

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 Pummelled 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.

2.2 Working Days

(a) There shall be at least 200 working days in each academic year / one hundred working days in each semester exclusive of period of examination and admission etc.

(b) The institution shall work for a minimum of thirty six hours in a week (five or six days a week) during which physical presence in the institution of all the teachers and teacher educators is necessary to ensure their availability for advice, guidance, and consultation, as and when needed.

3 Intake, Eligibility and Admission Procedure**3.1 Intake**

There shall be a basic unit of 40 (forty) students for each year.

3.2 Eligibility

(a) Bachelor of Physical Education (B.P.Ed.) or equivalent with at least 50% marks.

OR

Bachelor of Science (B.Sc.) in Health and Physical Education with at least 50% marks.

(b) The reservation in seats and relaxation in the qualifying marks for SC/ST/OBC/PWD and other categories shall be as per the rules of the Central Government / State Government, whichever is applicable.

3.3 Admission Procedure

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

3.4 Fees

The institution shall charge only such fee as prescribed by the affiliating body / State Government concerned in accordance with provisions of National Council for Teacher Education (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 donations, capitation fee etc. from the students.

4.0 Curriculum, Programme Implementation and Assessment**4.1 Curriculum**

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

Information and Communication Technology (ICT), gender, yoga education, and disability/inclusive education shall form an integral part of the M.P.Ed. curriculum.

(a) Theory Courses

The Theory Courses shall comprise courses in areas of physical education, understanding of research, and applied areas of advance studies in physical education and sports sciences. The theory courses in the 1st year shall include: Research Process in Physical Education and Sports Sciences; Applied Statistics in Physical Education and Sports; Test, Measurement and Evaluation in Physical Education; Yogic Sciences; Scientific Principles of Sports Training; Sports Technology; Physiology of Exercise; Sports Psychology; Sports Biomechanics and Kinesiology; Sports Medicine. In the 2nd year, the courses shall include: Sports Management; Curriculum Designs in Physical Education; Athletic Care and Rehabilitation; Sport Journalism and Mass Media Communication Technology; Sports Engineering; Physical Fitness and Wellness; Value and Environmental Education; Education Technology in Physical Education; Health Education and Sports Nutrition; and a Dissertation.

(b) Practicum

The Practicum Course, which is field-based, shall be designed to give opportunity to acquire professional skills and capacities in various sports, games, physical activities and yoga activities suitable to students. The activities for teaching, coaching and officiating include Track and Field; Swimming; Gymnastics; Yoga; Aerobics (as also self-defence techniques); Racket Sports like Badminton, Table Tennis, Tennis, Squash; Team Games like Baseball, Basketball, Cricket, Football, Handball, Hockey, Netball, Softball, Shooting, Volleyball; Combative

Sports like Boxing, Fencing, Judo, Karate, Malkhamb, Martial Arts, Taekwondo, Wrestling; Recreational Games like Relay Games, Minor Games, Lead-up Games; Indigenous Sports like Kabaddi, Kho-Kho etc.; activities of national importance like Flag Hoisting, March Past, Ceremonies like Opening, Closing, Victory ceremonies of different sports and games; Adventure Activities; Mass Demonstration Activities like Lezim, Dumb-bell, Umbrella, Tipri, Wand, Hoop or any other Apparatus.

(c) Internship

The M.P.Ed. programme shall provide for sustained field work with learners and the institution, thereby creating congenial atmosphere. The programme shall include teaching basic skills in sports and games and indigenous activities giving exposure to students in all such activities. Internship/ teaching practice would include engagement with the community, i.e. school/ college/ sports organization/ sports academy/ sports club and should have the following components:

A minimum of 30 lessons out of which 10 teaching, 10 coaching and 10 officiating in the school/ college/ institution/ department shall be conducted.

The institution shall have easy access to sufficient number of recognized schools/colleges/ sports organizations/ sports academies/ sports clubs for field work and practice teaching related activities of student-teachers. The institution shall furnish undertaking from school/ college/ sports organization/ sports academy/ sports club willing to provide facilities for practice teaching.

The institution shall make an arrangement with at least ten institutions indicating their willingness to allow the internship as well as other activities of the programme. These institutions shall form basic contact point for all practicum activities and related work during the course of the programme.

