

Information Bulletin for Admission Process for
Physical Education Courses: B.P.Ed and M.P.Ed Courses 2017-2018

A. Instructions for Candidates for Admission 2017-18 (B.P.Ed. &M.P.Ed.)

1. The candidates who will qualify on the basis of entrance examination/tests must appear in all the components of the admission process mentioned below:-
 - **Physical Fitness Test**
 - **Sports Proficiency Marks**
 - **Personal Interview**
2. **Absenting from any of the test component will result in the cancellation of the candidature.**
3. A candidate is required to visit website of the Department i.e. www.dudpess.du.ac.in for information on daily basis.
4. The candidate will be awarded Sports Proficiency Weightage in accordance with norms which could be downloaded from the website. Candidate is required to present the original and self-attested photocopy of the claimed certificate to the admission committee.
5. Sports Proficiency Weightage is divided into four category SPW (i) SPW (ii) SPW (iii) & SPW (iv). Candidate should present his/her highest achievement along with supporting certificate for each respective category. For each category only the maximum value certificate will only be considered.
6. Syllabus for entrance test could be downloaded from the University Admission Portal as well as website of the Department.
7. Candidate will be awarded marks for Physical fitness as per the norms of Physical Fitness. These norms could be downloaded from the website of the Department.
8. The candidates must check the Department of Physical Education & Sports Sciences website i.e. www.dudpess.du.ac.in and alert menu as reflected in PG Admission portal of University of Delhi for B.P.Ed. and M.P.Ed. Courses.
9. The candidate has to fill the following prescribed forms by downloading from the website of the Department i.e. www.dudpess.du.ac.in and submit to the Committee during Sports Proficiency Award:
 - **Entrance Test Card for B.P.Ed. and M.P.Ed. Admission 2017-2018.**
 - **Medial Fitness Certificate for B.P.Ed. and M.P.Ed. Admission 2017-18.**
10. Schedule for the conduct of various admission components can be seen in the University Admission Portal as well as in the website of the Department.
11. For all enquires send an email to the Department.

B. Entrance Test Card for B.P.Ed./M.P.Ed.-2017-18 (Note: A separate card for each course must be submitted).

- Entrance Examination (Written Test Roll No.): _____, ____ (to be filled by the candidate, if not allotted leave it blank)
- Online Application Form No. : _____(To be filled by the Candidate)
- Course Applied for B.P.Ed./M.P.Ed. : _____

- Write in Block letters:-

(i) Name (Mr. /Ms.).....

(ii) Gender (Male/Female).....

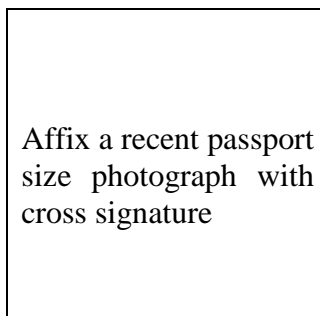
(iii)Father's/Guardian's Name.....

(iv)Date of Birth

(v) Address.....

(vi)Mobile No.:Residence:.....

(vii) E-mail Id:.....



Signature of Student

DO NOT WRITE BELOW THIS LINE

(Signatures to be obtained at the time of the Test and Interview)

S.No.	Particulars	Signature of Candidate	Signature of Incharge	Time	Score
1.	Physical Fitness Test				
2.	Sports Proficiency Marks				
3.	Interview (Only for B.P.Ed. &M.P.Ed.)				

Note: For the schedule of the above listed test items check the website of the Department of Physical Education & Sports Sciences (www.dudpess.du.ac.in) Email (dudpess1@gmail.com).

C. MEDICAL FITNESS CERTIFICATE FORM FOR ADMISSION TO B.P.Ed./M.P.Ed., COURSES (University of Delhi)

1. NAME OF THE COURSE
2. NAME:
3. AGE & SEX
4. FATHER'S NAME
5. PULSE:
6. B.P.:
7. WEIGHT:
8. HEIGHT:
9. CHEST CIRCUMFERENCE: NORMAL: EXPANDED:
10. CVS:
11. CHEST:
12. ABDOMEN:
13. EYE: (i) Colour Vision..... (ii) Visual acuity.....
(a) Without Glasses..... (b) With Glasses.....
14. After careful personal Examination of Mr. / Ms.....

