



## **SPORTS AUTHORITY OF INDIA**



### **LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION**

KARIAVATTOM, THIRUVANANTHAPURAM-695 581

**(Affiliated to the University of Kerala)**

## **PROSPECTUS**

**2022-23**

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## **THE RANI OF JHANSI**

Lakshmibai, the Rani of Jhansi was born under the name Manikarnika Tambe in Varanasi in 1828. She was one of the most resolute, patriotic figures of the Rebellion of 1857, India's first war of Independence. Brought up in a household of the Peshwa (Ruler) Baji Rao II, she had an unusual upbringing for a Brahmin girl. Growing up with boys in the Peshwa's court, she was trained in martial arts and she became proficient in sword fighting and riding. In 1842, at the age of 14, she got married to Gangadhar Rao Newalkar, the Maharaja of Jhansi and got the name Rani Lakshmibai. Shortly after the beginning of the revolt in 1857, she was proclaimed the regent of Jhansi. Her struggle against the British was courageous and consistent. She was not ready to surrender to the alien rulers. She inspired her followers with great enthusiasm and zeal for her cause. She was determined not to give up the dominion of Jhansi. As an organizer par excellence, she revamped the administration of the state, boosted and raised a banner of revolt against the British Raj. When Jhansi fell she moved to Kalpi and then to Gwalior to continue her struggle with renewed vigour. After a fierce battle with the British she died on June 17, 1858 martyring her life for India's freedom. For Indian nationalists, she was the icon for the freedom struggle against the British. November 19, the birth anniversary of Rani Lakshmibai is celebrated as Martyr's Day in Jhansi to honour the lives lost in the Rebellion of 1857.

## MESSAGE FROM THE PRINCIPAL



Lakshmibai National College of Physical Education (LNCPE), founded in 1985 in the memory of Rani Lakshmibai of Jhansi. LNCPE is the only National College of Physical Education in India (Under Sports Authority of India), primarily focused on developing a holistic ecosystem and excellence for teaching and research in the field of Physical Education and sports. Since origin, the college has achieved great heights of success owing to the efforts of dedicated and devoted teachers, students by adopting an innovative and student centric approach.

The College offers Bachelor of Physical Education (B.P.Ed.4 Years) and Master of Physical Education and Sports (M.P.E.S.) programmes along with M.Phil and Ph.D. in Physical Education. The alumni of LNCPE are employed in various sectors like Physical Education, Sports, Health and Fitness, Yoga, Defense Services, Industrial Sectors, Corporate Sectors and Media Sectors etc. and hold crucial positions. The college has a 100% placement record to its credit.

In LNCPE, we have accepted the challenges put forth by the ongoing pandemic and look for opportunities for restructuring our education systems, enabling our students to become more adaptable, motivated and employable. We understand the role of holistic interwoven approach to learning as essential for a transformation and cutting-edge academic experience. I am proud to share that, despite the challenges thrown up by COVID-19, we have adapted the blended method of teaching and learning and completed all the academic activities successfully for all the semesters in the previous academic year. This was only possible with the untiring efforts of our highly skilled and experienced faculty and indomitable will of our students to learn. Further we have conducted various online training programmes for PE Teachers, Community coaches, sports coaches and athletes at national level, where more than 40000 participants were trained. LNCPE also organized various national and international seminars, webinars and special lectures in association with organizations of national and international repute.

Here in LNCPE, we understand the potential of each and every student and provide them a conducive environment for excellence in academics, research and sports. The team LNCPE will help you pursue your goals by realizing your full potential. I wish the students a bright academic career ahead.

June, 2022

**Dr. G. Kishore**

**Principal, SAI-LNCPE, Trivandrum**

## MEMBERS OF THE TEACHING FACULTY

SL.NO.	NAME	DESIGNATION
1.	<b>Dr. G. KISHORE</b> M.P.E., M.Phil., Ph.D.	<b>Principal</b>
2.	<b>Dr. GEORGE MATHEWS</b> M.B.B.S., D.P.M.R., Dip.N.B. (PMR), M.Phil. (Clinical Epidemiology)	<b>Associate Professor</b>
3.	<b>Dr. PRADIP DUTTA (On Deputation to SAI-HO, New Delhi)</b> M.P.E., M.Phil., Ph.D. , Diploma in Coaching, M.S. (Football)	<b>Associate Professor</b>
4.	<b>Dr. SADANANDAN. C.S.</b> M.P.E., M.Phil., Ph.D., Dip. in Coaching (Volleyball)	<b>Associate Professor</b>
5.	<b>Dr. SAWANT MAHENDRA NARENDRA</b> B.A. (Economics), M.P.Ed., Ph.D. Certificate in Coaching (Wrestling)	<b>Associate Professor</b>
6.	<b>Dr. LAMLUN BUHRIL</b> M.P.E., Ph.D.	<b>Associate Professor</b>
7.	<b>Lt. LOVEY DEBORA CRUZ</b> M.P.E., M.Phil., TTCC in Yoga	<b>Associate Professor</b>
8.	<b>Dr. ASHUTOSH ACHARYA</b> M.P.E., Ph.D.	<b>Assistant Professor</b>
9.	<b>Dr. JAYARAMAN S.</b> M.A., M.P.Ed, M.Phil., Ph.D. Diploma in Coaching (Athletics)	<b>Assistant Professor</b>
10.	<b>Dr. SANJEEV S PATIL</b> M.P.Ed., M.Phil., Ph.D., Dip. In Coaching(Judo)	<b>Assistant Professor</b>
11.	<b>Dr. SANJAY KUMAR PRAJAPATI</b> M.P.Ed., Ph.D.	<b>Assistant Professor</b>
12.	<b>Dr. SUDHEESH C.S.</b> M.P.E., Ph.D.	<b>Assistant Professor</b>
13.	<b>Dr. NARENDRA GANGWAR</b> M.P.Ed., M.Phil., Ph.D.	<b>Assistant Professor</b>

