1st July of the year of admission (Born on or after July 3, 1994). However,

B.1 For candidates belonging to SC/ST, the upper age limit will be relaxed to 25 years as on 1st July of the year of admission ((Born on or after July 2, 1990)

B.2 For candidates who have participated in tournaments conducted by AIU, National Sports Federation, SGFI and International bodies in Games/Sports included in the schedule of IOA, the upper age limit will be relaxed to 23 years as on 1st July of the year of admission (Born on or after July 2, 1992).

10.1.2 Number of Seats

| Men | Women | Total |
|-----|-------|-------|
| 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 State/Central Government whichever is applicable.

10.1.3 Women Candidates

Only unmarried women, widows or divorcees without encumbrances, will be admitted to BPED Course. If a woman student admitted to BPED course gets married and is found medically unsuitable at any stage of the course, she will have to discontinue the course.

10.1.4 Admission Test Criteria

The candidates shall be selected to the BPEd 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 be conducted in the same order as given.

10.1.4.1 Written Test: 50 marks

A test in General Knowledge (20 marks), English Grammar (15 marks) and Reasoning Ability (15 marks) and the duration of the written test will be one hour.

10.1.4.2 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

10.1.4.3 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 |

10.1.4.4 Game/Sport 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 130) obtained in written test (50 marks), Physical Fitness Test (30 marks), Game/Sport proficiency test (30 marks) and Game/sport achievement (20 marks).

10.1.5 Duration of the course

10.1.5.1 The normal duration of BPEd Course shall be Four years consisting of eight semesters.

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

10.1.5.3 There shall be a uniform calendar prepared by the University for the conduct of academic programme.

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

10.1.6 Attendance

Candidates who secure a minimum of 85 % attendance in theory and activity classes separately in a semester alone will be allowed to register for Semester Examinations. Others have to repeat the semester along with the next batch, unless they make up the shortage of attendance through condonation. Condonation of shortage of attendance shall be granted to those students for the days of participation in sports competitions and coaching camps approved by University/ Kerala State Sports Council at all levels including days of journey with prior approval of the Principal.

10.1.7 Examination

10.1.7.1 The examination for the Degree of Bachelor of Physical Education (B.P.Ed) integrated four year course shall consist of Eight Semesters covering Part-A (Theory), Part-B(Practical Skills), Part-C(Teaching Ability) and Part-D(Coaching Ability) as given below:

PART A (THEORY)

| Sub Code | | Sub Code | |
|-------------------|---|-------------------|--|
| Year I | | | |
| Semester 1 | | Semester 2 | |
| <i>BPEdS1A01</i> | Basic and Systemic Anatomy- I | <i>BPEdS2A01</i> | Basic and Systemic Anatomy- II |
| BPEdS1A02 | English- I | BPEdS2A02 | English- II |
| BPEdS1A03 | Fundamentals of Computers and Information Technology I | BPEdS2A03 | Fundamentals of Computers and Information Technology- II |
| BPEdS1A04 | History of Physical Education | BPEdS2A04 | Foundations of Physical Education |
| Year II | | | |
| Semester 3 | | Semester 4 | |
| <i>BPEdS3A01</i> | Physiology -I | <i>BPEdS4A01</i> | Physiology- II |
| BPEdS3A02 | Educational Psychology -I | BPEdS4A02 | Educational Psychology- II |
| BPEdS3A03 | English- III | BPEdS4A03 | First Aid & Safety Education |
| BPEdS3A04 | Sociology | BPEdS4A04 | Environmental Studies |
| Year III | | | |
| Semester 5 | | Semester 6 | |
| <i>BPEdS5A01</i> | Basics of Sports Training- I | <i>BPEdS6A01</i> | Basics of Sports Training- II |
| BPEdS5A02 | Tests & Measurement in Physical Education and Sports -I | BPEdS6A02 | Tests & Measurement in Physical Education and Sports- II |
| BPEdS5A03 | Kinesiology | BPEdS6A03 | Biomechanics |
| BPEdS5A04 | Management of Physical Education -I | BPEdS6A04 | Management of Physical Education - II |
| <i>BPEdS5A05</i> | Teaching Methodology in Physical Education | | |
| Year IV | | | |
| Semester 7 | | Semester 8 | |
| <i>BPEdS7A01</i> | Health & Fitness Management- I | <i>BPEdS8A01</i> | Health & Fitness Management -II |
| BPEdS7A02 | Corrective Physical Education | BPEdS8A02 | Adapted Physical Education |
| BPEdS7A03 | Health Education | BPEdS8A03 | Recreation |
| BPEdS7D01 | Sport Specialisation -I | BPEdS8D01 | Sport Specialisation -II |

