

**NORMS AND STANDARDS FOR BACHELOR OF PHYSICAL EDUCATION FOUR YEAR INTEGRATED PROGRAMME  
(B.Ph.Ed./B.I.P.Ed./I.B.P.Ed./B.P.Ed.[I])**

Since no norms and standards were framed earlier for Bachelor of Physical Education Four years Integrated Programme, therefore the recommendation of workshop includes preparation of Norms and Standards under the same headings in which the guidelines for C.P.Ed., B.P.Ed. and M.P.Ed. were framed.

<b>EXISTING NORMS</b>	<b>RECOMMENDATIONS OF THE WORKSHOP</b>
<p><b>Preamble</b></p> <p align="center"><b>NOT SPECIFIED</b></p>	<p><b>Preamble</b></p> <p>The Bachelor of Physical Education Four year Integrated Programme (B.Ph.Ed./B.I.P.Ed./I.B.P.Ed./B.P.Ed.(I)) is primarily meant for preparing professional physical education teachers for secondary and senior secondary schools.</p> <p>In addition, to create abundant self confidence &amp; motivation in the profession i.e. Health and Fitness Management, Gym or Club Management, Personal Trainer, Exercise Prescription &amp; Management and Yoga, leading entrepreneurship &amp; self employment.</p>
<p><b>Duration and Intake</b></p> <p align="center"><b>NOT SPECIFIED</b></p>	<p><b>Duration and Intake</b></p> <p>a) The B.Ph.Ed./B.I.P.Ed./I.B.P.Ed./B.P.Ed.(I) (Four years' integrated programme) shall be of duration of four academic years'.</p> <p>b) For effective curriculum transaction and ensuring optimum utilization of physical and instructional infrastructure and expertise of teaching staff, there shall be an unit or more of 50 students each.</p>

**Eligibility**

**NOT SPECIFIED**

**Eligibility**

A candidate who has passed one of the following examinations with 45% marks in aggregate shall be eligible to join first year class of the B.Ph.Ed./B.I.P.Ed./I.B.P.Ed./B.P.Ed.(I) 4 years integrated programme' in the university/institute/college :-

- a) Senior Secondary Certificate Part-II examination or 10+2 of any recognize Board/Council/University.

OR

Any other examination equivalent to any of the above mentioned qualification/s, recognized by the parent/affiliating university/ examining body/Academic Council.

- b) Below 21 years of age on the last date of the admission (relaxable up to 25 years in case of National/International Sports persons or the members of SC/ST and OBC.
- c) Candidates should be medically fit.
- d) Admission shall be made on the basis of merit obtained in the entrance examination conducted by the University/Central Govt./State Govt./Union Territory, with due weightage for written test, physical fitness test, skill proficiency test, as per the policy of College/University/State.
- e) There shall be reservation of seats as per the policy of the Central Govt./State Govt./Union Territory.

**Curriculum Transaction and Requirement of Teaching Staff**

**NOT SPECIFIED**

**Curriculum Transaction and Requirement of Teaching Staff**

- a) There shall be at least 180 teaching days (clear working days) in an academic year exclusive of period of admission. Experience of Practice Teaching of theory/skill development, calisthenics and coaching lessons needs to be given. Besides, these practical experience must be provided by sending students to nearby schools for at least four weeks.
- b) For an intake of one unit of 50 students or less, the teaching faculty shall comprise of a Principal/Head of Department and at least three Lecturers. Later on for second, third and fourth year the number of full time teachers shall be increased by three lecturers every year till the fourth year come into existence.
- c) Appointment of teachers shall be distributed so as to ensure the required nature and level of expertise for teaching different specialized disciplines related with Physical Education.
- d) Part-time qualified guest faculty for specializations offered, other than those covered by full time teachers and part/full time medical officer, shall be appointed.

**Qualification of Teaching Staff**

NOT SPECIFIED

**Qualification of Teaching Staff**

**a) Principal or Head of the Institute/Department**

- Master of Physical Education (two year duration)
- Ph.D. in Physical Education
- At least 10 year experience of teaching physical education at graduate level.

**b) Lecturers**

- As per U.G.C. Norms

c) Qualification of qualified guest faculty shall be such as may be prescribed by the concerned affiliating university/UGC/State Government.

d) Qualification of medical officer will be as per Indian Medical Council.

