

# SCHOOL OF STUDIES IN PHYSICAL EDUCATION

## Course Offered :

1. **B.P.Ed. (One year)**
2. **M.P.Ed. (Two years)**
3. **C.A.F. (Six months)**
4. **Ph.D.**

## Profile of the department :

The department of Physical Education was established in 1972. The department has been functioning as the Prime Nucleus for the organisation of sports activities in various sports disciplines at college, university and National level. The department has already made a significant land mark in this direction. It has now taken an academic status and caters to the needs of the public in general and standard of Physical Education in the university in specific. This has given the necessary impetus for development of sports culture in and around Gwalior.

The Department has established itself as a leading sports centre in Gwalior-Chambal region and is presently catering to the sports need of Children, Youths and old People by organising scientific coaching camps in different games and sports. The sports complex of university is being named as **Mahadji Scindia Sports Complex**. The University has got two floodlight basketball courts with portable uprights, three floodlight tennis courts, four volleyball courts (caged) one hockey ground, one grassy football ground, standard cricket ground with turf wicket, one Kho-Kho, two Kabaddi, one Handball, one Indoor hall for Table Tennis, Judo, Aerobics, Badminton, Wrestling, Weight-Lifting and a 400M grassy track. The NAAC committee has also appreciated the facilities developed by the department at the sports complex and found them of international standard. The X-Plan UGC committee was highly impressed with the activities of the school of studies in Physical Education and had sanctioned Rs. 20,50,000/- for updating modern facilities. The Mahadji Scindia Sports Complex is bubbling with one or the other sport activity round the year and is equipped with modern indoor shooting range for air pistol and air rifle competitions. The facilities available in the sports complex are also being used by government as well as non-government organizations for conducting their sports programme.

## Objectives of the School:

1. To prepare best qualitative and professional leaders in the field of Physical Education, Sports, Aerobics and Fitness.
2. To serve as a centre of excellence for Applied Research in Physical Education and Sports to undertake, promote and disseminate research in this field.
3. To provide professional and academic leadership to other institutions in the field of Physical Education and Sports.
4. To provide Educational and vocational guidance in the field of Physical Education and Sports to Indian Youths.
5. To promote mass participation in Physical Education and Sports among School children.
6. To develop and promote programmes of Physical Education, Sports and Aerobics in Schools, Colleges and Universities of India.
7. To impart high quality of Aerobic Education to Indian Youths to disseminate knowledge of health and fitness and concepts of Fit People, Fit Nation.
8. To undertake research projects of National importance to improve the Standard of sports performance of Indian Sports persons.

## Scope of the Courses :

The passed out students of the above courses are eligible for the appointment as Sports officers, Assistant Director, Deputy Director, Director of Physical Education, Supervisors, and Fitness Consultants in School, Colleges Universities, Industrial establishments, Commercial firms, Government and non-government agencies which are engaged in promoting physical education and sports. They are also eligible for the commissioned in Army, Navy, Airforce and Paramilitary forces.

**Faculty Members :**

**Dr.Rajender Singh, Head**  
*Director Physical Education*

Dr. Keshav S Gurjar,  
*Dy. Director Physical Education*

1. **B.P.Ed. : (Oneyear /Two Semester)**

**C.A.F. : ( Six Months)**

**Available seats** : B.P.Ed. Open = 45      Payment = 05

C.A.F. = 20

NRI = 08 in each course

**Contact person** : Dr. Keshav Singh Gurjar, *Coordinator for B.P.Ed. & C.A.F.*  
Prof. Rajender Singh, *Coordinator for MPed & M.Phil.*

**Visiting Faculty** : University engages the qualified faculty on per lecturer basis. The sport officers employed in different affiliated colleges to the university may also be called to engage classes and to provide the sport training to the students.

**Eligibility :**

1. Graduation from any University recognised by Jiwaji University, Gwalior.
2. Graduation with 40% marks. **Weightage of 5%** shall be given to those applicants who have represented India at International level competitions duly recognised by Indian Olympic Association (I.O.A.).
3. Applicant must qualify the Medical test conducted by this University at the time of admission.
4. The age of Candidates should not be more than **Twenty Five** years on **1<sup>st</sup> July, 2011**. In case of inservice candidates, the age limit shall be releaxable upto 40 years. Inservice candidates have to obtain necessary permission and NOC and one year leave from the parent Department. These certificates are to be submitted before the Entrance Test.
5. Married women are also eligible for admission to both courses, but if she reaches to the stage of pergnancy during the course, she will have to discontinue her studies for that particular session and shall be allowed to continue her studies next year.
6. Reservation for SC / ST / OBC and freedom fighters shall be as per MP Government Rules.

