

stands - One Pair; High Jump Cross bars - Six; Shot-put for Men & Women - Two each; Discus for men & women - Two each; Hammers for men & women - Two each; Javelin for Men & Women - Six each; Vaulting box for jumping - Two; Relay Batons - Six; Mattress, Weight Training Set (Mats), Landing for High Jump.

(ii) **Sports and Games**

Badminton - Posts, Nets, Racket, Shuttle Cocks; Basketball - Stand and Board, Net, Balls; Cricket - Batting pad, Batting Gloves, Abdominal Guard, Helmet, Wicket Keeping Gloves, Wicket Keepers leg guard, Stumps, Bails, Balls, Tennis Balls; Football - Goal-post, Net, Balls (Mini size 4 No.), Posts with flags; Gymnastics - Vaulting Table / Horse (Men & Women), Parallel Bar (Men), Horizontal Bar (Men), Balance Beam (Adjustable), Balance Beam (Adjustable), Gymnastics Mattresses; Handball - Goal posts, Nets, Balls; Hockey - Goal posts, Net, Balls, Sticks, Goal-keeping kit; Kho-Kho - Poles; Lawn Tennis - Posts, Nets, Balls, Rackets; Table Tennis - Table, Rackets, Balls; Volleyball - Posts, Nets, Balls, Antenna; Weight Training - Rods, Weight Plates 2.5 Kg, 5 Kg, 10 Kg, 15 Kg, 20 Kg, Collars, Benches, Weight Stand, Weight Belts and Weight Jackets; One Multi-gym or separate station wise (at least ten station); Judo/Taekwondo/ Wrestling - Mats

(iii) **Equipment for indigenous activities / mass demonstration**

Leziums; Dumbbells; Flags; Hoops; Wands; Balls; Umbrellas; Skipping Ropes; Music System; Music - CDs/ Cassettes; Material like scarf drill, ribbon, placard etc. for mass display activities; Demonstration/ Display Equipment for martial arts.

**6.4 Cultural Activities**

Suitable and adequate instruments, as and when needed for various activities shall be provided.

**6.5 Miscellaneous**

Other equipment required for major games, minor games, recreational games, relays, combative games and yoga.

**6.6 Amenities**

- (i) Functional and appropriate furniture in required number for instructional and other purposes.
- (ii) The institution shall provide separate common rooms for male and female teacher educators/students-teachers.
- (iii) Sufficient number of toilets, separate for male and female, shall be made available for staff and students.
- (iv) Arrangement may be made for parking of vehicles.
- (v) Safe drinking water be provided in the institution.
- (vi) Effective arrangement be made for regular cleaning of campus, water and toilet facilities, repair and replacement of furniture and other equipments.

[Note: In case of composite institution, the facilities of multipurpose hall, playground, library and laboratory (with proportionate addition of books and equipments) and instructional space may be shared by various programmes.]

**7. Managing Committee**

The Institution shall have a Managing Committee constituted as per the rules of the affiliating University/Concerned State Government, if any. In the absence of such rules, the institution shall constitute the Managing Committee on its own. The committee shall comprise representatives of the sponsoring society/ trust, physical educationists, representatives of the affiliating university and of the staff.

**APPENDIX-7**

**Norms and standards for bachelor of physical education programme leading to Bachelor of Physical Education (B.P.Ed.) Degree**

**1. Preamble**

The Bachelor of Physical Education (B.P.Ed.) programme is a professional programme meant for preparing teachers for physical education in classes VI-X and for conducting physical education and sports activities in classes XI-XII.

**2. Duration and Working Days**

**2.1 Duration**

The B.P.Ed. Programme shall be of duration of two academic years or of four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

## 2.2 Working Days

There shall be at least 200 working days per year exclusive of admission and examination etc. The institution shall work for a minimum of 36 hours in a week (five or six days a week).

## 3 Intake, Eligibility and Admission Procedure

### 3.1 Intake

There shall be a basic unit of 100 (one hundred) students with two sections of 50 (fifty) each.