### ADMINISTRATIVE STAFF

1.	MOHANDAS T.P.	Director
2.	N.S.RAVI	Deputy Director
3.	PRIMJITHLAL P.F.	Deputy Director
4.	SHUBHRANSHU DWIVEDI	Assistant Director
5.	CISY PAUL	Assistant
6.	RAVEENDRAN NAIR.S.	Assistant
7.	SISYMOL. K.G	Assistant
8.	LATHIKA. M.P	Assistant
9.	AJITH KUMAR.A	Groundsman (Grade – I)
10.	SURESH KUMAR.K	Groundsman (Grade – II)
11.	PRATHAPACHANDRAN.C. B	Groundsman (Grade – II)
12.	SASIDHARAN NAIR.R	Safai Karmachari
13.	BENNICHEN.G	Bearer Helper

# **LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION**

## **THIRUVANANTHAPURAM**

### **THE BACKGROUND**

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

The college is located at the northern side of the Kariavattom Campus of the University of Kerala approximately 15 km. 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.

### **OBJECTIVES**

The main objectives of the Institution are: -

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

### **COURSES OFFERED**

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

- (1) **Bachelor of Physical Education (BPED) -4 years Innovative** (Approved by NCTE)
- (2) **Master of Physical Education and Sports (MPES) - 2 years** (Approved by UGC)
- (3) **Ph.D in Physical Education** (For eligibility and other details refer to the Kerala University website).



## PROSPECTS OF THE COURSES

We live in an era where people have realized the importance of sports and fitness. This field is expanding exponentially each passing day. You can shape your future by pursuing your career in Physical Education. On completion of the course the graduates will be well qualified for appointment as Physical Education Teachers in schools, and post-graduates as Assistant Professors and Directors of Physical Education in Colleges and Universities. A career in physical education can lead you to a wide range of career options. There are many other options of working in this field apart from serving as a Physical Education Teacher. A candidate with passion for Physical Education can also work as coach, team manager/sports manager, fitness instructor, athletic trainer, sports journalist, and photographer. Trained Physical Education personnel are given preference in Defence and Police services with special recruitment drives.

## 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.

## ADMISSIONS

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

BPEd	(4 Years)	70 (28 seats are earmarked for Girls)
M.P.E.S.	(2 Years)	25

## APPLICATION FOR ADMISSION

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

- Self-attested copies of all the documents.
- All the documents and certificates in original.
- Any government ID proof (passport, voter ID, Aadhar card, Driving License)

***Application fee of Rs.1000/- for each course shall be paid online. College account details are: A/c no.: 57007268936, Name: Principal, LNCPE, IFSC: SBIN0070043, SBI Kariavattom. Online application will open on 1<sup>st</sup> July 2022 and close on 25<sup>th</sup> July 2022.***

## ADMISSION PROCEDURE

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

**other documents for verification by college administration when they report for tests.**

## **ADMISSION TESTS**

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

<b>1. M.P.E.S.</b>	<b>19 &amp; 20 August 2022 (Friday &amp; Saturday)</b>	<b>8 a.m</b>
<b>2. BPED</b>	<b>22-26 August 2022 (Monday to Friday)</b>	<b>8 a.m</b>

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

**Admission tests for BPED, and MPES will be conducted simultaneously in LNCPE, Thiruvananthapuram, SAI-Imphal, Manipur & LNIPE, Gwalior, MP**

## **RANK LIST**

Names of the candidates selected will be displayed on the notice board / College website ([www.lncpe.ac.in](http://www.lncpe.ac.in)) after the admission tests and approval by the university. The candidates selected should attend counseling (dates will be informed to the selected candidates) followed by Medical Test at medical Centre at LNCPE, Thiruvananthapuram and those who clear the medical test and credential verification by the college administration, pay the required fees on or before 21<sup>st</sup> September 2022 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.

## **WOMEN CANDIDATES**

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

## **NOTES:**

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



candidate is forged, or information contained in it is false his/her admission will be cancelled forthwith.

**5. Students shall submit the following original documents/certificates at the time of admission:**

- Medical fitness certificate (In the prescribed format in the Annexure-I)
- SSLC (10<sup>th</sup>)/ Equivalent certificate
- Plus, two (12<sup>th</sup>) certificate/Trade certificate for VHSE
- Degree/ graduation certificate (original/provisional) and mark list (For MPES applicants only)
- Caste certificate (if under reservation quota / For scholarship purpose)
- Income certificate for SC/ ST/ SEBC/EWS candidates
- Non-Creamy layer certificate for OBC candidates
- Transfer certificate
- Conduct certificate
- Eligibility, Recognition and Matriculation certificates from University of Kerala by the candidates of other Universities and Boards of Higher Secondary Examinations. However, Recognition does not apply to the candidates from Calicut University.
- Migration certificate from their respective Universities/Boards (This does not apply to the candidates (applied for BPED course) who have passed Higher Secondary Education, Govt of Kerala)
- Passport size photographs- 2 nos.