Part B

(Practical Skills)

| Sub Code | | Sub Code | |
|--|---|----------------------|---|
| Semester I | | Semester II | |
| BPEd S1B01 | Gymnastics- I | BPEd S2B01 | Gymnastics -II |
| BPEd S1B02 | Swimming -I | BPEd S2B02 | Swimming- II |
| BPEd S1B03 | Track & Field- I | BPEd S2B03 | Track & Field -II |
| BPEd S1B04 | Bharathiyam -I | BPEd S2B04 | Bharathiyam- II |
| BPEd S1B05 | Cricket- I | BPEd S2B05 | Cricket- II |
| Semester III | | Semester IV | |
| BPEd S3B01 | Football -I | BPEd S4B01 | Football -II |
| BPEd S3B02 | Weight Training -I | BPEd S4B02 | Weight training -II |
| BPEd S3B03 | Hockey -I | BPEd S4B03 | Hockey- II |
| BPEd S3B04 | Basketball -I | BPEd S4B04 | Basketball -II |
| BPEd S3B05 | Wrestling/Rhythmics | BPEd S4B05 | Kho-Kho |
| Semester V | | Semester VI | |
| BPEd S5B01 | Table Tennis | BPEd S6B01 | Volleyball -II |
| BPEd S5B02 | Volleyball- I | BPEd S6B02 | Softball |
| BPEd S5B03 | Shuttle Badminton | BPEd S6B03 | Tennis |
| BPEd S5B04 | Handball | BPEd S6B04 | Kabaddi |
| BPEd S5B05 | Yoga | | |
| PART C (Teaching Ability)& PART D (Coaching Ability) | | | |
| Semester VII | | Semester VIII | |
| PART C | | PART C | |
| BPEd S7C01 | Teaching Ability -A (Activity Teaching Final Lesson) | BPEd S8C01 | Teaching Ability -B (Theory Teaching Final Lesson) |
| PART D | | PART D | |
| SPORT SPECIALIZATION: (Any one out of the following activities is to be chosen) 1.Basketball, 2.Cricket, 3.Football, 4.Gymnastics, 5.Hockey, 6.Shuttle Badminton, 7.Swimming, 8.Track & Field, 9.Volleyball and 10.Yoga. | | | |
| BPEd S7D02 | Skill Proficiency-I | BPEd S8D02 | Skill Proficiency-II |
| | | BPEd S8D03 | Coaching Ability - Final Lesson |

- 10.1.7.2** A candidate must fulfill the following requirements in order to be eligible to appear at the B P Ed Eighth semester Examination.
- a. He/She should have attended a leaders' training camp organized by the college for at least Ten days.
 - b. He/She should have passed a practical examination in First Aid from an organization recognized by the college.
 - c. He/She should have obtained certification in one of the following:
 - i. Qualified Referee/Umpire at District level in any Game/Sport
 - ii. Life guard
 - iii. PYKKA
 - iv. Adventure Sport
- 10.1.7.3** There shall be a final examination at the end of each semester and a candidate will have to take examination in Part- A (Theory) in all semesters, Part- B (Practical Skills) in Semester I to Semester VI, Part –C (Teaching Ability) in Semester VII & VIII and Part - D (Coaching Ability) in Semester VIII.
- 10.1.7.4** To pass in theory subjects in each semester, a candidate must secure at least 33 % marks in each theory paper in the end semester examination and also obtain 33% marks in the aggregate of each paper.
- 10.1.7.5** No minimum percentage is prescribed for the sessional marks in theory.
- 10.1.7.6** For Practical examinations in Part B and D, the minimum aggregate required shall be 40% and it shall consist of only sessional marks.
- 10.1.7.7** Part C (Teaching Ability) Consists of
- A-Activity Teaching- Final Lesson (BPEd S7 C01)
 - B- Theory Teaching - Final Lesson (BPEd S8 C01)
- 10.1.7.8** In Part C (Teaching Ability) a candidate must secure at least 40 % marks in the final lesson examination and also obtain 40% marks in the aggregate. The final examination shall be conducted jointly by one internal and one external examiner.
- 10.1.7.9** Part D (Coaching Ability) consists of
- Theory papers (BPEd S7 D01 & BPEd S8 D01),
 - Skill proficiency (BPEd S7 D02 & BPEd S8 D02) and
 - Coaching Ability - Final Lesson (BPEd S8 D03)
- 10.1.7.10** In Part D (Coaching Ability) a candidate must secure at least 40 % marks in the final lesson examination and also obtain 40% marks in the aggregate. The final examination shall be conducted jointly by one internal and one external examiner.
- 10.1.7.11** A candidate shall choose one of the following activities for specialization in Part D at the beginning of semester VII.
- | | | | |
|------------------|----------------------|-------------|---------------|
| 1. Basketball | 2. Cricket | 3. Football | 4. Gymnastics |
| 5. Hockey | 6. Shuttle Badminton | 7. Swimming | |
| 8. Track & Field | 9. Volleyball | 10. Yoga | |
- The activity chosen for specialization shall be mentioned in the marks list and degree certificate of successful candidates.