### 3.1 Eligibility

(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 recognized by the AIU/IOA/SGFI/Govt. 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 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> position in Inter College/ Inter-Zonal/ District/ School competition in sports and games as recognized by the AIU/IOA/SGFI/Govt. of India.

Or

(e) Bachelor's degree with participation in international competitions or secured 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> position in National/ Inter-University competition in sports and games as recognized by respective federations/ AIU/IOA/SGFI/Govt. of India.

Or

(f) Graduation with 45% marks and at least three years of teaching experience (for deputed in-service candidates i.e. 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.

### 3.2 Admission Procedure

Admission shall be made on merit on the basis of marks obtained in the entrance examination (written test, sports proficiency test, physical fitness test, and marks obtained in the qualifying examination) or any other selection process as per the policy of the University/ State Government/UT Administration.

### 3.3 Fees

The institution shall charge only such fee as prescribed by the affiliating body / State Govt. concerned in accordance with provisions of NCTE (Guidelines for Regulations of tuition fees and other fees chargeable by unaided teacher education institutions) Regulations 2002, as amended from time to time and shall not charge donation, capitation fee etc. from the students.

## 4 Curriculum, Programme Implementation and Assessment

### 4.1 Curriculum

The B.P.Ed. Programme shall be designed to integrate the study of childhood, social context of physical education, subject knowledge, pedagogical knowledge, aims of physical education and communication skills. The programme comprises of compulsory and optional theory courses and compulsory school internship. The theory and practical courses shall be assigned a weightage in the proportion determined by the affiliating body. It shall be in broad alignment with the curriculum framework suggested by NCTE (revised from time to time) for the state or region concerned.



ICT, gender, yoga education, and disability/inclusive education shall form an integral part of the B.P.Ed. curriculum.

**(a) Theory Courses**

The Theory Courses shall comprise of courses on perspectives in Physical Education, curriculum and sports and games pedagogy. The theory course in the 1<sup>st</sup> year shall include History, Principles and Foundations of Physical Education, Anatomy and Physiology, Health Education and Environmental Studies, Yoga Education, Educational Technology and Methods of Teaching, Organisation and Administration, Sports Training, Computer Applications, Theory of Sports and Games, Officiating and Coaching; and in the 2<sup>nd</sup> year shall include Contemporary Issues in Physical Education-Fitness, Wellness, Olympic Movement, Nutrition and Weight Management, Sports Psychology and Sociology, Kinesiology and Biomechanics, Sports Medicine, Physiotherapy and Rehabilitation, Measurement and Evaluation, Sports Management and Curriculum Design, Research and Statistics, and Research Project.

**(b) Practicum**

The Practicum Course shall be designed to give opportunity to acquire professional skills and capacities in various games, sports and physical activities suitable to school children. It includes Track and Field; Swimming (if possible); Gymnastics; Yoga; Aerobics; Racket Sports : Badminton, Table Tennis, Tennis, Squash; Team Games : Baseball, Basketball, Cricket, Football, Handball, Hockey, Netball, Softball, Shooting, Volleyball; Combative Sports like Boxing, Fencing, Judo, Karate, Malkhamb, Martial Arts, Taekwondo, Wrestling; Recreational/ Minor Games like Relay Games, Group Games, Minor Games, Lead-up Games; Indigenous Sports like Kabaddi, Kho-Kho; Activities of National Importance like Flag Hoisting, March Past, Ceremonies-Opening, Closing, Victory; Camping/ Picnic/ Hiking/ Trekking; Mass Demonstration Activities like Lezim, Dumb-bell, Umbrella, Tipri, Wand, Hoop or any other Apparatus.

**(c) School Internship**

The B.P.Ed. programme provides for sustained field work with learners and the school, thereby creating congenial atmosphere. The programme includes teaching basic skills in sports and games and indigenous activities giving exposure to teachers in the teaching-learning process.

School internship/ teaching practice includes community engagement. The school internship teaching practice programme shall have the following components :

A minimum of 30 lessons out of which 20 shall be in schools and 10 lessons shall be coaching lessons in the college/ institution/ department itself.

The institution shall have easy access to sufficient number of recognized elementary schools for field work and practice teaching-related activities of student-teachers. It is desirable that it has an attached secondary school of its own. The institution shall obtain undertaking from schools willing to provide facilities for practice teaching.