## **ATTENDANCE AND EXAMINATIONS**

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

**Note:**

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

## **INTERNAL EXAMINATION**

- Students are expected to perform well in sessional/model examinations so as to score good marks in the sessional.
- A student may be detained from appearing for the University Examination if his/her progress in theory/activity is not found satisfactory.

## CONDUCT AND DISCIPLINE

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

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

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

## HEALTH CENTRE

College Health Centre provides free treatment for ordinary ailments and injuries. Physiotherapy treatment for sports related injuries is also available. In case of emergency, serious ailments/injuries the students will be referred to government Medical College for further treatment at their own expense.

## CLUB AND CO-CURRICULAR ACTIVITIES

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

## COLLEGE DUES

Students will be required to pay the fee according to the details given in Annexure-I. The students must pay the college dues for the year in two installments. If a student does not clear the dues within the period mentioned above, his/her name will be struck off the college rolls and re-admission will be allowed only on clearance of all dues and fine as mentioned above within three days along with a re-admission fee of Rs.150/-.

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

## CAUTION MONEY

Caution Money of Rs. 1000/- in case of BPED, MPES, 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.

**Note:**

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

## UNIVERSITY FEE

- **Students who come from institutions outside the jurisdiction of University of Kerala will have to produce Migration certificate from their respective Universities/Boards (*This does not apply to the candidates who have passed Higher Secondary from Kerala Education Board.*) and Eligibility certificate from University of Kerala at the time of admission to college.**
  - **Matriculation fee** will be remitted by the students 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 the fee to University of Kerala by the candidates of other Universities and Boards of Higher Secondary Examinations.
  - **Examination fee** must be remitted by the students themselves as prescribed by the University of Kerala upon notification of the exam schedule.

## UNIFORM

An amount of **Rs.5000/-** will be collected from each student at the time of admission to supply activity uniform. Additional money will be collected from the students on this account, if necessary.

## 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.

## **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 and MPES** will be awarded to meritorious students who secure 60% or more aggregate marks in the University Examination. The value of Academic Merit Scholarship will be Rs.2,500/- per semester. 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 and MPES 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

**Note:**

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

respectively.

**(c) Best student award**

**Prof.K.R.K.Nair memorial endowment prize** will be awarded to the best student of **final year BPED and MPES** 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:**

Students from MPES classes will be eligible for grant of Student Teaching Assistantship of **Rs.1000/-** per student per month for assistance in academic and instructional classes.



**Note:**

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

**SC/ST/OBC STUDENTS ELIGIBLE FOR A SCHOLARSHIP DURING THE ACADEMIC YEAR 2022-23 SHOULD SUBMIT THEIR APPLICATION FORMS/ SCHOLARSHIP FORMS FOR THE RESPECTIVE DEPARTMENTS FOR THE ACADEMIC YEAR WITHIN A MONTH OF ADMISSION FOR PROCESSING.**

**MEDALS**

College awards the following Gold medals:

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

## RESERVATION OF SEATS & ADMISSION PROCEDURE

(As per the Reservation Policy prescribed by the Kerala University)

(vide letter no.AcB1/14147/2019 dated 02.05.2019 and letter no.Ac.B1/BPEd

Admn/2019-20 dated 25.06.2019 from the University of Kerala)

Sl No.	Seat Reservation	% of Reservation
I	<b>General Merit Quota (On the basis of merit)</b>	<b>50</b>
II	<b>Socially and Educationally Backward Classes (SEBC)</b> (a) Ezhava(EZ) 8% (b) Muslim (MU) 7% (c) Latin Catholic (LC) /SIUC 1% (d) Other Backward Christian (BX) 1% (e) Other Backward Hindu (BH) 3% (G.O (Ms) No.107/08/Higher Edn., dated 30/08/2008).	<b>20</b>
III	<b>Economically Weaker Sections (EWS) in General Category</b> (G.O (Ms) No.2/2020/P&ARD dated 12.02.2020)	<b>10</b>
IV	<b>Scheduled Castes/ Scheduled Tribes</b> [Scheduled Castes 15%, Scheduled Tribes 5%]	<b>20</b>

### Note:

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

# REGULATIONS FOR THE DEGREE OF BACHELOR OF PHYSICAL EDUCATION

(BPEd, 4 Year Innovative Degree Programme)

## INTRODUCTION

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

1. Name of the Course: The name of the course shall be Bachelor of Physical Education (B.P.Ed. (4 Year) Innovative.
2. Nature of the Course: The course shall be full time residential and co-educational.
3. Duration: The duration of the course shall be four academic years with eight semesters. A candidate must complete the course of study for the Bachelor of Physical Education (B.P.Ed.) and pass all papers in Part-A (Theory), Part-B (Practicum), Part-C (Teaching Practice) Part – D (Coaching Ability), and Part-E Internship within a total period of Eight Years commencing from his/her first admission to the B.P.Ed. Course.
4. Eligibility for admission and reservation of seats.

For admission to the B.P.Ed. 4 Year Innovative Course, the candidate shall fulfill the following conditions;

4.1 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.*

4.1.2 However, for the candidates belonging to SC/ST/SEBC and other categories the relaxation in the percentage of marks in the qualifying examination shall be as per the rules of the University of Kerala.

4.2 Candidate should be below the age of 23 years as on 1<sup>st</sup> June 2022 However:

4.2.1 For the candidates belonging to SC/ST, the upper age limit is relaxed up to 25 years.

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

5. Women Candidates

If a woman student admitted to B.P.Ed. (4 Year) Innovative Course gets married and is found medically unsuitable at any stage of the programme, she will have to discontinue the programme.