10.1.7.12 A candidate failing in a paper may take supplementary examination along with the next regular batch of students.

10.1.7.13 The division shall be assigned to successful Candidates on the following basis.

Part - A Theory

Third Division: 33% and above but below 45% of the aggregate marks

Second division: 45% and above but below 60% of the aggregate marks

First division: 60% and above of the aggregate marks

A student who secures 75% and above in any paper shall be declared to have obtained distinction in that paper provided he/she clears all the subjects in the first attempt.

Part – B (Practical Skills)

Third Division: 40% and above but below 50% of the aggregate marks

Second division: 50% and above but below 60% of the aggregate marks

First division: 60% and above of the aggregate marks

A student who secures 75% and above in any activity shall be declared to have obtained distinction in that activity provided he/she clears all the activities in the first attempt.

Part –C (Teaching Ability)

Third Division: 40% and above but below 50% of the aggregate marks

Second division: 50% and above but below 60% of the aggregate marks

First division: 60% and above of the aggregate marks

A student who secures 75% and above in Teaching Ability shall be declared to have obtained distinction in that subject provided he/she clears it in the first attempt in semesters 7 and 8.

Part D (Coaching Ability)

Third Division: 40% and above but below 50% of the aggregate marks

Second division: 50% and above but below 60% of the aggregate marks

First division: 60% and above of the aggregate marks

A student who secures 75% and above in Coaching Ability shall be declared to have obtained distinction in that subject provided he/she clears it in the first attempt in semesters 7 and 8.

10.1.7.14 Distinction obtained in any part/ parts shall be mentioned in the degree awarded to the student. Marks of each part will count together for place on the pass list and for determination of all divisions.

10.1.7.15 Ranks in the BPEd Degree course shall be given to BPEd graduates up to ten positions by clubbing the marks obtained by them in all semesters in parts A, B, C and D.

10.1.7.16 In the case of BPEd Supplementary examination, the result shall be declared on the basis of the marks actually obtained by a candidate in each paper he/she passed in the semester examination, plus the marks obtained in the paper in which he/she took the supplementary examination and the division shall be awarded on the total of such marks. Such candidates, however, will be ineligible for a place on the merit list.

If a candidate appears in supplementary examination in part D (Coaching Ability) the sessional marks previously obtained by such candidate shall be carried forward and division shall be decided on the aggregate of sessional marks plus the marks obtained in the supplementary examination. Such candidate too will be ineligible for a place on the merit list.

10.1.7.17 Private candidates shall not be allowed to appear at the BPEd examination.

10.2 REGULATIONS FOR THE DEGREE OF MASTER OF PHYSICAL EDUCATION

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 as on 01st July of the year of admission (born on or after July 3rd 1991) 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 Intersarsity Competitions in the sport 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 in the qualifying examinations, but whose results are awaited may also appear in the admission test. However, they must submit the statement of marks and pass certificate 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
- (11) 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 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.

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.

1. Pull-ups (Boys)/Flexed-arm Hang (Girls)
2. Flexed-leg Sit-ups for one minute
3. Shuttle Run (30ft X 4)
4. Standing Broad Jump
5. 50-Yard Dash
6. 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- subjective questions to assess general knowledge, general intelligence and reasoning ability.

(100 marks)

(Minimum marks to be secured is 40%)

10.3.2.3 Interview (C):

(50 marks)

(Minimum marks to be secured is 50%)

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

- 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 for a period of four weeks. Candidates must submit a
Field Experience Report

11.0 IMPORTANT POINTS ON RESERVATION OF SEATS (As per Central Govt. Rules) & ADMISSION PROCEDURE

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:

- The selection list will be displayed on the notice board and published in the College website after completion of all tests and formalities.

- 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.

- 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 joined if needed time should be marked by the candidates themselves will be filled from the waiting list in order of merit according to the University rules and regulations.

- 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.

- **SC/ST/OBC candidates must download the respective certificate forms from the College Website and submit them alongwith the application form.**



Annexure – I

SCHEDULE OF FEES FOR THE YEAR 2016-2017

| | | MPE I YEAR | | PGDHFM |
|-------|--------------------------------|------------------|----------------------------|------------------|
| Sl No | Particulars | Total Fees | Fees to be paid in July 16 | Total Fees |
| 1 | Mess Fees | 27,500.00 | 5500.00 | 27,500.00 |
| 2 | Tuition Fees | 1,800.00 | 1800.00 | 10,000.00 |
| 3 | Uniform Fees | 2000.00 | 2000.00 | 3500.00 |
| 4. | Caution money* | 600.00 | 600.00 | 600.00 |
| 5. | I.C , Diary & Syllabus Book | 250.00 | 250.00 | 250.00 |
| 6 | Insurance | 500.00 | 500.00 | 500.00 |
| 7 | University Fees** | 1950.00 | 1950.00 | 2000.00 |
| | Total | 34,600.00 | 12,600.00 | 44,350.00 |

* Refundable after the completion of the course.