**Administrative Staff**

NOT SPECIFIED

**Administrative Staff**

The minimum requirement of administrative and other supporting staff should be as follows:

<b>Designation</b>	<b>Minimum Requirement</b>	<b>Desirable</b>
Librarian/Assistant Librarian	1	1+1
Attendant	1	2
Lab. Assistant/ Lab. Attendant	2	2+3
Technical Assistant (Computer)	1	2
Peon/Attendant	1	2
Sweepar	2	3
Groundsmen-cum-marker	4	8
P.A. to Head/Principal	1	1
Office Superintendent	1	1
Accountant/ Cashier	1	1+1
Clerk	1	2
Store keeper	1	1

## **Infrastructural Facilities**

**NOT SPECIFIED**

## **Infrastructural Facilities**

Infrastructural Facilities must include land area, space for administrative facilities, space for teaching facilities, facilities for indoor and outdoor sports and physical activities. List of certain minimum requirement for an institution having one unit of 50 students are as under:-

### **a) Land Area**

The minimum space required included space for institutions building and space for playgrounds.

#### **Minimum**

8 acres (5 acres for play fields and 3 acres for building, hostel and staff quarters)

### **b) Administrative Facilities**

- i) Principal /Head Office
- ii) Visitor's room
- iii) Administrative Office
- iv) Staff Room with toilet facilities.
- v) Meeting Hall
- vi) Conference Hall
- vii) Girls common room with toilet facilities
- viii) Store room
- ix) Library
  - a. Stock Room
  - b. Reading Room
  - c. Librarian Office
- x) Canteen Facilities

### **c) Teaching Facilities**

**Instructional Equipments :**

**Not Specified**

**Instructional Equipments :**

There shall be the following minimum equipment for various opted indoor and outdoor sports and games.

**1) Athletics**

Name	Minimum
Hurdles	30
Starting Clapper	2
Measuring Tape	15 mts. – 1 30 mts. – 2 50 mts. – 1 100 mts. – 1
Wire for marking the track (50 mts.)	1
Stop watches	6
Starting Block	6
High Jump Stand	1 pair
High Jump cross bar	4
Pole Vault Planting Box	1
Pole Vaulting Upright	1 pair
Discuss-Men & Women	12 each
Shot-put- Men & Women	12 each
Hammer- Men & Women	6 each
Stop Board	2
Landing pit for pole vault	1
Fiber glass pole	2
Throwing Circle Rings	2
Stands, for judges at the finish	2
Flag Pole	6

## Instructional Facilities

Not Specified

## Instructional Facilities

1) **Educational Technology and Media Laboratory must have the following for imparting literacy of Information Technology.**

- i) Computer hardware – minimum 12
- ii) Multimedia projector with screen –One
- iii) Server -One
- iv) Laser Printer -Three
  - i) Colour Laser Printer - One
  - ii) Internet Facilities
  - iii) Over Head Projectors – Four
  - iv) Slide Projectors – Two
  - v) CD/DVD and software programmes.
  - vi) Digital Video Handy-cam – One
  - vii) DVD Projectors – One
  - viii) 29" Coloured Television - One
  - ix) Display Boards – Two

2) **The anatomy, physiology, health and first aid lab must have the following apparatuses :**

- i) Charts of Balanced Diet- four
- ii) Growth Charts - four
- iii) Skin-fold Calipers - two
- ii) Chart of body organs and system – one set
- iii) Models of body organs and systems – one set
- iv) Stethoscope – three
- v) Sphygmomanometer – six
- vi) Wet Spiro meter – one
- vii) Shortwave diathermy – one
- viii) Stops watches 1/100 – twelve
- ix) Peak flow meter – two

## Terms and Conditions of Service of Staff

Not Specified

## Terms and Conditions of Service of Staff

- a) The appointment of staff shall be made on the basis of recommendations of the Selection Committee constituted as per the policy of the concerned Central/State Government.
- b) All appointments are to be made on full-time and regular basis.
- c) Government institutions/ Government-aided institutions, may make appointments on deputation or contract basis as an interim measure in the absence of availability of suitable candidate/s, as per the policy of the concerned Government.
- d) The academic and other staff of the institution including part-time staff shall be paid such salary as may be prescribed by the concerned Central Government/State Government /University from time to time.
- e) Appointment of part-time instructor/coach/teacher and other staff can be made as per the norms of the concerned Government.
- f) The management of the institution shall discharge the statutory obligations relating to pension, gratuity, provident fund, etc.
- g) The age of superannuation of the staff shall be determined by the policy of the concerned Government subject to maximum age not exceeding 65 years.

**Financial Management**

**Not Specified**

**Financial Management**

- a) The tuition fees and other fees shall be charged at the rates as prescribed by the concerned University/ State Government/UT.
- b) In case of private and un-aided institutions there shall be an endowment fund of Rs. 5.00 lakh to be operated jointly by the authorized representative of the management and an officer of the concerned Regional Committee, and a reserve fund equivalent to three months' salary of the staff.