6. Number of Seats

Men	Wom en	Total
42	28	70

*Note: Rank lists shall be published separately for men and women. Reservation of*

*seats for SC/ST/SEBC candidates shall be done as per rules of the University of Kerala.*

**7. Selection Criteria**

The candidates shall be selected to the B.P.Ed (4 Year) Innovative Course as per merit from the rank list, which will be prepared on the basis of the following four items of the selection criteria which shall follow the same order as given hereunder.

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

A written test consisting of 50 multiple choice questions from topics such as General English, General knowledge, Sports and Professional Aptitude shall be conducted. The duration of the test shall be One Hour.

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

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

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-YardRun

*AAPHER YOUTH FITNESS TEST (Norms for Boys and Girls are enclosed as Appendix-I)*

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

A test in the skills of one game/sport of the candidate's choice out of the games/sports included in the schedule of SGFI. However, the college reserves the right to cancel any game/sport from the list on administrative considerations and the games/sports selected shall be published in the prospectus for the respective year.

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

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

**(v) Total 100 Marks**

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

**8. Medium of Instruction and Examination**

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

**9. Programme in the Choice Based Credit and Semester System**

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

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

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

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

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



12. Academic Week is a unit of six working days in which distribution of work is organized from day one to day six, with seven contact hours which include tutoring on each day.
13. Choice Based Credit and Semester System is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.
14. Core Course means a subject that is compulsory as specified for all students undergoing the B.P.Ed. programme.
15. Elective Subject means a subject which would enrich the B.P.Ed. programme where the students are allowed to choose from a category of subjects
16. Practicum means a Game or Sport discipline that comes under the category of Games which are compulsory as specified for all students undergoing the B.P.Ed. (4 Year) Innovative Degree programme.
17. Course: The term course, usually referred to as 'papers' is a component of a programme. All courses need not carry the same weightage. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Practicals/ tutorials/ laboratory work/ field work/ outreach activities/ project work/ vocational training/ viva/ seminars/ term papers/ assignments/ presentations/ self-study etc. or a combination of some of these.

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

- a. Theory Course
  - i. Core Course
  - ii. Elective
- b. Practicum
- c. Teaching Practice
- d. Coaching Ability
- e. Internship

#### 18. Structure of the B.P.Ed. Programme

SEMESTER	CODE	CORE COURSE	CODE	ELECTIVE COURSE
<b>FIRST SEMESTER</b>				
<b>I-A (Theory)</b>	<b>BPEDI CC 311</b>	<b>History of Physical Education</b>	<b>BPEDI EC 314</b>	<b>Sociology</b>
	<b>BPEDI CC 312</b>	<b>Human Anatomy</b>	<b>BPEDI EC 315</b>	<b>Community Coaching</b>
	<b>BPEDI CC 313</b>	<b>English Comprehension</b>		
<b>I-B (Practicum)</b>	<b>BPEDI PC 316</b>	<b>Foundational Gymnastics</b>		
	<b>BPEDI PC 317</b>	<b>Fundamentals of Track &amp; Field</b>		
	<b>BPEDI PC 318</b>	<b>Basics of Swimming</b>		
	<b>BPEDI PC 319</b>	<b>Fundamentals of Cricket</b>		
	<b>BPEDI PC</b>	<b>Light Apparatus and</b>		

	3110	Minor Games		
<b>SECOND SEMESTER</b>				
<b>II-A (Theory)</b>	<b>BPEDI CC 321</b>	<b>Human Physiology</b>	<b>BPEDI EC 324</b>	<b>Recreation</b>
	<b>BPEDI CC 322</b>	<b>Movement Education</b>	<b>BPEDI EC 325</b>	<b>Philosophy of Teaching and Coaching</b>
	<b>BPEDI CC 323</b>	<b>Communicative English</b>		
<b>II-B (Practicu m)</b>	<b>BPEDI PC 326</b>	<b>Gymnastics</b>		
	<b>BPEDI PC 327</b>	<b>Track &amp; Field</b>		
	<b>BPEDI PC 328</b>	<b>Swimming</b>		
	<b>BPEDI PC 329</b>	<b>Cricket</b>		
	<b>BPEDI PC 3210</b>	<b>Kalaripayattu</b>		
<b>THIRD SEMESTER</b>				
<b>III-A (Theory)</b>	<b>BPEDI CC 331</b>	<b>Health Education</b>	<b>BPEDI EC 334</b>	<b>Fundamentals of Exercise Physiology</b>
	<b>BPEDI CC 332</b>	<b>Environmental Studies</b>	<b>BPEDI EC 335</b>	<b>Coaching and Officiating</b>
	<b>BPEDI CC 333</b>	<b>Kinesiology</b>		
<b>III-B (Practicu m)</b>	<b>BPEDI PC 336</b>	<b>Basics of Football</b>		
	<b>BPEDI PC 337</b>	<b>Basics of Basketball</b>		
	<b>BPEDI PC 338</b>	<b>Badminton</b>		
	<b>BPEDI PC 339</b>	<b>Wrestling (Boys)/ Rhythmics (Girls)</b>		
	<b>BPEDI PC 3310</b>	<b>Weight Training</b>		
<b>FOURTH SEMESTER</b>				
<b>IV-A (Theory)</b>	<b>BPEDI CC 341</b>	<b>Methods of Teaching</b>	<b>BPEDI EC 344</b>	<b>Fundamentals of Sports Biomechanics</b>
	<b>BPEDI CC 342</b>	<b>Educational Psychology</b>	<b>BPEDI EC 345</b>	<b>Fundamentals of Kinanthropometr y</b>
	<b>BPEDI CC 343</b>	<b>First Aid and Safety Education</b>		
<b>IV-B (Practicu m)</b>	<b>BPEDI PC 346</b>	<b>Football</b>		
	<b>BPEDI PC</b>	<b>Basketball</b>		