I hereby certify that he/she is fit to take physical fitness test of the UG/PG admission test 2017-18 (University of Delhi).

SIGNATURE OF MEDICAL OFFICER
(with stamp, Registration Number, Mobile No.)
(Medical Officer should have a minimum of M.B.B.S. Degree)

D. Components of entrance test to B.P.Ed and M.P.Ed Courses Admission 2017-18

- Weightage for the components of B.P.Ed. (Two Year) entrance test shall be as follows in Table-1:

TABLE-1		
S.No.	Name of the Test	Awards
1.	Written Test	60 Marks*
2.	Physical Fitness Test	10 Marks*
3.	Sports Proficiency Award	20 Marks*
4.	Interview	10 Marks

- Weightage for the components of M.P.Ed. entrance Test shall be as follows in Table-2:

TABLE-2		
S.No.	Name of the Test	Awards
1.	Written Test	60 Marks*
2.	Physical Fitness Test	10 Marks*
3.	Sports Proficiency Award	20 Marks*
4.	Interview	10 Marks

- *Syllabus for B.P.Ed. is documented in point “E” and M.P.Ed. in point “F”.
- * Physical Fitness Test description and Norms are shown in points “G” and “H”.
- * Sports proficiency weightage/award is mentioned under point “ I”.

E. SYLLABUS FOR WRITTEN TEST FOR ADMISSION TO B.P Ed. COURSE 2017-18

1. Meaning, Definitions, Need, Importance, Objectives & Principles of Physical Education.
2. Careers in Physical Education and Sports.
3. Meaning, Importance, components and factors effecting physical fitness and wellness.
4. Meaning, need and essential elements of sports environment
5. Role of Lifestyle in the management of diseases
6. Philosophy of Olympism and Olympic Movement
7. Posture and common postural deformities
8. Meaning, importance of Yoga and AshtangYog
9. Meaning and components of Balance diet
10. Health-meaning, dimensions of health and their interrelationships, factors influencing health.
11. Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education, Hygiene. Nutrients- sources, functions and requirements, balanced diet
12. Definitions, causes including the mode of spread and prevention of communicable and non communicable diseases. Immunization schedule.
13. Definition of first aid, DRABCH of first aid, CPR
14. Meaning, methods and principles of Sports Training
15. Latest general knowledge, rules and regulations of games and sports
16. Planning and organization of sports competitions
17. Meaning, importance and concept of sports psychology
18. Meaning, importance and concept of sports sociology
19. Latest sporting events
20. Teaching Aptitude.
21. **General Knowledge (National & International)**

General knowledge on Sports Events, Sports persons, Awards & Honours, Tournament & Trophies, Sports Personalities, Sports Administrators, Sports Federations (National & International), Sports Polices, Sports Abbreviations, Rules of games & Sports, Sports Equipments, Sports Terminology, Sports Infrastructure & stadia measurement of field & court of various sports/games, sports technology.