**4.2 Programme Implementation**

The college/institute will have to undertake the following for implementation of the programme:

- (a) Prepare a calendar for all activities including school internship. The school internship and other school contact programmes shall be synchronized with the academic calendar of the school.
- (b) Make an arrangement with at least ten schools indicating their willingness to allow the internship as well as other school-based activities of the programme. These schools shall form basic contact point for all practicum activities and related work during the course of the programme. The District/ Block office of the State Education Department may allot schools to different TEIs.
- (c) Initiate discourse on physical education and yoga education by periodically organizing seminars, debates, lectures and discussion groups for students and faculty.
- (d) Organise academic enrichment programmes including interactions with faculty from parent disciplines, encourage faculty members to participate in academic pursuit and pursue research, especially in elementary and secondary schools. Provisions of leave may be made for faculty to undertake research/ teaching in Universities and Schools.
- (e) Adopt participatory teaching approach in the classroom to help students develop reflective thinking and critical questioning skills. Students shall maintain continuing and comprehensive evaluation reports and observation records, which provide opportunities for reflective thinking.
- (f) The development of resources for the school must be emphasized and a partnership between the Teacher Education Institution and the school must be fostered through both the curriculum and the running of the Teacher Education Institute of Physical Education.
- (g) There shall be mechanisms and provisions in the Institution for addressing complaints of the students and faculty, and for the grievance redressal.
- (h) For school internship, the TEIs and the participating schools shall set up a mutually agreed mechanism for mentoring, supervising, teaching and assessing the student-teachers.



**4.3 Assessment**

For each theory course, at least 20% to 30% marks may be assigned for continuous internal assessment and 70% to 80% for term-end examination conducted by the examining body; and one-fourth of the total marks shall be allocated to evaluating internship tasks including the assignments of practice teaching. The weightage for internal and external assessment shall be fixed by the affiliating body. Candidates must be internally assessed on the entire practicum course and not only on the project/ field work given to them as part of their units of study. The basis for assessment and criteria used ought to be transparent for students to benefit maximally out of professional feedback. Students shall be given information about their grades/ marks as part of professional feedback so that they get the opportunity to improve their performance. The bases of internal assessment may include individual or group assignments, observation records, diaries, reflective journals, etc.

**5 Staff****5.1 Academic Faculty**

(i) Number (for a basic unit of one hundred students):

1. Principal	:	One
2. Associate Professors	:	Two
3. Assistant Professors	:	Six
4. Assistant Professors	:	Three (Part Time) if needed
5. Sports Trainers	:	Three (Part Time)
6. Yoga Trainer	:	One (Part Time)
7. Dietician	:	One (Part Time)

(ii) For an additional intake of one hundred students, the number of full time teacher educators shall be increased by eight Lecturers/Assistant Professors in physical education.

(iii) Appointment of teachers in physical education shall be such as to ensure the availability of expertise for teaching all courses/ subjects and activities related to physical education.

**5.2. Qualifications****A. Principal/ Head**

(i) Master's degree in Physical Education (M.P.Ed./M.P.E.) with 55% marks or its equivalent grade, i.e. B in the seven point scale of letter grades O, A, B, C, D, E, F as per UGC norms.

(ii) Ph. D in the field of Physical Education.

(iii) Eight years teaching experience out of which five years experience in an institute / college/ department of physical education.

(iv) Any other stipulation prescribed by the UGC/affiliating body/State Govt. from time to time for the positions of principal shall be mandatory.

**B. Associate Professor**

(i) M.P.Ed. degree or its equivalent with at least 55 % marks or its equivalent grade i.e. B in the seven point scale of letter grades O, A, B, C, D, E, F as per UGC norms.

(ii) A minimum of eight years of experience of teaching and/or research in an academic/ research position equivalent to that of Assistant Professor in a University, College or Accredited Research Institution/ industry excluding the period of Ph.D. research with evidence of published work and a minimum of 5 publications as books and/or research/policy papers.

**Note :** Any other stipulation prescribed by UGC /Affiliating Body/State Govt. from time to time for the position of Associate Professor shall be mandatory.

