



SPORTS AUTHORITY OF INDIA

# PROSPECTUS

2018-2019



## LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION

Kariavattom, Thiruvananthapuram - 695 581  
(Affiliated to the University of Kerala)

Telephone : (0471) 2412189, 2418712, 24168861

Fax : (0471) 2414771

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### Cost of Prospectus

**Rs. 400/- to hand**

**Rs. 500/- by regd.post**

*Application downloaded from website shall accompany a  
D.D. of Rs.400 payable in Thiruvananthapuram*



## THE RANI OF JHANSI

**L**akshmi Bai, 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

### Principal

#### **G. KISHORE**

MPE, M.Phil, Ph.D

### Associate Professor (oc)

#### **K. V. K. REDDY**

MPE, Dip. in Coaching (Tennis).Ph.D,  
Certificate in Coaching (Athletics),  
Level II (ISAK)

### Associate Professors

#### **1. USHA SUJIT NAIR**

MPE, Ph.D, Dip. in Sports Management  
Level II (ISAK)

#### **2. JOSELET CHARLES**

M.Sc (PE), M.Phil, Ph.D, PGDSM, PGDCA, Level  
II (ISAK), Level I (BCCI)

#### **3. Dr. GEORGE MATHEWS**

MBBS, DPMR, Dip.N.B. (PMR),  
M.Phil (Clinical Epidemiology)

#### **4. SHAILAJA MOHAN**

MPE, Ph.D

#### **5. PRADIP DUTTA**

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

#### **6. SADANANDAN C.S.**

MPE., M.Phil, Ph.D., Dip. in Coaching (Volley-  
ball) FIVB Level II, Level II (ISAK)

#### **7. SAWANT MAHENDRA NARENDRA**

BA (Economics), MPEd.,Ph.D  
Certificate in Coaching (Wrestling)  
PG Diploma in Sports Management,  
Certificate course in yoga  
PG Diploma in Educational Planning, Manage-  
ment and administration

#### **8. LAMLUN BUHRIL**

MPE, Ph.D

#### **9. 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

### Coaches

#### **1. MURALIDHARAN NAIR V.**

Diploma in Coaching (Handball)

#### **2. RADHA SUKUMARAN**

Diploma in Coaching (Hockey)

#### **3. MATHEW LUKOSE**

MPE, Diploma in Coaching (Swimming)

#### **4. VINAYAGA MOORTHY S.**

M.Sc, BPEd, Diploma in Coaching (Athletics)

#### **5. VIJAY KUMAR G.**

Diploma in Coaching (Kabaddi)

#### **6. ALOKE KUMAR BANERJEE**

B.Com, Diploma in Coaching (Basketball)

**ADMINISTRATIVE STAFF**

1	PRIMJITHLAL P. F.	- Assistant Director
2	DIVYA JEYCHANDREN	- Assistant Director
3	MOHANDAS T. P.	- Accounts Officer/DDO
4	SARAVANA BAVAN	- Accounts Officer
5	REMADEVIAMMA S.	- Personal Assistant
6	SHIRLY S.	- Assistant
7	MURALEEDHARAN V.	- Assistant Librarian
8	CISY PAUL	- U.D.C.
9	LATHIKA M. P.	- Junior Accountant
10	SISYMOL K. G.	- U.D.C.
11	KUNJAMMA SEBASTIAN	- Lab Technician
12	VIJENDRA BABU K.	- Electrician
13	VIJAYAKUMAR T.	- Plumber
14	CHANDRA BABU B.	- Driver
15	REGHUVARAN NAIR S.	- L.D.C
16	AJITH KUMAR A.	- Groundsman (GRADE – II)
17	GOPAKUMAR P.	- Groundsman
18	SURESH KUMAR K.	- Groundsman
19	PRATHAPACHANDRAN C. B.	- Groundsman
20	SAROJINI AMMA K.	- Cook
21	DAYAMONI D.	- Cook Helper
22	BENNICHEN G.	- Bearer Helper
23	SASIDHARAN NAIR R.	- Safai Karmachari
24	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 established by the Government of India, Ministry of Human Resource Development, Department of Education on 17<sup>th</sup> 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:

1. **Bachelor of Physical Education (BPEd)**  
- 2 years (Approved by NCTE)  
Applications for the above course will be invited soon after Grant of affiliation by the University
2. **Master of Physical Education (MPE)**  
- 2 years  
Eligibility: BPE/BPEd with 50% marks, age below 25 yrs as on 1<sup>st</sup> July 2018 For details please refer 10.2
3. **Master of Philosophy (Physical Education) MPhil (1 Year)**  
For eligibility and other details please refer Kerala University website. Application for this programme shall be submitted online to Kerala 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 2018

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

*For details please refer 10.3.1*

## 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 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 both men and women students from all over India and abroad. The seats for admission to various courses are as under:

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



## 2.1 APPLICATION FOR ADMISSION

Application form can be had from the Office of Lakshmibai National College Physical Education, Trivandrum on remittance of Rs.400/- or downloaded from website ([www.lncpe.gov.in](http://www.lncpe.gov.in)) along with a Demand draft for Rs.400/- drawn in favour of Principal, LNCPE payable in Trivandrum. Those who wish to obtain the application form by post shall send D.D for Rs.500/- drawn in favour of Principal, LNCPE payable in Trivandrum with full postal address.