F.SYLLABUS FOR WRITTEN TEST FOR ADMISSION TO M.P Ed. COURSE 2017-18

1. Meaning, Definitions, Need, Importance, Objectives & Principles of Physical Education
2. Foundations of Physical Education : Biological, Sociological, Psychological. Scientific basis of Physical Education, Exercise Science and Sport.
3. Meaning, need and importance of fitness and wellness.
4. Career Avenues; National and International awards and Honors.
5. Meaning, Definitions, need & importance of anatomy, physiology, biomechanics, kinesiology & physiology of exercise in Physical Education.
6. Structure and functions on the following systems:
Cardiovascular System, Digestive System, Respiratory System, Nervous System, Endocrine System and Excretory System. Effects of exercise on the above systems.
7. Meaning of management; sports management. Meaning of teaching, coaching, officiating. Careers in Physical Education & Sports.
8. Fundamental skills, and rules & regulations in various games and sports.
9. Grounds: Preparation and marking of standard play areas and courts in sports; and athletic track. Latest sporting events. General knowledge related to games & sports.
10. Health-meaning, dimensions of health and their interrelationships, factors influencing health.
11. Health Education- meaning, scope, aims and objectives, principles, methods and media used in health education, Hygiene. Nutrients- sources, functions and requirements, balanced diet
12. Definitions, causes including the mode of spread and prevention of communicable and non-communicable diseases. Immunization schedule.
13. Definition of first aid, DRABCH of first aid, CPR
14. Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences
15. Growth & Development: Concept of growth & development, physical and motor development, mental development.
16. Importance, definition, aims and objectives, characteristics & principles of sports training
17. Components of health and sports related fitness
18. Olympic Games, Asian Games, Commonwealth Games, National Games, IOA, IOC, WADA.
19. Teaching Aptitude.
20. **General Knowledge (National & International)**
General knowledge on Sports Events, Sports persons, Awards & Honours, Tournament & Trophies, Sports Personalities, Sports Administrators, Sports Federations (National & International), Sports Polices, Sports Abbreviations, Rules of games & Sports, Sports Equipments, Sports Terminology, Sports Infrastructure & stadias measurement of field & court of various sports/games, sports technology.

G.(i) Description of Physical Fitness Test B.P.Ed. & M.P.Ed.

The Modified Canadian Physical Fitness Test will be used. A brief description of the test is given below:

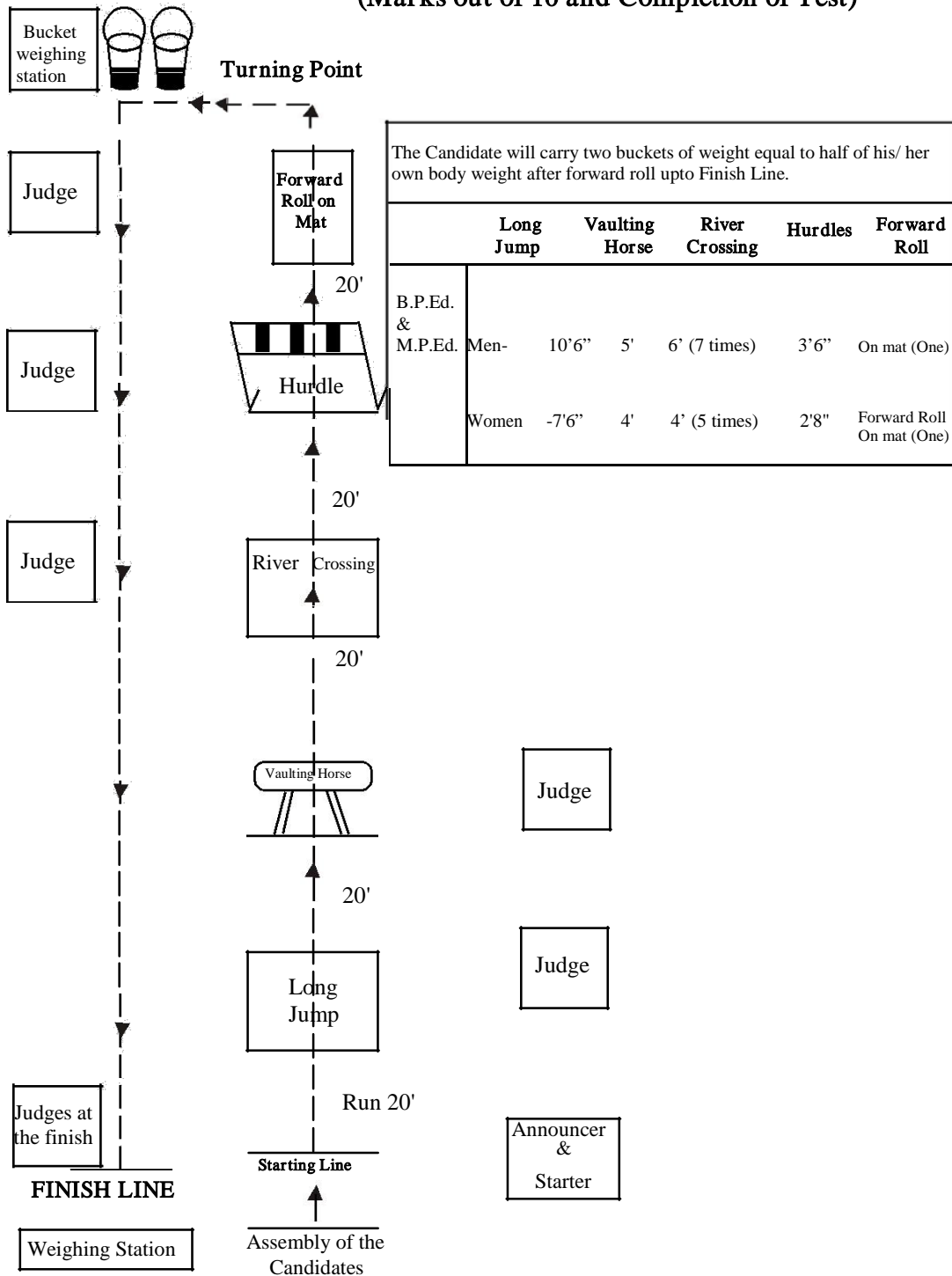
B.P. Ed. & M.P. Ed. (Completion without Foul + Marks)

