CORRIGENDUM

This is to inform that the Instruction page uploaded on the Website on 20.06.2017 stands withdrawn for B.Sc.(Physical Education, Health Education & Sports)

An updated and corrected version of the Instruction page and other related documents have been uploaded today i.e. 21.06.2017

In convenience caused is regretted.

(Dr. Sandeep Tiwari) Head, DPESS

> Dr. Sandeep Tiwari Head, Deptt. of Phy. Edu. & Sports Science University of Delhi B-Block, Vikaspuri, New Delhi-18

Website: www.dudpess.du.ac.in email: dudpess1@gmail.com www.igipess.du.ac.in email: igipess.delhiuniversity@gmail.com

<u>Information Bulletin for Admission Process for</u> Physical Education Courses: B.Sc. (PE, HE & Sports) Courses 2017-2018

A. Instructions for Candidates for Admission 2017-18 (B.Sc. (PE, HE & Sports)

- 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:-
 - Written Test
 - Physical Fitness Test
 - Sports Proficiency Marks
- 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 and college Website www.igipess.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 (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 college Website www.igipess.du.ac.in and alert menu as reflected in UG Admission Entrance based portal of University of Delhi for B.Sc. (PE, HE & Sports) 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 college Website www.igipess.du.ac.in and submit to the Committee during Sports Proficiency Award:
 - Entrance Test Card for B.Sc. (PE, HE & Sports) Admission 2017-2018.
 - Medial Fitness Certificate for B.Sc. (PE, HE & Sports) 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 and College Website.
- 11. It is mandatory for all the candidates to submit Medical Fitness Certificate prior to undertaking Physical Fitness Test.
- 12. For all enquires send an email to the Department or College.

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B. Entrance Test Card for B.Sc. (PE, HE & Sports) -2017-18

-	Entrance Examination (Written Test Roll No.):		(to be
-	Online Application Form No.:(T	o be fi	lled by the Candidate)
-	Write in Block letters:-	,	
	(i) Name (Mr. /Ms.)	•••	
	(ii) Gender (Male/Female)		Affix a recent passport size photograph with
	(iii)Father's/Guardian's Name		cross signature
	(iv)Date of Birth		
	(v) Address		
	(vi)Mobile No.:Residence:		
	(vii) E-mail Id:		
		Signat	ture of Student

DO NOT WRITE BELOW THIS LINE

S.No.	Particulars	Signature of Candidate	Signature of Incharge	Time	Score
1.	Physical Fitness Test				
2.	Sports Proficiency Marks				

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 , www.igipess.du.ac.in Email dudpess1@gmail.com , igipess.delhiuniversity@gmail.com .

Website: www.dudpess.du.ac.in email: dudpess1@gmail.com www.igipess.du.ac.in email: igipess.delhiuniversity@gmail.com

C. MEDICAL FITNESS CERTIFICATE FORM FOR ADMISSION TO B.Sc. (PE, HE & Sports)

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

I hereby certify that he/she is fit to take physical fitness test of the UG 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)

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D. COMPONENTS OF ENTRANCE TEST TO B.SC. (PE, HE & SPORTS) ADMISSION 2017-18

- Weightage for the components of B.Sc. (PE, HE & Sports) entrance test shall be as follows in Table-1:

TABLE-1			
S.No.	Name of the Test	Awards	
1.	Written Test	50 Marks*	
2.	Physical Fitness Test	20 Marks*	
3.	Sports Proficiency Award	30 Marks*	

- *Syllabus for B.Sc. (PE, HE & Sports) is documented in point "E".
- * Physical Fitness Test description and Norms are shown in points "F" and "G".
- * Sports proficiency weightage/award is mentioned under point "H".

E. SYLLABUS FOR ENTRANCE TEST B.SC. (PE, HE & S) ADMISSION 2017-18.

Unit I Changing Trends & Career in Physical Education

- Define Phy. Edu., Its Aims & Objectives
- Development of Phy. Edu.-Post Independence
- Concept & Principles of Integrated Phy. Edu.
- Concept & Principles of Adaptive Phy. Edu.
- Special Olympic Bharat
- Career Options in Phy. Edu.