Each application for admission must be made in the prescribed form downloaded from the College website or on that attached with the hard copy of the prospectus. Applications complete in all respects and accompanied by necessary certificates and testimonials (photocopied, certified copies) may be sent by post or submitted at the college office **on or before 5 pm on 9th July 2018 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. M.P.E Monday & Tuesday 30<sup>th</sup> & 31<sup>st</sup> July 2018  
8 a.m

2. P. G. Diploma in } Tuesday 31<sup>st</sup> July 2018  
H & F Management } 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 THIRUVANANTHAPURAM AND SAI IMPHAL & SAI BHOPAL 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 after the tests and approval by the university.

The candidates selected should undergo medical test at Medical Centre, LNCPE, Thiruvananthapuram and those who clear the medical test should **deposit all fees by Monday, 06.08.18 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.

### Cautionary 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

College regulations regarding attendance and examinations have to be followed for all courses. As per the University rule there shall be 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 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 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. 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 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 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. Violation of this rule will result in suspension of the students concerned.

*Smoking, consumption of alcohol and narcotics 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, co-ordinates 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.1000/- in case of BPEd, MPE & 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 willfully causes damage to college property his/her caution money shall not be refunded in order to make good such loss. *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 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 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 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 upto 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-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 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.
- 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 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:**

- 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 regard.

**SC/ST/OBC STUDENTS ELIGIBLE FOR SCHOLARSHIP DURING THE ACADEMIC YEAR 2018-19 SHOULD SUBMIT THEIR APPLICATION FORMS FROM THE RESPECTIVE DEPARTMENTS BY FEBRUARY FOR PROCESSING.**

**9.0 MEDALS**

College awards the following Gold medals:

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

**10.0 ADMISSION PROCEDURE**

- i. All eligible candidates desirous of seeking admission to BPEd/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 schedule of tests will be notified to the candidates on their arrival at the testing venue.
- iv. **Candidates must be in possession of all original certificates/credentials and other documents along with photo ID Proof for verification by college administration when they report for tests.**



## 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 01st July of the year of admission (born on or after July 3rd 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 Interschool 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.

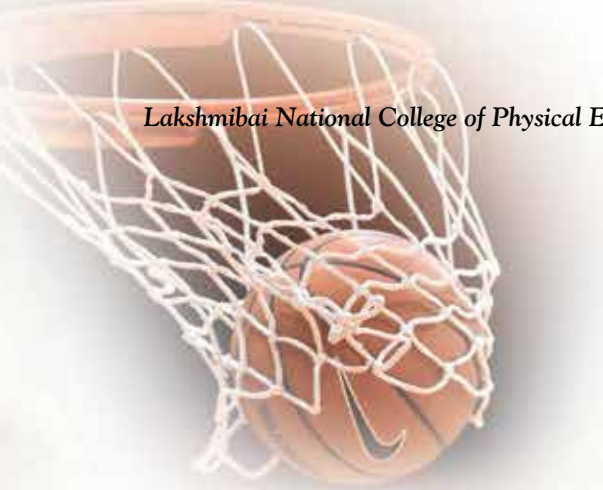
#### 10.2.2.2 Game/Sport Proficiency Test: (30 marks)

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:

Basketball	Boxing	Cricket
Football	Gymnastics	Handball
Hockey	Kabaddi	Kho Kho
Shuttle Badminton	Softball	Swimming
Table Tennis	Taekwondo	Tennis
Track & Field	Volleyball	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,

- i. A Bachelor's Degree in Physical Education of a University - Indian or foreign recognized for the purpose by the University of Kerala.
- ii. 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

- iii. 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 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.
- iiii. 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

## **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 on the College website after completion of all tests, formalities and final approval from University Of Kerala.

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 vacated 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 along with the application form.