Male	Female
(a) 10'6" Long Jump	(a) 7'6" Long Jump
(b) Vaulting Horse Jump of 5' height	(b) Vaulting Horse Jump of 4' height
(c) 7 times Crossing Over the width of 6' River.	(c) 5 times Crossing Over the Width of 4' River.
(d) Crossing over the Hurdle of 3'6" height.	(d) Crossing over the Hurdle 2'8" height.
(e) Forward Roll on Mat. (one)	(e) Forward Roll on Mat. (one)
(f) Carrying two buckets of weight equal to half of the body weight of the Candidate upto the Finish Line.	(f) Carrying two buckets of weight equal to half of the body weight of the Candidate upto the Finish Line.

Note:

1. Candidate seeking admission to various courses shall be required to complete the physical fitness test as above without any foul irrespective of time limit.
2. However marks will only be awarded to a candidate in accordance with the table-G. In case a Candidate clocks a time which is not mentioned in table G (More than 38 seconds) such candidate will not be awarded any marks for his/her performance. If a candidate clocks 28 seconds or less then, 10 marks will be awarded.
3. Maximum of three chances will be given to each candidate.
4. If a candidate leaves the test incomplete he/she shall be disqualified for that trial/chance.

G(ii). Physical Fitness Test for B.P.Ed. & M.P.Ed.
(Marks out of 10 and Completion of Test)



A candidate has to complete the test irrespective of the time without foul at any of the stations in Physical Fitness Test otherwise he/she will stand disqualified. However, the marks will only be awarded to a candidate who clocks at least 37.95 sec.