Unit II Physical Fitness, Wellness & Lifestyle

- Meaning & Importance of Physical Fitness, Wellness & Lifestyle
- Components of physical fitness
- Components of wellness
- Preventing Health Threats Through Lifestyle Change
- Components of Positive Lifestyle

Unit III Olympic Movement

- Ancient & Modern Olympics
- Olympic Symbols, Ideals, Objectives & Values
- International Olympic Committee
- Indian Olympic Association
- Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award
- Organisational set-up of CBSE Sports & Chacha Nehru Sports Award
- Paralympic Movement

Unit IV Yoga

- Meaning & Importance of Yoga
- Yoga as an Indian Heritage
- Elements of Yoga
- Introduction to Asanas, Pranayam, Mediation & Yogic Kriyas
- Physiological benefits of Asana & Pranayam
- Prevention & Management of Common Lifestyle Diseases; Obesity, Asthma, Diabetes, Hyper-Tension & Back-Pain

Unit V Doping

- Concept & classification of doping
- Prohibited Substances & Methods
- Athletes Responsibilities
- Side Effects of Prohibited Substances
- Ergogenic aids & doping in sports
- Doping control procedure

Unit VI Physical Activity Environment

- Introduction to physical activity
- Concept & need of sports environment

Concept & Principles of Adaptive Phy. Edu.

and the second second

- Special Olympic Bharat
- Career Options In Phy. Edu.

Unit VII Test & Measurement in Sports

- Define Test & Measurement
- Importance of Test & Measurement In Sports
- Calculation of BMI & Waist Hip Ratio
- Somato Types (Endomorphy, Mesomorphy & Ectomorphy)
- Procedures of Anthropromatric Measurement Height, Weight, Arm & Leg Length And Skin Fold

Unit VIII Fundamentals of Anatomy & Physiology

- Define Anatomy, Physiology & its importance
- Function of Skeleton System, Classification of Bones & Types of Joints
- Properties of Muscles
- Function & Structure of Muscles
- Function & Structure of Respiratory System, Mechanism of Respiration
- Structure of Heart & Introduction to Circulatory System
- Oxygen debt, second-wind

Unit IX Biomechanics & Sports

- Meaning & Importance of Biomechanics in Phy. Edu. & Sports
- Newton's Law of Motion and its application in sports
- Levers & its Types and its application in sports
- Equilibrium Dynamic & Static and Centre of Gravity and its application in sports
- Force Centrifugal & Centripetal and its application in sports

Unit X Psychology & Sports

- Definition & Importance of Psychology in Phy. Edu. & Sports
- Define & Differentiate Between Growth & Development
- Devélopmental Characteristics at Different Stage of Development
- Adolescent Problems & Their Management
- Define Learning, Laws of Learning & Transfer of Learning
- Plateau & causes of plateau
- Emotion: Concept & controlling of emotion

Unit XI Training in Sports

- *Meaning & Concept of Sports Training
- Principles of Sports Training
- Warming up & Lim
- Load, Adaptation & Recovery
- Skill, Technique & Style
- Symptoms of Over –load & How to overcome it

Unit XII Planning in Sports

- Meaning & Objectives of Planning
- Various committees & its responsibilities
- Tournament –Knock-out, League or Round Robin & Combination
- Procedure to draw Fixtures-Knock-Out (Bye & Seeding) & League (Staircase & Cyclic)
- Intramural & Extramural-Meaning, Objectives & its Significance
- Specific Sports Programme (Sports Day, Health Run, Run for Fun, Run for Specific Cause &

Adventure Sports & Leadership Training Unit XIII

- Meaning & objectives of Adventure Sports
- Types of Activities Camping, Rock Climbing, Tracking, River Rafting & Mountaineering
- Material requirement & safety measures
- Identification & use of Natural Resources
- Conservation of surroundings
- Creating Leaders Through Physical Education

Unit XIVSports & Nutrition

- Balanced Diet & Nutrition: Macro & Micro Nutrients
- Nutritive & Non-Nutritive Components of Diet
- Eating Disorders Anorexia Nervosa & Bulemia
- Effects of Diet On Performance
- Eating For Weight Control A Healthy Weight, The Pitfalls Of Dieting, Food Intolerance & Food
- Sports nutrition (fluid & meal Intake, pre, during & post competition)

Unit // Postures

- Concept of Correct Postures Standing and Sitting
- Advantages of Correct Posture
- Causes of bad posture
- Common Postural Deformities Knock Knee; Flat Foot; Round Shoulders; Lordosis, Kyphosis, Bow Legs and Scotioses
- Physical Activities as Corrective Measures

Unit XXI Children & Sports

- Motor development in children
- Factors affecting motor development
- Physical & Physiological benefits of exercise on children
- Advantages & disadvantages of weight training & food supplement for children
- Activities & quality of life.