4.2 Programme Implementation

The university/institution shall undertake the following for the implementation of the programme:

- (i) Prepare a calendar for all activities, including practicum and internship which shall be synchronized with the activity calendar of the institution identified for internship (school/ college/ sports organization/ sports academy/ sports club).
- (ii) Initiate discourse on physical education and yoga education by periodically organising seminars, debates, lectures, discussion groups and yoga practice camps for students and faculty.
- (iii) Organize academic enrichment programmes including interactions with faculty from parent disciplines; and encourage faculty members to participate in academic pursuit and pursue research.
- (iv) 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.
- (v) The development of resources for the institution must be emphasized and a partnership between the Teacher Education Institution and the internship institution must be fostered through both the curriculum and the running of the Teacher Education Institution.
- (vi) There shall be mechanisms and provisions in the Institution for addressing complaints of the students and faculty, and for grievance redressal.
- (vii) For internship, the Teacher Education Institutions and the participating institution shall set up a mutually agreed mechanism for mentoring, supervising, tracking 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 evaluate the students' performance in internship tasks including assessment 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, sports-specific and content-related diaries, reflective journals, among others.

5 Staff

5.1 Faculty

- (a) Number (for a basic unit of forty students with combined strength of eighty for the two year programme):

Professor	One
Associate Professors	Two

Assistant Professors	-	Three
Sports Trainers	-	Three (Part Time)

The teachers shall be drawn from various areas of study included in the curriculum.

5.2 Qualifications

A: Professor

- (i) Postgraduate degree in Physical Education (M.P.Ed./M.P.E.) with 55% marks or its equivalent grade.
- (ii) Ph.D. in the area of Physical Education.
- (iii) At least ten years of teaching/research experience in a department / college of physical education out of which at least five years in the postgraduate institution/University department.

Note : Any other stipulation prescribed by the UGC/ affiliating body/ State Govt. from time to time.

B: Associate Professor

- (i) Postgraduate degree in Physical Education (M.P.Ed./M.P.E.) or any relevant subject with 55% marks or an equivalent grade.
- (ii) Ph.D. in the area of Physical Education.
- (iii) At least eight years of teaching/research experience in a department / college of physical education out of which at least three years at the postgraduate level.

Note : Any other stipulation prescribed by the UGC/ affiliating body/ State Govt. from time to time.

C: Assistant Professor

- (i) Postgraduate degree in Physical Education (M.P.Ed./M.P.E.) with at least 55% marks or an equivalent grade; and
- (ii) Any other stipulation prescribed by the UGC / affiliating body / State Govt. from time to time for the position of Assistant Professor shall be mandatory.

D. Assistant Professor in Yoga

Postgraduate degree in Yoga with minimum 55% marks.

Note : Any other stipulation prescribed by the UGC/ affiliating body/ State Govt. from time to time.

E. Sports Trainers / Coaches

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

Note : Any other stipulation prescribed by the UGC/ affiliating body/ State Govt. from time to time.

(Faculty can be utilized for teaching in a flexible manner so as to optimize academic expertise available).

5.3 Administrative and Professional Support Staff

1. Office Superintendant	-	One
2. Technical Assistants	-	Two
3. Computer Assistant	-	One
4. Helpers/Ground Persons/Markers	-	Two
5. Lab Attendants	-	Two

Qualifications:

As per the norms prescribed by the concerned affiliating University/ State Government/ UGC.

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) The institution must have at least eight (8) acres of land 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 1200 sq. mtr. (one thousand two hundred square meter). This must be ensured even in Hilly Regions where the total land may be at least two acres for administrative building and three acres for sports/game facilities.
- (ii) There shall be provision for four classrooms (two each for M.P.Ed 1st year and 2nd year students) to accommodate twenty students each and one multi-purpose hall to accommodate two hundred persons, having total area of 2000 sq. ft (two thousand square feet) inclusive of dias, four small rooms for fifteen students to conduct specialization classes, seminar/tutorial rooms, separate rooms for the Professor/Head, faculty members, office for the administrative staff and a store. For every instructional room like class room, laboratory, library etc. spaces shall not be less than 10 sq. ft. (ten square feet) per student.

Built up Area for running other courses in combination with M.P.Ed programme shall be as under:

- (a) B.P.Ed/plus M.P.Ed. - 2700 Sq.mts.
- (b) B.P.Ed plus D.P.Ed plus M.P.Ed - 3900 Sq.mts.
- (c) Additional intake of one unit of M.P.Ed will require additional built up area of 400 sqm (four hundred square m) respectively.
- (iii) There shall be a multi-purpose hall/gymnasium for indoor sports and facilities for outdoor sports.
- (iv) The institution shall provide separate common rooms for male and female faculty and students.
- (v) Sufficient number of toilets, separate for male and female and PWD, shall be made available for staff and students.
- (vi) Hostel for boys and girls separately, and some residential quarters for teachers are desirable.