	347			
	BPEDI PC 348	Softball		
	BPEDI PC 349	Tennis		
IV-C (Teaching Practice)	BPEDI TP 3410	Teaching Practice (Activity)		
IV-E (Internship)	BPEDI IN- 3411	Foundational Internship		
SEMESTER	CODE	CORE COURSE	CODE	ELECTIVE COURSE
<b>FIFTH SEMESTER</b>				
V-A (Theory)	BPEDI CC 351	Yoga Education	BPEDI EC 354	Nutrition and Weight Management
	BPEDI CC 352	Basics of Computer Application	BPEDI EC 355	Fundamentals of Sports Psychology
	BPEDI CC 353	Methodology of Sports Training		
V-B (Practicum)	BPEDI PC 356	Volleyball		
	BPEDI PC 357	Yoga		
	BPEDI PC 358	Kho Kho		
	BPEDI PC 359	Table Tennis		
V-C (Teaching Practice)	BPEDITP 3510	Teaching Practice (Theory)		
<b>SIXTH SEMESTER</b>				
VI-A (Theory)	BPEDI CC 361	Educational Technology	BPEDI EC 364	Fundamentals of Research
	BPEDI CC 362	Organization and Administration in Physical Education	BPEDI EC 365	Corrective Physical Education
	BPEDI CC 363	Fundamentals of Strength and Conditioning		
VI-B (Practicum)	BPEDI PC 366	Hockey		
	BPEDI PC 367	Weight Lifting and Power Lifting		
	BPEDI PC 368	Judo		
	BPEDI PC 369	Handball		
	BPEDI CC	Kabaddi		

	<b>3610</b>			
<b>IV-E (Internship)</b>	<b>BPEDI IN 3611</b>	<b>Primary Internship</b>		
<b>SEVENTH SEMESTER</b>				
<b>VII-E (Internship)</b>	<b>BPEDIIN37 1</b>	<b>Full Internship</b>		
<b>EIGHTTH SEMESTER</b>				
<b>VIII-A (Theory)</b>	<b>BPEDI CC 381</b>	<b>Gender Perspectives in Physical Education</b>	<b>BPEDI EC 384</b>	<b>Introduction to Statistics</b>
	<b>BPEDI CC 382</b>	<b>Test, Measurement and Evaluation in Physical Education</b>	<b>BPEDI EC 385</b>	<b>Fitness and Facility Management</b>
	<b>BPEDI CC 383</b>	<b>Sports Injuries and Rehabilitation</b>		
<b>VIII-D (Coaching Ability)</b>	<b>BPEDICA 386</b>	<b>Skill Proficiency</b>		
	<b>BPEDICA 387</b>	<b>Coaching Ability Lesson Plan</b>		



## 19. Scheme of Examination

### SCHEME OF EXAMINATION

Semester I					
Part A: Theory Course					
Course code	Title of the papers	Credits	CIA	ESE	Total Marks
<i>Core Course</i>					
BPEDI CC 311	History of Physical Education	4	30	70	100
BPEDI CC 312	Human Anatomy	4	30	70	100
BPEDI CC 313	English Comprehension	4	30	70	100
<i>Elective Course (Any One)</i>					
BPEDI EC 314	Sociology	4	30	70	100
BPEDI EC 315	Community Coaching				
Total Theory Credits		16	120	280	400
Part B: Practicum					
Course code	Activity	Credits	CIA	ESE	Total Marks
BPEDI PC 316	Foundational Gymnastics	3	30	70	100
BPEDI PC 317	Fundamentals of Track & Field	4	30	70	100
BPEDI PC 318	Basics of Swimming	3	30	70	100
BPEDI PC 319	Fundamentals of Cricket	3	30	70	100
BPEDI PC 3110	Light Apparatus & Minor Games	3	30	70	100
Total Practical Credits		16	150	350	500
Grand Total (Theory + Practicum)		32	270	630	900

*Note: Any ONE out of the Two Electives to be selected.*

<b>Semester II</b>					
<b>Part A: Theory Course</b>					
<b>Course code</b>	<b>Title of the papers</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
<i>Core Course</i>					
<b>BPEDI CC 321</b>	<b>Human Physiology</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI CC 322</b>	<b>Movement Education</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI CC 323</b>	<b>Communicative English</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<i>Elective Course (Any One)</i>					
<b>BPEDI EC 324</b>	<b>Recreation</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI EC 325</b>	<b>Philosophy of Teaching and Coaching</b>				
<b>Total Theory Credits</b>		<b>16</b>	<b>120</b>	<b>280</b>	<b>400</b>
<b>Part B: Practicum</b>					
<b>Course code</b>	<b>Activity</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
<b>BPEDI PC 326</b>	<b>Gymnastics</b>	<b>3</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI PC 327</b>	<b>Track &amp; Field</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI PC 328</b>	<b>Swimming</b>	<b>3</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI PC 329</b>	<b>Cricket</b>	<b>3</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI PC 3210</b>	<b>Kalaripayattu</b>	<b>3</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>Total Practical Credits</b>		<b>16</b>	<b>150</b>	<b>350</b>	<b>500</b>
<b>Grand Total (Theory + Practicum)</b>		<b>32</b>	<b>270</b>	<b>630</b>	<b>900</b>