** 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 equal monthly eight installment @ 2750 from August 2016 to March 2017.
 3. Charges for excursion, books, stationery, etc. are not included.
 4. The entire mess fee will be collected in monthly installments for the convenience of students. If actual cost of food increases due to price rise, the increased amount will also be collected from students in monthly installments.
 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.
 7. 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.

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 th |
| 15 | 54 | 8.6 | 8' 5" | 5.9 | 1:32 | 95 th |
| 13 | 51 | 8.9 | 8' 2" | 6.0 | 1:35 | 90 th |
| | | | | | | |
| 12 | 49 | 9.0 | 8' 0" | 6.1 | 1:38 | 85 th |
| 11 | 47 | 9.1 | 7' 10" | 6.3 | 1:41 | 80 th |
| 10 | 46 | 9.2 | 7' 9" | 6.3 | 1:43 | 75 th |
| | | | | | | |
| 10 | 45 | 9.3 | 7' 7" | 6.4 | 1:45 | 70 th |
| 9 | 43 | 9.4 | 7' 6" | 6.5 | 1:47 | 65 th |
| 8 | 42 | 9.5 | 7' 5" | 6.5 | 1:49 | 60 th |
| | | | | | | |
| 7 | 42 | 9.6 | 7' 3" | 6.6 | 1:50 | 55 th |
| 7 | 41 | 9.8 | 7' 2" | 6.6 | 1:52 | 50 th |
| 6 | 40 | 9.9 | 7' 1" | 6.7 | 1:53 | 45 th |
| | | | | | | |
| 6 | 39 | 10.0 | 7' 0" | 6.8 | 1:56 | 40 th |
| 5 | 38 | 10.1 | 6' 10" | 6.9 | 1:57 | 35 th |
| 5 | 37 | 10.2 | 6' 8" | 7.0 | 1:59 | 30 th |
| | | | | | | |
| 4 | 35 | 10.4 | 6' 6" | 7.0 | 2:02 | 25 th |
| 3 | 34 | 10.5 | 6' 4" | 7.1 | 2:06 | 20 th |
| 2 | 32 | 10.7 | 6' 2" | 7.3 | 2:12 | 15 th |
| | | | | | | |
| 1 | 30 | 11.0 | 5' 10" | 7.5 | 2:22 | 10 th |
| 0 | 26 | 11.7 | 5' 3" | 7.9 | 2:38 | 5 th |
| 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 | |
| 73 | 66 | 8.2 | 7' 6" | 6.4 | 1:39 | 100th |
| 34 | 45 | 9.6 | 6' 9" | 6.8 | 2:02 | 95th |
| 28 | 41 | 10.0 | 6' 6" | 7.0 | 2:10 | 90th |
| 22 | 40 | 10.1 | 6' 3" | 7.1 | 2:14 | 85th |
| 19 | 38 | 10.3 | 6' 2" | 7.3 | 2:20 | 80th |
| 17 | 35 | 10.4 | 6' 0" | 7.4 | 2:24 | 75th |
| 14 | 34 | 10.5 | 5' 11" | 7.5 | 2:26 | 70th |
| 12 | 33 | 10.7 | 5' 10" | 7.5 | 2:30 | 65th |
| 10 | 32 | 10.9 | 5' 9" | 7.6 | 2:35 | 60th |
| 9 | 31 | 11.0 | 5' 7" | 7.7 | 2:38 | 55th |
| 8 | 30 | 11.1 | 5' 5" | 7.9 | 2:41 | 50th |
| 7 | 30 | 11.3 | 5' 4" | 8.0 | 2:45 | 45th |
| 6 | 28 | 11.5 | 5' 3" | 8.0 | 2:48 | 40th |
| 5 | 27 | 11.6 | 5' 2" | 8.1 | 2:53 | 35th |
| 4 | 26 | 11.9 | 5' 0" | 8.2 | 2:56 | 30th |
| 3 | 25 | 12.0 | 4' 11" | 8.4 | 3:02 | 25th |
| 2 | 22 | 12.2 | 4' 9" | 8.5 | 3:09 | 20th |
| 2 | 20 | 12.5 | 4' 7" | 8.8 | 3:19 | 15th |
| 1 | 18 | 13.0 | 4' 4" | 9.0 | 3:30 | 10th |
| 0 | 14 | 14.0 | 4' 1" | 9.5 | 3:45 | 5th |
| 0 | 1 | 17.0 | 3' 3" | 15.0 | 6:40 | 0 |

APPENDIX II
Achievement Rating Scale

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