**Annexure – I**  
**SCHEDULE OF FEES FOR THE YEAR 2018-2019**

Sl No	Particulars	MPE I YEAR		PGDHFM
		Total Fees	Fees to be paid at the time of admission	Total Fees
1	Mess Fees <sup>#</sup> (For 10 months)	30,000.00	15,000.00	30,000.00
2	Tuition Fees	2,000.00	2,000.00	10,000.00
3	Uniform Fees	4,000.00	4,000.00	4,000.00
4.	Caution money*	1,000.00	1,000.00	1,000.00
5.	ID Card , Diary & Syllabus Book	250.00	250.00	250.00
6	Insurance	500.00	500.00	500.00
7	University Fees**	2,200.00	2,200.00	2,200.00
	<b>Total</b>	<b>39,950.00</b>	<b>24,950.00</b>	<b>47,950.00</b>

\* Refundable after the completion of the course.

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

# Subject to revision based on prices of essential commodities

**Note:**

The amount of fee/dues mentioned above is liable to change at any time without prior notice.

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.

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.

Charges for excursion, books, stationery, etc. are not included.

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.

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						
PULL-UP	SIT-UP	SHUTTLE RUN	SBJ	50-YARD DASH	600-YARD RUN	PERCENTILE
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						
FLEXED ARM HANG	SIT-UP	SHUTTLE RUN	SBJ	50-YARD DASH	600-YARD RUN	PERCENTILE
73	66	8.2	7' 6"	6.4	1:39	100 <sup>th</sup>
34	45	9.6	6' 9"	6.8	2:02	95 <sup>th</sup>
28	41	10.0	6' 6"	7.0	2:10	90 <sup>th</sup>
22	40	10.1	6' 3"	7.1	2:14	85 <sup>th</sup>
19	38	10.3	6' 2"	7.3	2:20	80 <sup>th</sup>
17	35	10.4	6' 0"	7.4	2:24	75 <sup>th</sup>
14	34	10.5	5' 11"	7.5	2:26	70 <sup>th</sup>
12	33	10.7	5' 10"	7.5	2:30	65 <sup>th</sup>
10	32	10.9	5' 9"	7.6	2:35	60 <sup>th</sup>
9	31	11.0	5' 7"	7.7	2:38	55 <sup>th</sup>
8	30	11.1	5' 5"	7.9	2:41	50 <sup>th</sup>
7	30	11.3	5' 4"	8.0	2:45	45 <sup>th</sup>
6	28	11.5	5' 3"	8.0	2:48	40 <sup>th</sup>
5	27	11.6	5' 2"	8.1	2:53	35 <sup>th</sup>
4	26	11.9	5' 0"	8.2	2:56	30 <sup>th</sup>
3	25	12.0	4' 11"	8.4	3:02	25 <sup>th</sup>
2	22	12.2	4' 9"	8.5	3:09	20 <sup>th</sup>
2	20	12.5	4' 7"	8.8	3:19	15 <sup>th</sup>
1	18	13.0	4' 4"	9.0	3:30	10 <sup>th</sup>
0	14	14.0	4' 1"	9.5	3:45	5 <sup>th</sup>
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.	<b>First three position holders in the following championships</b> Senior National All India Inter University (AIU) School Games Federation of India (SGFI) Junior National	18
3.	<b>Participation in the following championships</b> Senior National All India Inter University (AIU) School Games Federation of India (SGFI) Junior National Youth National (First three position holders as well)	16
4.	<b>First three position holders in the following championships</b> Sub- Junior National Zonal-Senior/Youth/ Junior (Inter State) Women National Sports Festival Rural National	14
5.	<b>First three position holders in the following championships</b> State Senior/Youth/Junior State Schools <b>Participation in the following championships</b> Sub Junior National Women National Sports Festival Zonal -Senior/Youth/ Junior(Inter State) Rural National University Team Members (Non-Participation)	12

6.	<b>First three position holders in the following championships</b> State Sub Junior K.V.S /CBSE/ISE/NVS National Inter Collegiate (Including College Games) Rural State State Women Sports Festival <b>Participation in the following championships</b> State Senior/Youth/junior State School	10
7.	<b>First three position holders in the following championships</b> Dist. Senior/Youth/ Junior Dist. Schools <b>Participation in the following championships</b> K.V. S/CBSE/ISE/NVS National State Sub Junior Rural State State Women Sports Festival	8
8.	<b>First three position holders in the following championships</b> KVS /CBSE/ISE/NVS Region Rural Dist. Sub Junior Dist. State VHSC/ Poly Tech	6
9.	<b>First three position holders in the following championships</b> Women Dist. Sports Festival <b>Participation in the following championships</b> KVS/CBSE/ISE/NVS Region Dist. Inter Schools/ Inter collegiate Rural Dist. Dist. Senior/Youth/Junior State VHSC/ Poly Tech	4
10.	<b>Participation in the following Competitions</b> KVS/CBSE/ISE/NVS Zone District VHSC/Poly Tech, Rural Taluk Intramural/ inter club etc.	2