**COURSE STRUCTURE**  
**B.Ph.Ed./B.I.P.Ed./I.B.P.Ed.**  
**Four Years Integrated Programme**  
***PART-A***

***FIRST YEAR***

S. No.	Theory Subjects	Credit	Maximum Marks	Hours to be allotted
1.	English	1	100	64
2.	Introduction to Education & Physical Education & History of Physical Education	1	100	64
3.	Anatomy & First Aid	1	100	64
4.	Principles of Physical Education	1	100	64
5.	Fundamentals of Computers and Information Technology	1	100	64

***SECOND YEAR***

S. No.	Theory Subjects	Credit	Maximum Marks	Hours to be allotted
1.	English	1	100	64
2.	Methods in Physical Education	1	100	64
3.	Physiology	1	100	64
4.	Kinesiology	1	100	64
5.	Educational Psychology	1	100	64

***THIRD YEAR***

S. No.	Theory Subjects	Credit	Maximum Marks	Hours to be allotted
1.	Health Education	1	100	64
2.	Introduction to Correctives & Rehabilitation	1	100	64
3.	Educational Technology	1	100	64
4.	Management in Physical Education	1	100	64
5.	Basics of Sports Training	1	100	64

### ***FOURTH YEAR***

S. No.	Theory Subjects	Credit	Maximum Marks	Hours to be allotted
1.	Professional Preparation	1	100	64
2.	Adopted Physical Education	1	100	64
3.	Test and Measurement	1	100	64
4.	Recreation	1	100	64
5.	Fitness Management	1	100	64

**Note:**

- Environmental Studies will be the compulsory qualifying subject for confirming degree in Bachelor of Physical Education Four year Integrated Course.**
- All the subjects in Four years Integrated course will be allotted one credit each of hundred marks and for each credit minimum 64 periods to be allotted.**

### ***PART-B***

#### **List of Activities- Teaching of Games and Sports (Skill & Prowess) in First, Second and Third Year**

S. No.	Name of the Activity	Credit	Max. Marks	Hours to be allotted	S.No .	Name of the Activity	Credit	Max. Marks	Hours to be allotted
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1.	Athletics	1	100	64	13.	Wrestling	½	50	32
2.	Gymnastics	1	100	64	14.	Boxing	½	50	32
3.	Football	1	100	64	15.	Weight Training	½	50	32
4.	Basketball	1	100	64	16.	Kho-Kho	½	50	32
5.	Calisthenics/Light Apparatus	1	100	64	17.	Kabaddi	½	50	32
6.	Swimming	1	100	64	18.	Table-Tennis	½	50	32
7.	Badminton	1	100	64	19.	Tennis	½	50	32
8.	Volleyball	1	100	64	20.	Netball	½	50	32
9.	Handball	1	100	64	21.	Ball Badminton/Squash Rackets	½	50	32
10.	Hockey	1	100	64	22.	Softball	½	50	32
11.	Yoga	1	100	64	23.	Judo	½	50	32
12.	Cricket	1	100	64	24.	Korf Ball	½	50	32

### ***PART-C***

#### **TEACHING PRACTICE IN THIRD YEAR**

<b>S. No.</b>		<b>Credit</b>	<b>Max. Marks</b>	<b>Hours to be allotted</b>
1.	Teaching Practice (Athletics, Games, Calisthenics and Theory-Five Lessons in Each Area i.e. 5x4 = 20 lessons)	1+1=2	200	128

## *PART-D*

### COACHING LESSONS IN FOURTH YEAR

<b>S. No.</b>	<b>Game of Specialization Specializing in One game/sport</b>	<b>Credit</b>	<b>Max. Marks</b>	<b>Hours to be allotted</b>
1.	Theory	1	100	64
2.	Coaching Lessons	1	100	64
3.	Internship in one of the following a) Gym & Health Club Management b) Aerobics/Mass Demonstration c) Training of life guard for water sports d) Sports Management/Journalism	1	100	64
	<b>TOTAL =</b>	<b>3</b>	<b>300</b>	<b>192</b>

**NOTE:**

1. Every College/University/State must select a total of 16 games in four years out of the listed 24 games as per their requirements, facilities available and expertise.
2. In the list of selected games Athletics, Gymnastics and Yoga is compulsory.
3. Every candidate is required to have one game for specialization in the fourth year.
4. Out of the listed games, 12 games are of 100 marks each and 12 games are 50 marks each. So, the respective college/university/state is required to select minimum 8 games with one credit and 8 games with ½ credit.
5. In the specialization activity two credit will be given out of which one for theory of specialized games and one credit for coaching lesson.
6. Internship of three months duration in the school/college/university/health club/swimming pools, in one of the mentioned area of the following subject/ games/ activity will be mandatory :
  - a. Gym & Health Club Management
  - b. Aerobics/Mass Demonstration
  - c. Training of life guard for water sports
  - d. Sports Management/ Journalism