6.2 Equipments and Materials

(i) Library

There shall be a library with facility of reading rooms and equipped with minimum two thousand titles and reference books related to all specializations and courses in physical education, educational encyclopedias, electronic publications (CD-ROMs), online resources, at least five refereed journals on health/sports education and teacher education/staff development, and also internet connectivity. At least one hundred quality books will be added to the library every year. The library shall have photocopying facility and sufficient number of computers with internet facility for the use of faculty and students.

(ii) Laboratory Equipments

In addition to the laboratories mentioned under the B.P.Ed programme, the institution offering M.P.Ed Programme shall have equipments and facilities specified for the laboratories mentioned below:

(a) Exercise Physiology Laboratory

Lactate Analyzer, Body Composition Analyzer, Metabolic Analyzer, Pedometer, B.P. Apparatus (Manual), B.P. Apparatus (Electronic), Skin fold Caliper, Dry Spiro meter (5), Heart Rate Monitor, Multi Function pedometer (10), Computerized Tread Mill.

(b) Sports Psychology Laboratory

EMG Biofeedback; Questionnaires on Personality, Anxiety, Group Cohesion, Aggression, Motivation, Mental Toughness, Self-esteem, Locus of Control and such other questionnaires as per the requirement of the contents of the syllabus; Depth Perception Apparatus, Anticipation Assessment Apparatus, Finger Dexterity Test.

(c) Sports Bio-Mechanics Laboratory

Force Plate (Latest Module Complete Set), Electronic Goniometer (Latest Module), Gait Analysis System for any time, any where alternatively pressure plate.

(d) Measurement and Sports Training Laboratory

Digital Back / Leg Dynamometer, Digital Hand Grip Dynamometer (Adult and Children), Skin fold Capillary, Anthropometry Kit (Computer) sliding and spreading, Caliper, Girth Measures - Goniometer; Steel Taps; Flexomeasure, Hear Rate Monitor, Weighing Machine, Reaction Time Apparatus (Visual and Audio), Food and Hand Reaction Time Apparatus Vibrators.

(e) Facilities for Yogic Kriyas, Yoga Mats.

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 the basis of need and specialization.

6.4 Other Amenities

- (a) Functional and appropriate furniture in required number for instructional and other purposes.
- (b) Arrangement may be made for parking of vehicles.
- (c) Access to safe drinking water be provided in the institution.
- (d) Effective arrangement be made for regular cleaning of campus, water and toilet facilities (separate for male and female students and teachers), repair and replacement of furniture and other equipments.

(Note: If more than one programme in teacher education are run by the same institution in the same campus, the facilities of playground, multipurpose hall, library and laboratory (with proportionate addition of books and equipments) and instructional space can be shared. The institution shall have one Principal for the entire institution and Heads for different teacher education programmes offered in the institution)

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- 9

Norms and standards for diploma in elementary education programme through Open and Distance Learning System leading to Diploma in Elementary Education (D.El.Ed)

1. Preamble

The elementary teacher education programme through Open and Distance Learning System is intended primarily for upgrading the professional competence of working (in-service) teachers in the elementary schools. It envisages bringing into its fold those teachers who have entered the profession without formal teacher training. It aims to prepare teachers for the elementary stage of education, that is, classes I-VIII. The programme shall use blended learning modality for design, development and delivery of the programme.

2. Eligibility of Institutions and Territorial Jurisdiction**2.1 Eligibility of Institutions**

The institutions or academic units specially established for offering ODL programmes like the National Open University, State Open Universities and the Directorates / School of Open and Distance Learning in UGC-recognized Universities, Open Schools, SCERTs shall be eligible to offer teacher education programmes. (The Deemed to be Universities, Agricultural, Technical or allied Universities, which specialize in a field other than teacher education and other discipline specific Universities / Institutions are not eligible to offer teacher education programme through ODL).

2.2 Territorial Jurisdiction

The University/Institution offering teacher education programme through ODL will have territorial jurisdiction as defined in its Act or as decided by the concerned State Government.

The Study Centres of the University/Institution shall also be located in its territorial jurisdiction.

3. Duration

The duration of the programme shall be of two academic sessions/years. However, students shall be permitted to complete the programme within a maximum period of five years. The commencement and completion of the programme shall be so regulated that two long spells of vacation (summer / winter / staggered) are available to the learners for guided / supervised instruction and face to face contact sessions. The programme can also be sandwiched between two summer vacations for face-to-face interaction (besides learners' self-study at their choice and pace).

4. Intake, Eligibility, Admission Procedure and Fees**4.1 Intake**

The basic unit of intake for the D.El.Ed. programme shall not exceed five hundred students subject to the condition that one Study Centre shall enroll not more than one hundred students in a given session. The