*Note: Any ONE out of the Two Electives to be selected.*

<b>Semester III</b>					
<b>Part A: Theory Course</b>					
Course code	Title of the papers	Credits	CIA	ESE	Total Marks
<i>Core Course</i>					
BPEDI CC 331	Health Education	4	30	70	100
BPEDI CC 332	Environmental Studies	4	30	70	100
BPEDI CC 333	Kinesiology	4	30	70	100
<i>Elective Course (Any One)</i>					
BPEDI EC 334	Fundamentals of Exercise Physiology	4	30	70	100
BPEDI EC 335	Coaching and Officiating				
<b>Total Theory Credits</b>		<b>16</b>	<b>120</b>	<b>280</b>	<b>400</b>
<b>Part B: Practicum</b>					
Course code	Activity	Credits	CIA	ESE	Total Marks
BPEDI PC 336	Basics of Football	3	30	70	100
BPEDI PC 337	Basics of Basketball	4	30	70	100
BPEDI PC 338	Badminton	3	30	70	100
BPEDI PC 339	Wrestling (Boys)/ Rhythmics (Girls)	3	30	70	100
BPEDI PC3310	Weight Training	3	30	70	100
<b>Total Practical Credits</b>		<b>16</b>	<b>150</b>	<b>350</b>	<b>500</b>
<b>Grand Total (Theory + Practicum )</b>		<b>32</b>	<b>270</b>	<b>630</b>	<b>900</b>

*Note: Any ONE out of the Two Electives to be selected.*

<b>Semester IV</b>					
<b>Part A: Theory Course</b>					
Course code	Title of the papers	Credits	CIA	ESE	Total Marks
<i>Core Course</i>					
BPEDI CC 341	Methods of Teaching	4	30	70	100
BPEDI CC 342	Educational Psychology	4	30	70	100
BPEDI CC 343	First Aid and Safety Education	4	30	70	100
<i>Elective Course (Any One)</i>					
BPEDI EC 344	Fundamentals of Sports Biomechanics	4	30	70	100
BPEDI EC 345	Fundamentals of Kinanthropometry				

<b>Total Theory Credits</b>		<b>16</b>	<b>120</b>	<b>280</b>	<b>400</b>
<b>Part B: Practicum</b>					
<b>Course code</b>	<b>Activity</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
BPEDI PC 346	Football	3	30	70	100
BPEDI PC 347	Basketball	3	30	70	100
BPEDI PC 348	Softball	3	30	70	100
BPEDI PC 349	Tennis	3	30	70	100
<b>Total Practical Credits</b>		<b>14</b>	<b>120</b>	<b>280</b>	<b>400</b>
<b>Part C: Teaching Practice</b>					
<b>Course code</b>	<b>Title of Teaching Practice</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
BPEDI TP 3410	Teaching Practice (Activity)	2	30	70	100
<b>Total Teaching Practice Credits</b>		<b>2</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>Part E: Internship</b>					
<b>Course code</b>	<b>Title of Internship</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
BPEDI IN 3411	Foundational Internship	2	50	-	50
<b>Total Internship Credits</b>		<b>2</b>	<b>50</b>	<b>-</b>	<b>50</b>
<b>Grand Total (Theory + Practicum + Teaching Practice + Internship)</b>		<b>34</b>	<b>320</b>	<b>630</b>	<b>950</b>

*Note: 1. Any ONE out of the Two Electives to be selected.*

*2. Students have to take 10 Practical Lessons in the TEI on the Movement Education Concepts for Internal Evaluation. For University Examination an External Examiner along with Internal Examiner will evaluate the final lesson.*

*3. Internship to be taken for 2 weeks in the beginning of the semester as per the guidelines.*

<b>Semester V</b>					
<b>Part A: Theory Course</b>					
<b>Course code</b>	<b>Title of the papers</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
<i>Core Course</i>					
BPEDI CC351	Yoga Education	4	30	70	100
BPEDI CC352	Basics of Computer Application	4	30	70	100
BPEDI CC353	Methodology of Sports Training	4	30	70	100
<i>Elective Course (Any One)</i>					
BPEDI EC354	Nutrition and Weight Management	4	30	70	100

<b>BPEDI EC355</b>	<b>Fundamentals of Sports Psychology</b>				
<b>Total Theory Credits</b>		<b>16</b>	<b>120</b>	<b>280</b>	<b>400</b>
<b>Part B: Practicum</b>					
<b>Course code</b>	<b>Activity</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
<b>BPEDI PC356</b>	<b>Volleyball</b>	<b>3</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI PC357</b>	<b>Yoga</b>	<b>3</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI PC358</b>	<b>Kho Kho</b>	<b>3</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI PC359</b>	<b>Table Tennis</b>	<b>3</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>Total Practical Credits</b>		<b>12</b>	<b>120</b>	<b>280</b>	<b>400</b>
<b>Part C: Teaching Practice</b>					
<b>Course code</b>	<b>Title of Teaching Practice</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
<b>BPEDI TP3510</b>	<b>Teaching Practice (Theory)</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>Total Teaching Practice Credits</b>		<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>Grand Total (Theory + Practicum + Teaching Practice)</b>		<b>32</b>	<b>270</b>	<b>630</b>	<b>900</b>