**C. Assistant Professor**

M.P.Ed. degree or its equivalent with 55 % marks or its equivalent grade i.e. B in the seven point scale of letter grades O, A, B, C, D, E, F as per UGC norms.

**Note :** Any other stipulation prescribed by UGC / Affiliating Body / State Govt. from time to time for the position of Assistant professor shall be mandatory.

**D. Sports Trainers (Part Time)**

Masters degree/Bachelors degree in physical education with specialization in at least one game/sport (as applicable) or Diploma/PG diploma in coaching in a sport (as applicable).

**E. Yoga Trainer (Part Time)**

PG Diploma in Yoga.

**F. Dietician (Part Time)**

Masters degree in nutrition or Bachelors degree in home science with diploma in nutrition and dietetics.

### 5.3. Technical Support and Administrative Staff

1. Librarian	:	One
2. Physiotherapist	:	One
3. Grounds-men/ Markers/ Helpers	:	Two
4. Music Teacher/ Band Master	:	One (Part Time)
5. ICT Instructor	:	One (Part Time)
6. Technical Assistant	:	One (Part Time)
7. Accounts Assistant	:	One
8. Office Assistant	:	One
9. Storekeeper	:	One
10. Helpers/ Attendants	:	Two

#### Qualifications

As prescribed by concerned State Government, Affiliating University/ UGC.

[Note: In case of composite institution, the Principal, and academic, administrative and technical staff can be shared across programmes. There shall be on Principal, and others may be termed as HoDs].

### 5.4. Terms and Conditions of Service

The terms and conditions of service of teaching and non-teaching staff including selection procedure, pay scales, age of superannuation and other benefits shall be as per the policy of the State Government/Affiliating body.

## 6. Facilities

### 6.1 Infrastructure

(i) There shall be provision for at least two class rooms, one multi-purpose hall, one seminar room / tutorial specialization class rooms, separate rooms for the Principal, faculty members, medical facility room, office for the administrative staff and a store. For every instructional room like class room, laboratories, and libraries etc. spaces shall not be less than 10 sq. ft. (ten square feet) per student. Multi-purpose Hall shall have the seating capacity for at least two hundred persons with total built up area inclusive of dias as 2000 sq. mts (two thousand square meters).

(ii) Built up Area for running other courses in combination with B.P.Ed programme shall be as under :

- Only B.P.Ed. - 1500 Sq mts.
- B.P.Ed, plus M.P.Ed. - 2700 Sq.mts.
- B.P.Ed plus D.P.Ed plus M.P.Ed - 3900 Sq.mts.

Additional intake of one unit of B.P.Ed. will require additional built up area of 500 sqm. (five hundred square meter).

(iii) There shall be a multi-purpose play field for outdoor sports, a 400 meter athletic track (may be 200 meter in metro cities), gymnasium and a hall for indoor games and sports.

(iv) The institution campus, building, furniture etc. should be disabled friendly.

(v) Safeguard against fire hazard be provided in all parts of the building.

(vi) Separate hostels for boys and girls for outstation students.

### 6.2 Instructional

(i) The institution must have at least 5-8 acres of land with proper fencing which shall provide enough space for institutional building and for future expansion and open space for organizing games and sports. Built up area consisting of classrooms etc, shall not be less than 1500 sq.mtr. For additional unit, the built up area is to be increased by 3000 sq. ft. The maximum intake capacity of an institution shall remain three hundred students taking all physical education courses together. Physical education courses are not to be run with other teacher education courses. Five to Eight acres of land is sufficient for all physical education courses up to an intake capacity of three