Unit Will Women & Sports

- Sports participation of women in India
- Special consideration (Menarch, Menstural Disfunction, Dramages

Unit Wifest & Measurement in Sports

- Measurement of Muscular Strength Kraus Weber Test
- Motor Fitness Test AAPHER
- Measurement of Cardio Vascular Fitness Harvard Step Test/Rockport Test
- Measurement of Flexibility 5it & Reach Test
- Rikli & Jones Senior Citizen Fitness Test
 - 1. Chair Stand Test for lower body strength
 - 2. Arm Curl Test for upper body strength
 - 3. Chair Sit & Reach Test for lower body flexibility
 - 4. Back Scratch Test for upper body flexibility
 - 5. Eight Foot Up & Go Test for agility
 - 6. Six Minute Walk Test for Aerobic Endurance

Unit X Physiology & Sports

- Gender differences in physical & physiological parameters.
- Physiological factor determining component of Physical Fitness
- Effect of exercise on Cardio Vascular System
- Effect of exercise on Respiratory System
- Effect of exercise on Muscular System
- Physiological changes due to ageing
- Role of physical activity maintaining functional fitness in aged population

Unit XX Sports Medicine

- Concept & definition
- · Aims & scope of sports medicine
- Impact of surfaces & environment on athletes
- Sports injuries: Classification, Causes & Prevention
- Management of Injuries:

Soft Tissue Injuries:

(Abrasion, Contusion, Laceration, Incision, Sprain & Strain)

Bone & Joint Injuries:

(Dislocation, Fractures: Stress Fracture, Green Stick, Communated, Transverse Oblique & Impacted)

Unit W Biomechanics & Sports

- Projectile & factors affecting Projectile Trajectory
- Angular & Linear Movements
- Introduction to Work, Power & Energy
- Friction
- Mechanical Analysis of Walking & Running

Unit Psychology & Sports

- Understanding stress, anxiety & its management
- Coping Strategies
- Personality, its dimensions & types :Role o Sports in Personality Development
- Motivation, its type & technique
- Self-esteem & Body Image
- Psychological benefits of exercise

Unit(XII)Training in Sports

- Strength- Definition, types & methods of improving strength -Isometric, Isotonic & Isokinetic
- Endurance-Definition, types & methods to develop Speed-Acceleration Run & Pace Ran
- Flexibility- Definition, types & methods to improve flexibility
- Coordinative Abilities Definition & Types

Unit XXV 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.

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F.(i) DESCRIPTION OF PHYSICAL FITNESS TEST B.SC. (PE, HE & SPORTS)

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

B.Sc.~(PE,HE & S)~(Completion without Foul+Marks)

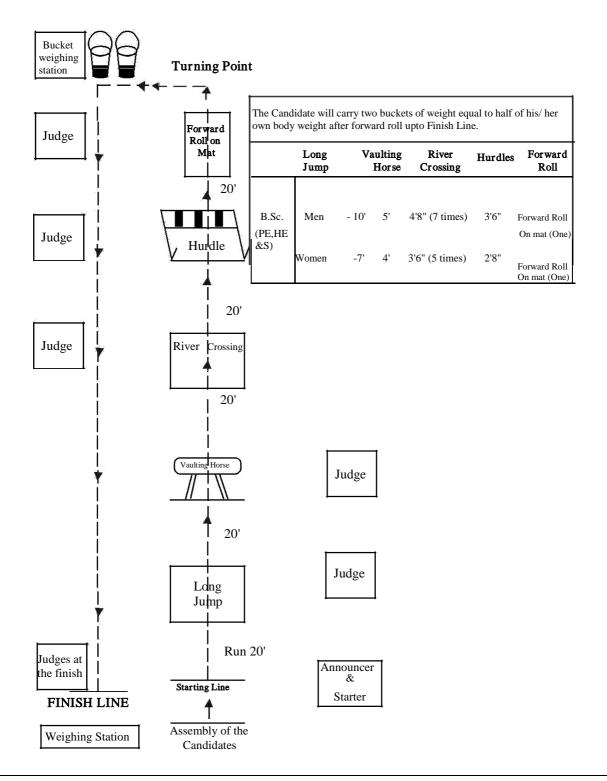
Male		Female
(a) 10" Long Jump	(a)	7' Long Jump
(b) Vaulting Horse Jump of 5' height	(b)	Vaulting Horse Jump of 4' height
(c) 7 times Crossing Over the width of 4'8" River.	(c)	5 times Crossing Over the Width of 3'6"River.
(d) Crossing over the Hurdle of 3'6" height.	(d)	Crossing over the Hurdle 2'8" 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.