*Note: 1. Any ONE out of the Two Electives to be selected.  
2. Students have to take 10 Theory Lessons in the TEI on any Concepts for Internal Evaluation. For University Examination an External Examiner along with Internal Examiner will evaluate the final lesson.*

<b>Semester VI</b>					
<b>Part A: Theory Course</b>					
<b>Course code</b>	<b>Title of the papers</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
<i>Core Course</i>					
<b>BPEDI CC 361</b>	<b>Educational Technology</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI CC 362</b>	<b>Organization and Administration in Physical Education</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI CC 363</b>	<b>Fundamentals of Strength and Conditioning</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<i>Elective Course (Any One)</i>					
<b>BPEDI EC 364</b>	<b>Fundamentals of Research</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>100</b>
<b>BPEDI EC 365</b>	<b>Corrective Physical Education</b>				
<b>Total Theory Credits</b>		<b>16</b>	<b>120</b>	<b>280</b>	<b>400</b>
<b>Part B: Practicum</b>					



Course code	Activity	Credits	CIA	ESE	Total Marks
BPEDI PC 366	Hockey	3	30	70	100
BPEDI PC 367	Weight Lifting and Power Lifting	4	30	70	100
BPEDI PC 368	Judo	3	30	70	100
BPEDI PC 369	Handball	3	30	70	100
BPEDI PC 3610	Kabaddi	3	30	70	100
<b>Total Practical Credits</b>		<b>16</b>	<b>150</b>	<b>350</b>	<b>500</b>
<b>Part E: Internship</b>					
Course code	Title of Internship	Credits	CIA	ESE	Total Marks
BPEDI IN3611	Primary Internship	2	50	-	50
<b>Total Internship Credits</b>		<b>2</b>	<b>50</b>	<b>-</b>	<b>50</b>
<b>Grand Total (Theory + Practicum + Internship)</b>		<b>34</b>	<b>320</b>	<b>630</b>	<b>950</b>

*Note: 1. Any ONE out of the Two Electives to be selected.*

*2. Internship to be taken for 2 weeks in the beginning of the semester as per the guidelines.*

<b>Semester VII</b>					
<b>Part E: Internship</b>					
Course code	Title of Internship	Credits	CIA	ESE	Total Marks
BPEDI IN 371	Full Internship	16	400	-	400
<b>Total Internship Credits</b>		<b>16</b>	<b>400</b>	<b>-</b>	<b>400</b>
<b>Grand Total (Internship)</b>		<b>16</b>	<b>400</b>	<b>-</b>	<b>400</b>

*Note: 1. Internship to be taken for 16 weeks during the semester as per the guidelines.*

*2. There will not be any Theory Course, Practicum, Teaching Practice or Coaching Ability in 7<sup>th</sup> Semester.*

<b>Semester VIII</b>					
<b>Part A: Theory Course</b>					
Course code	Title of the papers	Credits	CIA	ESE	Total Marks
<i>Core Course</i>					
BPEDI CC381	Gender Perspectives in Physical Education	4	30	70	100
BPEDI CC 382	Test, Measurement and Evaluation in Physical Education	4	30	70	100
BPEDI CC 383	Sports Injuries and Rehabilitation	4	30	70	100
<i>Elective Course (Any One)</i>					
BPEDI EC 384	Introduction to Statistics	4	30	70	100
BPEDI EC	Fitness and Facility Management				

385					
<b>Total Theory Credits</b>		<b>16</b>	<b>120</b>	<b>280</b>	<b>400</b>
<b>Part D: Coaching Ability</b>					
<b>Course code</b>	<b>Activity</b>	<b>Credits</b>	<b>CIA</b>	<b>ESE</b>	<b>Total Marks</b>
BPEDI CA 386	Skill Proficiency	8	30	70	100
BPEDI CA 387	Coaching Ability Lesson Plan	8	30	70	100
<b>Total Practical Credits</b>		<b>16</b>	<b>60</b>	<b>140</b>	<b>200</b>
<b>Grand Total (Theory + Coaching Ability)</b>		<b>32</b>	<b>180</b>	<b>420</b>	<b>600</b>
<b>Grand Total (ALL SEMESTERS)</b>		<b>244</b>	<b>2300</b>	<b>4200</b>	<b>6500</b>

*Note: 1. Any ONE out of the Two Electives to be selected.*

*2. Students have to take 10 Coaching Lessons in the TEI on any of the topics of game specialization. For University Examination an External Examiner along with Internal Examiner will evaluate the final lesson*

**Marks Allotment (Part Wise)**

Semester	Part A	Part B	Part C	Part D	Part E	Total
1	400	500	-	-	-	900
2	400	500	-	-	-	900
3	400	500	-	-	-	900
4	400	400	100	-	50	950
5	400	400	100	-	-	900
6	400	500	-	-	50	950
7	-	-	-	-	400	400
8	400	-	-	200	-	600
<b>Total</b>	<b>2800</b>	<b>2800</b>	<b>200</b>	<b>200</b>	<b>500</b>	<b>-----</b>
<b>Grand Total</b>						<b>6500</b>

# **REGULATIONS FOR THE DEGREE OF MASTER OF PHYSICAL EDUCATION AND SPORTS (MPES)**

**(Outcome Based Education)**

## **Eligibility conditions**

Candidates who have obtained at least 50% marks in the BPE/BPEd/B.Sc(PE) degree from a University---Indian or Foreign---recognized for the purpose by University of Kerala and are below 28 years of age as on 1<sup>st</sup> July of the year of admission are eligible for admission.