**Mode of selection** : The candidate has to under go the following tests :

- i. **Medical Fitness Test** : Each candidate will be medically examined by the University medical doctor and only those found fit will be admitted to these courses.
- ii. **Written Test** : A candidate should score a minimum of 40% marks\*. The written test is to test the ability and aptitude of a candidate in general knowledge about Sports, Aerobic, and Physical Education. The test will be conducted on **July 17, 2011** and shall be of **one hour duration, 75 marks**

**The candidates are required to answer on Optical Response Sheet which may be evaluated by OMR machine. They must bring HB PENCIL, ERASER & Sharpner on the day of examination.**

**Motor Fitness Test** : The test items will be as under and each item shall be of **20 marks**

**100 Marks**

- a. 50 M Run (Test of Speed)
- b. Medicine Ball throw (Test of Explosive strength of shoulder, backward double arm overhead throw from standing position)
- c. Standing Broad Jump (Test of explosive strength of legs)

- d. Shuttle Run (4x10M) (Test of agility)
- e. 600 M Run / Walk (Test of cardiovascular efficiency)
- iii. **Sports Performance Test** : Each candidate shall be tested for sports performance by core group of experts in Physical education and Sports in any one of the game / sports as mentioned below : **100 Marks**  
Hockey, Football, Volleyball, Basketball, Badminton, Cricket, Judo, Kho-Kho, Kabaddi, Gymnastics, Swimming, Hand Ball, Lawn Tennis, Table Tennis, Weight Lifting, Best Physique, Wrestling, Chess, Aerobics, Athletics, Air Pistol and Rifle Shooting.
- iv. **Group Discussion** : Related to sports and general topics. **25 Marks**
- v. **Personality Test cum Interview** **10 Marks**
- These tests shall be held on July 18-20, 2011.**
- vi. **Break up of Marks for Personal Sports Achievements** : The allocation of marks for personal sports achievement shall be on the basis of production of certificate about the level of Participation by the candidate in those games/sports which are recognised by Indian Olympic Association (I.O.A.)

*The marks allocated for each level shall be as follows:*

- |   |          |
|---|----------|
| 1. First place in Inter collegiate Championship of any University | 02 Marks |
| 2. Participation at All India / Zonal intervarsity Championship   | 10 Marks |
| 3. Participation at National Championship / combined Intersarsity | 15 Marks |
| 4. Bronze medal at All India Intersarsity / National championship | 20 Marks |
| 5. Silver medal at All India Intersarsity / National championship | 30 Marks |
| 6. Gold medal at All India Intersarsity / National championship   | 40 Marks |

Those students who have participated at international level in any game as a member of Indian team will be granted admission directly provided they fullfill minimum educational qualifications for the course.

- Note :**
- The evaluation for practical Motor fitness test shall be done in accordance with the norms developed and revised by the School of Studies in Physical Education and Sports Sciences from time to time.
  - For personal sports achievements, the candidate shall be awarded marks only for the highest performance in any one of the game he has played.

**Admission List** : The list of qualified candidates according to the merit for these courses will be put up on the notice board soon after the completion of admission tests. Candidates, therefore, should come fully prepared to join course if selected. Admission will be confirmed only on payment of the fees and production of original documents, *i.e.*, marksheet of qualifying examination, date of birth, etc. on the day of counselling, *i.e.*, **July 21, 2011** in cash or demand draft in favour of **Registrar, Jiwaji University, Gwalior** payable at Gwalior. Non-payment of fees or failure to report on counselling day will automatically cancel the admission.

If some vacancies arises later on, the order of merit will be strictly followed from the remaining candidates and only those who have obtained 40% marks will be considered for admission.

### **Course structure for B.P.Ed. (One year course)**

#### **I – Semester (Theory) A**

History & foundation of Phy. Edu.  
Management of Phy. Edu. & sports  
Anatomy & Physiology of Exercise  
Health Edu. & Treat of Injuries

**B** Practicals in Athletics, Kho-Kho, Kabaddi,  
Basketball, Football

**C** Teaching Ability

#### **II – Semester (Theory) A**

Methods and Measurements in Ph. Edu.  
Sports Psychology & Sports Sociology  
Kinesiology

General theroy & Methods of Sports Training

**B** Practicals on Hocky, Cricket, Volley Ball, Tennis,  
T.T., Judo, Yoga, Badminton, Aerobics, Wrestling  
& Weight lifting,

**C** Sports Specialiation

#### **Course Structure for CAF :**

##### **I – Semester**

Physio. of Aerobic and fitness

##### **II – Semester**

General theory of sports,training,tests,measurement of fitness & Aerobics

Practical Training in Aerobics & Practical Training in Aerobic and fitness  
Fitness

**Medium of Instruction and Examination :-** The medium of instruction shall be English however the medium of examination for courses shall be both English and Hindi.