- hundred students. Labs, Gym, Library, Sports facilities can be shared with other physical education courses being run in same campus.
- (ii) The institution shall have easy access to sufficient number (five to ten) of recognized secondary schools in the nearby area, for field work and practice teaching related activities of the student-teachers. An undertaking in the prescribed format should be obtained from such institutions. It is desirable that the institution has an attached school under its own control.
- (iii) There shall be a library-cum-reading room, equipped with minimum two thousand titles and reference books related to the prescribed course of study, educational encyclopedias, year-books, electronic publications (CDROMS) and minimum five refereed journals on physical education and related subjects. The library shall have photocopying facility and computer with internet facility for the use of faculty and student- teachers.
- (iv) The institution shall have equipments and facilities for indoor sports, outdoor sports and physical activities; sports medicine laboratory; education technology laboratory; anatomy, physiology and health education laboratory; human performance laboratory; physiotherapy, athletic care and rehabilitation laboratory, sports psychology laboratory; as well as for physical activities including Athletics, Sports and games, mass display drills etc. as prescribed by the concerned University and as suggested below.
- (v) Education Technology Laboratory : Digital Camera, Plasma/ LED/ LCD T.V., DVD Recorder and Player, Smart Board, Photocopier Machine, CDs/ DVDs/ROM for various Sports/ Games/ Skills Teaching, Media Projector, Video Camera (Handy Cam Digital), Desk Tops (TFT)- 20, Colour Printer, Scanner, Public Address System, Portable Display Boards (4 feet X 7 feet), Computer Laboratory with 15 desktops (TFT) and internet, intranet facilities with lib-net services, Music System, CCTV.
- (vi) Laboratory Equipments: The institution shall have the following equipments and facilities for various laboratories :
- (a) Anatomy, Physiology and Health Education Laboratory: Hemoglobin Meter – One, Respirometer (wet) – Two, Human Skeleton – One, Weighing Machine – One, Human Body System Charts displaying all systems (at least one separate chart for each body system) – At least 10 Human Body organ system models, Food Nutrient Charts, Communicable and Non-Communicable Diseases charts, Road Safety Devices Charts, First-Aid Box (Preliminary and Advanced), Height and Weight Charts.
- (b) Human Performance Laboratory: Peak Flow Meters, Dry Spiro meters, Pedometers, Heart Rate Monitors, Stop Watches (Electronic measuring time up to 17100<sup>th</sup> of a second), Grip Dynamometers, Back and Leg Dynamometers, Goniometer, Anthropometers, Sliding Calipers, Skinfold Calipers, Steel Tapes, B.P. Apparatuses (Sphygmomanometers and Stethoscope), Harvard Step Test Benches, Wall Thermometer and Barometer, Metronome, Flexometer (to measure flexibility), Finger Dexterity Test, Reaction Time Apparatus (Visual and Audio), Foot and Hand Reaction Time Apparatus, Vibrators.
- (c) Physiotherapy, Athletic Care and Rehabilitation Laboratory : Infra red Lamp, Diagnostic Table, Sterilizing Unit, First Aid Box (Preliminary and Advanced), B.P. Apparatus (Sphygmomanometer and Stethoscope), Thermometer (Clinical), Ultrasound Therapy Unit, Wheel Chair, Vision Chart, Clutches, Weighing Machine, Ice Box, Stretcher, Wax bath therapy, IFT (Short wave Diathermy), Hot packs, Ice packs, Massage tables, Refrigerator.
- (d) Sports Psychology Laboratory: Desirable: At least ten psychological tests and instruments for testing psychological characteristics (with rating scales and manuals)
- (vii) **Sports and Field Equipments**
- (a) Athletics : Measuring Tape (Steel) – 15 m. (One), 30 m. (Two), 50 m. (One), 100 m. (One); Wire for marking the track (fifty meter) - One; Stop Watches (with 10 lap memory) - 06; Starting Clapper - 02; Stands for judges at finish - 02; Flag poles - 06; Starting blocks - 20; Stop boards - 02; Take off boards -02; Hurdles - 30; High jump stands - One Pair; High Jump Cross bars - Six; Shot-put for men and women -06 each; Discus for men and women -06 each; Hammers for men and women - 03 each; Javelin for men and women - 05 each; Vaulting box for jumping - Two; Relay Batons -12; Weight-Lifting Set (Olympic Set) - One set.
- (b) Sports and Games : (i) Badminton: Badminton posts (two sets), Badminton nets (six), Badminton Rackets (20), Shuttle Cocks (ten barrels); (ii) Basketball : Basketball Stand and Boards (two sets), Basketball balls (one dozen), Basketball net (four pairs); Boxing – Gloves, Punching Bags, Ring (if possible); (iii) Cricket: Cricket batting pad (three sets), Cricket Batting Gloves (three sets),