H. Norms for Physical Fitness Test Marking Scheme for B.P.Ed. &M.P.Ed.

Time Taken (in Second)	Score	Time Taken (in Second)	Score	Time Taken (in Second)	Score	Time Taken (in Second)	Score	Time Taken (in Second)	Score
38.00 &More	0.00	35.80	2.20	33.60	4.40	31.40	6.60	29.20	8.80
37.95	0.05	35.75	2.25	33.55	4.45	31.35	6.65	29.15	8.85
37.90	0.10	35.70	2.30	33.50	4.50	31.30	6.70	29.10	8.90
37.85	0.15	35.65	2.35	33.45	4.55	31.25	6.75	29.05	8.95
37.80	0.20	35.60	2.40	33.40	4.60	31.20	6.80	29.00	9.00
37.75	0.25	35.55	2.45	33.35	4.65	31.15	6.85	28.95	9.05
37.70	0.30	35.50	2.50	33.30	4.70	31.10	6.90	28.90	9.10
37.65	0.35	35.45	2.55	33.25	4.75	31.05	6.95	28.85	9.15
37.60	0.40	35.40	2.60	33.20	4.80	31.00	7.00	28.80	9.20
37.55	0.45	35.35	2.65	33.15	4.85	30.95	7.05	28.75	9.25
37.50	0.50	35.30	2.70	33.10	4.90	30.90	7.10	28.70	9.30
37.45	0.55	35.25	2.75	33.05	4.95	30.85	7.15	28.65	9.35
37.40	0.60	35.20	2.80	33.00	5.00	30.80	7.20	28.60	9.40
37.35	0.65	35.15	2.85	32.95	5.05	30.75	7.25	28.55	9.45
37.30	0.70	35.10	2.90	32.90	5.10	30.70	7.30	28.50	9.50
37.25	0.75	35.05	2.95	32.85	5.15	30.65	7.35	28.45	9.55
37.20	0.80	35.00	3.00	32.80	5.20	30.60	7.40	28.40	9.60
37.15	0.85	34.95	3.05	32.75	5.25	30.55	7.45	28.35	9.65
37.10	0.90	34.90	3.10	32.70	5.30	30.50	7.50	28.30	9.70
37.05	0.95	34.85	3.15	32.65	5.35	30.45	7.55	28.25	9.75
37.00	1.00	34.80	3.20	32.60	5.40	30.40	7.60	28.20	9.80
36.95	1.05	34.75	3.25	32.55	5.45	30.35	7.65	28.15	9.85
36.90	1.10	34.70	3.30	32.50	5.50	30.30	7.70	28.10	9.90
36.85	1.15	34.65	3.35	32.45	5.55	30.25	7.75	28.05	9.95
36.80	1.20	34.60	3.40	32.40	5.60	30.20	7.80	28.00& less	10.00
36.75	1.25	34.55	3.45	32.35	5.65	30.15	7.85		
36.70	1.30	34.50	3.50	32.30	5.70	30.10	7.90		
36.65	1.35	34.45	3.55	32.25	5.75	30.05	7.95		
36.60	1.40	34.40	3.60	32.20	5.80	30.00	8.00		
36.55	1.45	34.35	3.65	32.15	5.85	29.95	8.05		
36.50	1.50	34.30	3.70	32.10	5.90	29.90	8.10		
36.45	1.55	34.25	3.75	32.05	5.95	29.85	8.15		
36.40	1.60	34.20	3.80	32.00	6.00	29.80	8.20		
36.35	1.65	34.15	3.85	31.95	6.05	29.75	8.25		
36.30	1.70	34.10	3.90	31.90	6.10	29.70	8.30		
36.25	1.75	34.05	3.95	31.85	6.15	29.65	8.35		
36.20	1.80	34.00	4.00	31.80	6.20	29.60	8.40		
36.15	1.85	33.95	4.05	31.75	6.25	29.55	8.45		
36.10	1.90	33.90	4.10	31.70	6.30	29.50	8.50		
36.05	1.95	33.85	4.15	31.65	6.35	29.45	8.55		
36.00	2.00	33.80	4.20	31.60	6.40	29.40	8.60		
35.95	2.05	33.75	4.25	31.55	6.45	29.35	8.65		
35.90	2.10	33.70	4.30	31.50	6.50	29.30	8.70		
35.85	2.15	33.65	4.35	31.45	6.55	29.25	8.75		

A Candidate will be awarded marks on the basis of above table. For example, if a candidate clocks 28.05 seconds the marks to be awarded will be 9.95 and so on. However, if a candidate clocks between 28.01 seconds to 28.05 seconds then he/she will be awarded 9.95 marks and so on. Further, if a candidate clocks 28.00 seconds or less he/she will be awarded 10.00 marks.