1. **M.P.Ed.** : (Two years / Four Semester)

**Available seats** : Open = 15 Payment = 05 NRI = 05

**Eligibility** :

1. A Bachelor's Degree in Physical Education from a recognised University or a Post-graduate Diploma in Physical Education of one year duration awarded by a recognised University or Board appointed by Education Department of a State with 50% of marks. A candidate holding a PG Diploma must submit a certificate from the institution attended, specifically mentioning the date of admission and completion of the diploma course.
2. Those candidates who have obtained a diploma by attending a condensed course after taking a certificate in Physical Education are not eligible for admission.
3. Those who have represented their University in Inter-university tournaments and States in Senior National Tournaments (Sports Federation) / Games and Sports included in the SOSPE curriculum and those belonging to SC / ST / OBC may be considered for admission, if they secure 45% marks in BPE, BPEd or DPEd examination.
4. The age of Candidates should not be more than **Twenty Five** years on **1<sup>st</sup> July, 2011**. In case of inservice candidates, the age limit shall be relaxable upto 40 years. Inservice candidates have to obtain necessary permission and NOC and one year leave from the parent Department. These certificates are to be submitted before the Entrance Test.
5. Married women are also eligible for admission to both courses, but if she reaches to the stage of pregnancy during the course, she will have to discontinue her studies for that particular session and shall be allowed to continue her studies next year.
6. Reservation for SC / ST / OBC and freedom fighters shall be as per MP Government Rules.

**Mode of selection :**

The eligible candidates will be called for an interview and selection trials on the break up of marks for various items will be as follows :

- i. Written Test (2 hrs.) will be conducted on **Sunday July 17, 2011**. **100 Marks**  
**The candidates are require to answer on Optical Response Sheet which may be evaluated by OMR machine. They must bring HB PENCIL, ERASER & Sharpner on the day of examination.**  
The written test is to judge the ability, aptitude and knowledge of candidates in sports sciences taught at BPE, BPEd, DPEd level, and latest trends in Physical Education and Sports. *The minimum passing marks is 40%.\**
- ii. Sports performance test will be conducted on **July 18-20, 2011** **100 Marks**  
Each candidate shall be tested for sports performance by a core group of experts in Physical Education and Sports in any of the following games :  
Hockey, Football, Volleyball, Basketball, Badminton, Cricket, Judo, Kho-Kho, Kabaddi, Gymnastics, Swimming, Hand Ball, Lawn Tennis, Table Tennis, Weight Lifting, Best Physique, Wrestling, Chess, Aerobic, Athletics Air Pistol and Rifle Shooting. *The minimum passing marks is 50%.*
- iii. A candidate, to be eligible for admission, should obtain 50% in written and sports performance (45% for SC / ST / OBC) of the total points.
- iv. Those candidates who have qualified and are in the merit list shall be medically examined by the medical board appointed for this purpose only. The candidates found medically fit shall be permitted to join the course.
- v. The candidate shall have to face an *personality test cum interview*. **25 Marks**

- vi. Those students who have participated at International level as a member of Indian team in those games which are recognised by IOA will be granted admission directly provided they fulfil the minimum educational requirements.
- vii. **Break up of Marks for Personal Sports Achievements :** The allocation of marks for personal sports achievement shall be on the basis of production of certificate about the level of Participation by the candidate in those games/sports which are recognised by Indian Olympic Association (I.O.A.)

*The marks allocated for each level shall be as follows:*

1. <i>First place</i> in Inter collegiate Championship of any University	<i>02 Marks</i>
2. Participation at All India / Zonal intervarsity Championship	<i>10 Marks</i>
3. Participation at National Championship / combined Intersarsity	<i>15 Marks</i>
4. <i>Bronze medal</i> at All India Intersarsity / National championship	<i>20 Marks</i>
5. <i>Silver medal</i> at All India Intersarsity / National championship	<i>30 Marks</i>
6. <i>Gold medal</i> at All India Intersarsity / National championship	<i>40 Marks</i>

Those students who have participated at international level in any game as a member of Indian team will be granted admission directly provided they fullfill minimum educational qualifications for the course.

Viii. The test in one game / sport is to judge the suitability of the candidates to undertake specialization in Part II of course structure. The SOSPESS reserves the right to delete any game or sport from the list on account of administrative feasibility.

In case any candidate desiring to change the specialization after admission, his / her suitability will be tested by the expert committee.

<b>2. M. Phil.</b>	: (One year / Two Semesters)
<b>Eligibility</b>	: M.P.Ed. with 55% marks
<b>Available seats</b>	: Open =10
<b>Mode of Selection</b>	: On the basis of merit in test conducted by the university.
<b>Contact person</b>	: <b>Prof. R. Singh, Head</b>

**Fees for the course :**

**Open Seat**

Course	Sem. I	Sem.II	Sem. III	Sem. IV
M.P.Ed	Rs. 12615.00	Rs. 9725.00	Rs.11075.00	Rs. 9725.00
B.P.Ed	Rs. 12815.00	Rs. 9875.00		
CAF	Rs. 17240.00			

**Payment Seat: M.P.Ed. , B.P.Ed. Rs. 11000/- at the time of admission, additional to the fees for Open Seat**

**Admission List** of the qualified candidates according to the merit for these courses will be put on the notice board soon after the completion of the admission tests. The candidate therefore should come fully prepared to join the course if selected. Admission will be confirmed only on payment of the fees on the day of counselling, *i.e.*, **July 21, 2011** in cash or demand draft in favour of Registrar, payable at Gwalior. Non payment of fees or failure to report in counselling day with original documents, *i.e.*, marksheet it will automatically cancel the admission.

*\*The cut off marks may be relaxed for all the candidate if less number of candidate qualify the written test.*