Abdominal Guard (three), helmet (three), Wicket Keeping Gloves (two pairs), Wicket Keepers leg guard (two pairs), Stumps (twelve nos.), Bails (ten nos), Cricket Ball; (iv) Football: Football post (two sets), Footballs, Football Net (four sets), Posts with flags (eight); (v) Handball: Handball posts (two sets); Handball – Balls (one dozen), Handball – Net (four pairs); (vi) Hockey: Hockey posts (two set), Hockey-bailsmen doz.), Hockey Stick (thirty), Hockey Goal keeping kit (one); (vii) Kho-Kho: Kho-Kho Poles (two set); (viii) Lawn Tennis: Lawn Tennis Posts(two), Tennis Balls, Tennis racket; (ix) Table Tennis: Table Tennis Bailsmen doz.; (x) Volleyball: Volleyball Posts (two set), Volleyballs (twenty), Volleyball Net (four), Antenna (four); (xi) Weight-Lifting: Weight Training Rods (ten), Weight Plates 2.5 Kg, five Kg, ten Kg, fifteen Kg, twenty Kg (ten each), Collars (twenty), Benches (four), Weight Stand (two), Squat Stand, One Multi-gym or separate station wise (at least ten station), Weight Jackets and Weight Belts; One Multi-gym or separate station wise (at least ten station); Mats to be used for Judo/Taekwondo/ Wrestling.

(c) Equipment for indigenous activities / mass demonstration: Lezium (50 pairs); Dumbbells (50 pairs); Indian Clubs (50 pairs); Flags; Hoops; Wands; Balls; Umbrella; Skipping Ropes; Music System; Music - CDs/ Cassettes; Material like scarf drill, ribbon, placard etc. for mass display activities.

(d) Gymnastics Apparatus: Parallel Bars (one set), Uneven parallel bars (one set), Horizontal bar (one set), Two roman rings (one set), Climbing ropes (Manila) (six), Mats (twelve rubber, twelve coir), Balance beam (adjustable sets) (one set), One Pummeled Horse (one set), Multi-gym (twelve stationed) (one set), Vaulting Table (one set), Beat board (two nos.), Crash mat (one).

### 6.3 Cultural Activities

Suitable and adequate instruments should be provided as and when needed for various activities. Other equipment required for minor games, recreational games, relays and combative sport be procured on need and specialization basis.

### 6.4 Amenities

- (i) Functional and appropriate furniture in required number for instructional and other purposes.
- (ii) The institution shall provide separate common rooms for male and female staff and students.
- (iii) Sufficient number of toilets, separate for male and female, shall be made available for staff and students.
- (iv) Arrangement may be made for parking of vehicles.
- (v) Safe drinking water be provided in the institution.
- (vi) Effective arrangement be made for regular cleaning of campus, water and toilet facilities, repair and replacement of furniture and other equipments.

(Note : In case of composite institution, the infrastructural and other facilities shall be shared by various teacher education programmes.)

## 7. Managing Committee

The Institution shall have a Managing Committee constituted as per the rules of the affiliating University/Concerned State Government, if any. In the absence of such rules, the institution shall constitute the Managing Committee on its own. The committee shall comprise representatives of the sponsoring society/ trust, Educationists, Physical Education experts, representatives of the affiliating university and of the staff.

### APPENDIX-8

#### Norms and Standards for masters of physical education programme leading to Master of Physical Education (M.P.Ed.) Degree

##### 1 Preamble

- 1.1 The Master of Physical Education (M.P.Ed.) programme is a professional programme meant for preparing physical education teachers for senior secondary (classes XI and XII) level as well as assistant professors/ directors/ sports officers in colleges/ universities and teacher educators in colleges of physical education and university departments of physical education.

##### 2 Duration and Working Days

###### 2.1 Duration

The M.P.Ed. programme shall be of a duration of two academic years or four semesters. However, the students shall be permitted to complete the programme within a maximum period of three years.