I. Sports Proficiency Weightage for B.P. Ed. &M.P.Ed.

Max. Marks: 20

- 1. Sports Proficiency Weightage SPW-1 -International:** (Represented India in Olympic Games, Asian Games World University Games, World Games, World Championships, World Cups, Commonwealth Games, Asian Meets, Test Matches in Cricket, Trophy, Commonwealth Championships, Asian Championship, Asia Cup, SAF Games, Davis Cup, Wimbledon Championship, US, French, Australian Open Tennis Championship, Thomas Cup, Uber Cup, All England Badminton Tournament and International Athletic Permit Meet and any other International Tournament/ Championship Games and Sports affiliated by Indian Olympic Association and / or Association of Indian Universities).

1st Position	08 Marks
2nd Position	07 Marks
3rd Position	06 Marks
Participation	05 Marks

These performances in SPW-1 will only be counted provided a candidate has atleast participated in the National Championship organized by respective Federation & duly affiliated by IOA. Wherever, if the National Championship in a particular game/sport has not been conducted such candidates will also be considered.

- 2. Sports Proficiency Weightage SPW-2- National :** Senior National/All India Inter-State/ All India Inter Zonal/National Games/Federation Cup:

1st Position	06 Marks
2nd Position	05 Marks
3rd Position	04 Marks
Participation	03 Marks

These performances in SPW-2 will only be counted provided he/she has atleast participated in the Inter University Competition in respective game/sport or any other sport organized by AIU.

- 3. Sports Proficiency Weightage SPW-3(i)-AIUSPW 3 (ii):** North/South/East/West - Zone tournament **SPW 3 (iii)** Rural National Women Youth Championship Festival.

	SPW 3 (i)	SPW 3(ii)	SPW 3
(iii)			
All India Inter University Festival		Zonal Inter University	Rural/Women/Youth
1st Position	04 Marks	3	3
2nd Position	03 Marks	2.5	2.5
3rd Position	02.5 Marks	2	2
Participation	02 Marks	01	01

Position or participation at Rural Championship /Women festival Championship/youth Championship or any other equivalent competition shall only be counted if he/she has secured I, II or III position in any event of supporting corresponding game in the inter college competition/state championship organized by University/ respective State association affiliated to AIU/IOA.

4. Sports Proficiency Weightage SPW-4(i)- State/Inter College: Inter-College of University of Delhi/Any other recognized University SPW 4 (ii) District State Women Festival, Rural District.

	SPW 4 (i) State/Inter College	SPW (ii) District
1st Position	02 Marks	1st Position – 1.5
2nd Position	01.5 Marks	2nd Position - 1
3rd Position	01 Marks	3 rd Position-.05

Note:-

- In each category i.e. SPW-1, SPW-2, SPW-3 (i), (ii) & (iii) & SPW-4 A candidate will be awarded for his highest achievement in the respective category for one game/sport only.
- If a candidate possessing more than one certificate within each category of different sport only one highest achievement within the category will be awarded.
- Out of three categories in SPW-3 only SPW-3 (i), SPW-3 (ii) & SPW-3(iii) only one highest achievement will be considered and a candidate can claim maximum of 4 marks in this category.
- List of games affiliated to I.O.A. (Indian Olympic Association) : Archery, Athletic, Basketball, Boxing, Bowling, Badminton Cycling, Equestrian, Football, Fencing, Gymnastic, Handball, Hockey, Judo, Kabaddi, Kho-Kho, Kayaking & Canoeing, Netball, Rowing, Shooting, Swimming, Table Tennis, Tennis, Taekwondo, Triathlon, Volleyball, Weightlifting, Wrestling, Yatching, & representation from Service Sports Control Board. **(As per latest affiliated list will be considered)**
- List of games approved by A.I.U. (Association of Indian Universities) : Archery, Athletic, Badminton, Ball Badminton, Boxing, Basket Ball, Canoeing & Kayaking, Chess, Cricket, Cross-Country, Cycling, Football, Gymnastics, Hockey, Hand-Ball, Judo, Korfball, Kabaddi, Kho-Kho, Net Ball, Power Lifting, Rowing, Softball, Squash Racket, Swimming, Shooting, Table-Tennis, Tennis, Volley Ball, Wrestling, Yoga, Yatching. **(As per latest affiliated list will be considered)**