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

**Note (ii):** SC/ST candidates will be given relaxation as per University rules. Candidates who have appeared for the qualifying examinations, but whose results are awaited may also appear for the admission test. However, they must submit the statement of marks and pass certificates before the date stipulated by the college, failing which their admission will be cancelled.

**Note:** Candidates who are sure that they fulfill the eligibility conditions may report for the admission tests as per the schedule given by the college. Candidates are advised to look up for the list of eligible candidates on the college website ([www.lncpe.ac.in](http://www.lncpe.ac.in))

## **Admission Tests**

The candidates shall be selected to the MPES 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.

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

The entrance test (Theory) will consist of 100 questions. The question paper shall consist of Multiple Choice Question (MCQ) with four options. Duration of the test will be 2 hours. Each question will carry 1 (one) marks and each question will have only one correct answer as an option. A written test will have 20 questions from General Knowledge: sports and current affairs (20 marks) and theoretical knowledge in the subjects studied at B.P.E/ B.P.Ed/ B.Sc (PE) degree levels (80 marks).

**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.**

**List of games/Sports is:**

- |               |                       |                |
|---------------|-----------------------|----------------|
| 1. Basketball | 2. Boxing             | 3. Cricket     |
| 4. Football   | 5. Gymnastics         | 6. Handball    |
| 7. Hockey     | 8. Judo               | 9. Kabaddi     |
| 10. Kho-Kho   | 11. Shuttle Badminton | 12. Softball   |
| 13. Swimming  | 14. Table Tennis      | 15. Taekwondo  |
| 16. Tennis    | 17. Track & Field     | 18. Volleyball |
| 19. Wrestling | 20. Yoga              |                |

**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)**

**Number of Seats:**

Total number of seats are 25.

Reservations of seats (As per State Government Rules followed by University of Kerala).

## **SCHEME OF EXAMINATION**

### **Semester – I**

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Theory hours/Week	Practical	Internal marks	External marks (P+T)	Total marks
<b>Core Course</b>						
MPECC-511	Yogic Sciences	4	1	25	25+50	100
MPECC-512	Health Education	4	1	25	25+50	100
MPEEC-513	Subject Specialization	4	1	25	25+50	100
MPEEC-514	Sports Specialization	4	1	25	25+50	100
TOTAL CREDITS		16	4	100	300	400

### **Semester – II**

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Theory hours/Week	Practical	Internal marks	External marks (P+T)	Total marks
<b>Core Course</b>						
MPECC-521	Athletes' Care and Rehabilitation	4	1	25	25+50	100
MPECC-522	Measurement and Evaluation in PE	4	1	25	25+50	100
MPEEC-523	Subject Specialization	4	1	25	25+50	100
MPEEC-524	Sports Specialization	4	1	25	25+50	100
TOTAL CREDITS		16	4	100	300	400

### **Semester – III**

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Theory hours/Week	Practical	Internal marks	External marks (P+T)	Total marks
<b>Core Course</b>						
MPECC-531	Research Processes	4	-	25	75	100
MPECC-532	Applied Statistics	4	1	25	25+50	100
MPEEC-533	Subject Specialization	4	1	25	25+50	100
MPEEC-534	Optional Subjects (Any to be selected from the list other than one's subject specialisation)	4	-	25	75	100
TOTAL CREDITS		20	2	125	375	500

### **Semester – IV**

<b>Part A: Theoretical Course</b>						
Course code	Title of the papers	Theory hours/Week	Practical	Internal marks	External marks (P+T)/(R+V)	Total marks
<b>Core Course</b>						
MPECC-541	Advanced Statistics	4	1	25	25+50	100
MPECC-542	Dissertation	4	4	30	70	100
MPEEC-543	Subject Specialization	4	1	25	25+50	100



					0	
MPEEC-544	Optional Subjects (Any to be selected from the list other than one's subject specialisation)	4	-	25	75	100
TOTAL CREDITS		20	4	130	370	500
<b>Total marks for all semesters</b>		-	-	<b>455</b>	<b>1345</b>	<b>1800</b>

**Annexure-I**  
**MEDICAL CERTIFICATE (To be issued by a Cardiologist)**

**MEDICAL CERTIFICATE**

**( To be issued by a Cardiologist)**

I hereby certify that I have examined ..... aged .....years

bearing the following identification marks:

1. ....

2. ....

and find him/ her to be free of any cardiac condition that would make him/ her unfit for intense physical training.

Place .....

Date.....

Signature.....

Name .....

Reg No. ....

Address .....

.....

.....

**Annexure – II**

**SCHEDULE OF FEES FOR THE YEAR  
2022-23**

**TO BE UPLOADED SOON**

# APPENDIX-I

## AAHPER Youth Fitness Test Norms for BOYS of Age 17+

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

# AAHPER Youth Fitness Test

## Norms for GIRLS of Age 17+

PERCENTILE SCORES						PERCENTILE
FLEXED ARM HANG	SIT-UP	SHUTTLE RUN	SBJ	50-YARD DASH	600-YARD RUN	
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

SLNo	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 e. Khelo India University Games	18
3.	Participation in the following championships a. Senior National b. All India Inter University (AIU) c. Khelo India University Games d. School Games Federation of India (SGFI) e. Junior National f. Youth National (First three position holders also) g. Khelo India Youth Games (First three position holders also)	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