F. (ii) Physical Fitness Test Marking Scheme for B.Sc. (PE, HE & Sports)

Time Taken (in Second)	Score	Time Taken (in Second)	Score	Time Taken (in Second)	Score
38.15	0.00	31.40	9.00	24.65	18.00
38.00	0.20	31.25	9.20	24.50	18.20
37.85	0.40	31.10	9.40	24.35	18.40
37.70	0.60	30.95	9.60	24.20	18.60
37.55	0.80	30.80	9.80	24.05	18.80
37.40	1.00	30.65	10.00	23.90	19.00
37.25	1.20	30.50	10.20	23.75	19.20
37.10	1.40	30.35	10.40	23.60	19.40
36.95	1.60	30.20	10.60	23.45	19.60
36.80	1.80	30.05	10.80	23.30	19.80
36.65	2.00	29.90	11.00	23.15	20.00
36.50	2.20	29.75	11.20		
36.35	2.40	29.60	11.40		
36.20	2.60	29.45	11.60		
36.05	2.80	29.30	11.80		
35.90	3.00	29.15	12.00		
35.75	3.20	29.00	12.20		
35.60	3.40	28.85	12.40		
35.45	3.60	28.70	12.60		
35.30	3.80	28.55	12.80		
35.15	4.00	28.40	13.00		
35.00	4.20	28.25	13.20		
34.85	4.40	28.10	13.40		
34.70	4.60	27.95	13.60		
34.55	4.80	27.80	13.80		
34.40	5.00	27.65	14.00		
34.25	5.20	27.50	14.20		
34.10	5.40	27.35	14.40		
33.95	5.60	27.20	14.60		
33.80	5.80	27.05	14.80		
33.65	6.00	26.90	15.00		
33.50	6.20	26.75	15.20		
33.35	6.40	26.60	15.40		
33.20	6.60	26.45	15.60		
33.05	6.80	26.30	15.80		
32.90	7.00	26.15	16.00		
32.75	7.20	26.00	16.20		
32.60	7.40	25.85	16.40		
32.45	7.60	25.70	16.60		
32.30	7.80	25.55	16.80		
32.15	8.00	25.40	17.00		
32.00	8.20	25.25	17.20		
31.85	8.40	25.10	17.40		
31.70	8.60	24.95	17.60		
31.55	8.80	24.80	17.80		

A Candidate will be awarded marks on the basis of above table. For example, if a candidate clocks 28.10 seconds the marks to be awarded will be 13.40 and so on. However, if a candidate clocks 23.15 seconds and below then he/she will be awarded 20 marks and so on. Further, if a candidate clocks 23.16 seconds & above but below 23.30 seconds he/she will be awarded 19.80 marks.

G. Physical Fitness Test for B.Sc. (PE, HE & S) (Marks out of 20 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.

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H. Sports Proficiency Weightage for B.Sc. (PE, HE & S)

Max. Marks:30

1. Sports Proficiency Weightage SPW-1 -International: Represented India in Olympic, Asian Games, World University/School Games, World Games, World Championships, World Cups, Common wealth 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 approved by IOA/Govt. of India.

1st Position	12 Marks
2nd Position	11 Marks
3rd Position	10 Marks
Participation	09 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, National Championship in a respective Sport has not been conducted such candidate will also be considered.

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

	SPW-2 (i)	Junior National SPW-2(ii)
1st Position	08 Marks	07 Marks
2nd Position	07 Marks	06 Marks
3rd Position	06 Marks	05 Marks
Participation	05 Marks	04 Marks

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

3. Sports Proficiency Weightage SPW-3-(i): School National **SPW-3(ii)** National Women Championships/National Rural Championships/Participation in National Championships.

	SPW-3 (i)	SPW-3 (ii)
1st Position	06 Marks	05 Marks
2nd Position	05 Marks	04 Marks
3rd Position	04 Marks	03 Marks
Participation	03 Marks	02 Marks

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

4. Sports Proficiency Weightage SPW-4(i)-District/State/Inter College: State Championship/Inter-Zonal (Delhi School I.Z.) C.B.S.E. National, K.V.S. Nationals, Sanik Schools Nationals, Navodya School National School Nationals, All India Public Schools SPW-4 (ii) C.B.S.E. Zonal/ Zonal (Delhi Schools Zonals) (C.B.S.E. Cluster/Regional, K.V.S. Regional, Sanik Schools regional, Navodya School Regional, Cluster/Regional Public Schools), District, State women festival.

	SPW 4 (i)	SPW 4(ii)
1st Position	04 Marks	03 Marks
2nd Position	03 Marks	02 Marks
3rd Position	02 Marks	01 Marks

Note:-

- In each category i.e. SPW-1, SPW-2 (i) & (ii), SPW-3 (i) & (ii) & SPW-4 (i) & (ii). 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) only one highest achievement will be considered and a candidate can claim maximum of 6 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 SGFI.