

Department of Physical Education & Sports Sciences
(Faculty of Inter-disciplinary & Applied Sciences) University of Delhi, C/O IGIPSS, B-Block, Vikaspuri, New Delhi-110018.

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

A. SYLLABUS FOR WRITTEN TEST FOR ADMISSION TO B.P Ed. COURSE 2019-20

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 Ashtang Yog
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.

B. SYLLABUS FOR WRITTEN TEST FOR ADMISSION TO M.P Ed. COURSE 2019-20

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.

Department of Physical Education & Sports Sciences
(Faculty of Inter-disciplinary & Applied Sciences) University of Delhi, C/O
IGIPSS, B-Block, Vikaspuri, New Delhi-110018.
Website: www.dudpess.du.ac.in email: dudpess1@gmail.com

C. Eligibility Conditions for Admission to B.P.Ed. and M.P.Ed Courses 2019-20

1. Eligibility Criteria for B.P.Ed. -2 year (Four Semester course) eligibility (as per Regulations 2014 & Norms & Standards was downloaded on 09.04.2019 from NCTE Website).

- (a) Bachelor's degree in any discipline with 50% marks and having at least participation in Inter College/Inter-zonal/District/ School competition in sports & Games as recognized by the AIU/IOA/SGFI/Govt. of India.
OR
- (b) Bachelor's degree in physical education with 45% marks.
OR
- (c) Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory elective subject.
OR
- (d) Bachelor degree with 45% marks and having participated in National/Inter University/ State Competition or secured 1st, 2nd or 3rd position in Inter College/Inter Zonal/District/ School competition in sports games as recognized by the AIU/IOA/SGFI/ Govt. of India
OR
- (e) Bachelor's degree with participation in international competition or secured 1st, 2nd or 3rd position in National/Inter University competition in sports and game as recognized by respective federations /AIU/IOA/SGFI/ Govt. of India
OR
- (f) Graduation with 45% marks and at least 3 years of teaching experience (for deputed in service candidate) i.e. trained physical education teachers/coaches).

The relaxation in the percentage of marks in the qualifying examination and in the reservation of seats for SC/ST/OBC and others categories shall be as per the rules of the Central Govt./State Government whichever is applicable.

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	20 Marks
3.	Sports Proficiency Award	20 Marks

2. **Eligibility Criteria for M.P.Ed. -2 years (Four semester course) eligibility as per Regulations 2014 & Norms & Standards was downloaded by 09.04.2019 from NCTE Website.**

- (a) Bachelor of Physical Education (B.P.Ed.) or equivalent with at least 50% marks. Or
Bachelor of Science (B.Sc.) in Health and Physical Education with at least 50% marks.
- (b) The reservation in seats and relaxation in the qualifying marks for SC/ST/OBC/PWD and other categories shall be as per the rules of the Central Govt./State Govt. whichever is applicable.

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	20 Marks
3.	Sports Proficiency Award	20 Marks

**Information Bulletin for Admission Process for
Physical Education Courses: B.P.Ed and M.P.Ed Courses 2019-20**

D. Instructions for Candidates for Admission 2019-20 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:-
 - **Written Test**
 - **Physical Fitness Test**
 - **Sports Proficiency Marks**
2. **Absenting from any of the test components as mentioned above will result in the cancellation of the candidature in respective course Admission.**
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 certificates to the admission committee. For Sports Proficiency Weightage only the highest value certificate will be considered.
5. Syllabus for entrance test could be downloaded from the University Admission Portal as well as website of the Department.
6. Candidate will be awarded marks for Physical fitness as per the norms of Physical Fitness Test. These norms could be downloaded from the website of the Department.
7. 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.
8. The candidate has to fill the additional forms by downloading from the website of the Department i.e. www.dudpess.du.ac.in and submit to the Committee during the first day of reporting for admission process of Physical Fitness Test.
 - **Entrance Test Card for B.P.Ed. and M.P.Ed. Admission 2019-20.**
 - **Medical Fitness Certificate for B.P.Ed. and M.P.Ed. Admission 2019-20.**
9. 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.
10. In case any document submitted by the candidate is found fake during any stage of course of study in such case the admission of the candidate shall be cancelled.
11. The DPSS and IGIPSS shall not be responsible in case any injury is occurred to a candidate during the Admission process to various degree courses B.P.Ed., M.P.Ed. and B.Sc.(PEHE &S) For all enquires send an email (dudpess1@gmail.com) to the Department.

Department of Physical Education & Sports Sciences
(Faculty of Inter-disciplinary & Applied Sciences), University of Delhi, C/O IGIPSS, B-Block,
Vikaspuri, New Delhi-110018.
Website : www.dudpess.du.ac.in email: dudpess1@gmail.com

F. Entrance Test Card for B.P.Ed./M.P.Ed.-2019-20 (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 Capital letters:-

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

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

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

(iv) Mother's Name.....

(v) Date of Birth

(vi) Address.....

.....

(vii) Mobile No.:Residence:.....

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

Affix a
self attested
recent passport size
photograph with cross
signature

Signature of Student

DO NOT WRITE BELOW THIS LINE

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

S.No.	Particulars	Signature of Candidate	Signature of Incharge	Time	Marks
1.	Physical Fitness Test Marks				
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) & for any enquiry Email (dudpess1@gmail.com).

Department of Physical Education & Sports Sciences
(Faculty of Inter-disciplinary & Applied Sciences) University of Delhi, C/O
IGIPRESS, B-Block, Vikaspuri, New Delhi-110018.
Website: www.dudpess.du.ac.in email: dudpess1@gmail.com

G. MEDICAL FITNESS CERTIFICATE FORM FOR ADMISSION TO B.P.Ed./M.P.Ed. COURSES

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

I hereby certify that he/she is fit to take Physical Fitness Test of the PG admission test 2019-20 (University of Delhi).

SIGNATURE OF CANDIDATE

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

H Components of Entrance Test to B.P.Ed and M.P.Ed Course Admission 2019-20

- **Weightage for the components of B.P.Ed. (Four Semester) 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	20 Marks
3.	Sports Proficiency Award	20 Marks

- **Weightage for the components of M.P.Ed. (Four Semester) 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	20 Marks
3.	Sports Proficiency Award	20 Marks

Department of Physical Education & Sports Sciences
(Faculty of Inter-disciplinary & Applied Sciences) University of Delhi, C/O IGIPSS, B-
Block, VIKASPURI, New Delhi-110018.
Website: www.dudpess.du.ac.in email: dudpess1@gmail.com

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:

Male	Female
(a) 8'6" Long Jump	(a) 5'6" 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 91.4 cms. height.	(d) Crossing over the Hurdle 76.2 cms. height.
(e) Forward Roll on Mat. (one)	(e) Forward Roll on Mat. (one)
(f) Sprinting from the end line after one Forward Roll on Mat to finish line/starting point.	(f) Sprinting from the end line after one Forward Roll on Mat to finish line/starting point.

Note:

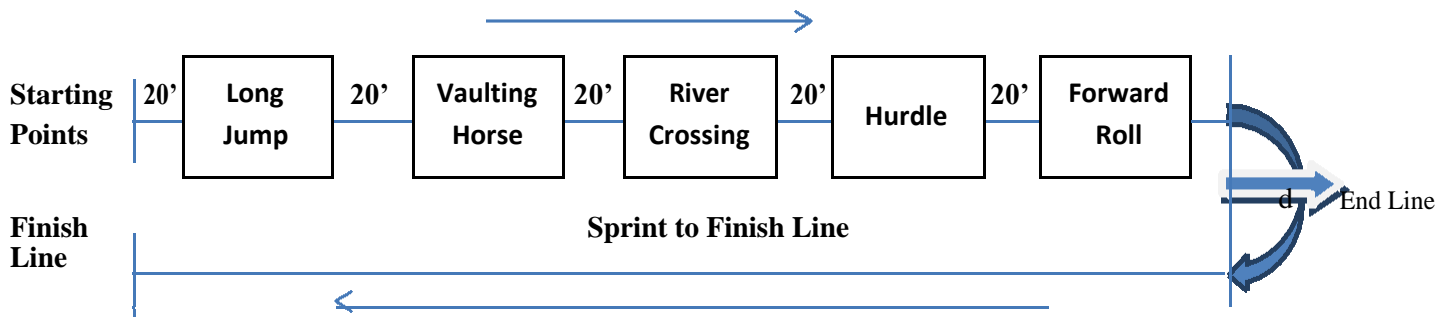
1. Candidate seeking admission to various courses shall be required to complete the physical fitness test as above without any foul irrespective of time limit.
2. However marks will only be awarded to a candidate in accordance with the table-I. In case a Candidate clocks a time which is not mentioned in table I (More than 38 seconds) such candidate will not be awarded any marks for his/her performance. If a candidate clocks 23.15 seconds or less then, 20 marks will be awarded.
3. Maximum of three chances/Trials will be given to each candidate.
4. If a candidate leaves the test incomplete he/she shall be disqualified for that trial/chance.

J. Physical Fitness Test Marking Scheme for B.P.Ed. & M.P.Ed. 2019-20

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.

K. Illustration of Physical Fitness Test for B.P.Ed & M.P.Ed 2019-20



The Candidate will sprint after crossing the End Line up to Finish Line/Starting Point							
Course		Long Jump	Vaulting Horse	River Crossing	Hurdles	Forward Roll	Sprint
B.P.Ed. & M.P.Ed.	MEN	8'6"	5'	6' (7 times)	91.4cms	On mat (one)	Sprint to Finish Line
	WOMEN	5'6"	4'	4' (5 times)	76.2 cms	One mat (one)	

L. Sports Proficiency Weightage for B.P. Ed. & M.P.Ed. 2019-20

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, International Test Matches in Cricket/ODI, 20-20 World Cup approved by ICC, Commonwealth Championships, Asian Championship, Asia Cup, SAF Games, Davis Cup, Wimbledon/US/French, Open Australian Open Tennis Championship, Thomas Cup, Uber Cup, All England Badminton Tournament and International Athletic Permit Meet/ Grand Prix and any other International Tournaments/ Championship in Games and Sports affiliated by Indian Olympic Association and / or Association of Indian Universities)/Inter National/Continental. (20 marks)

Note: 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, the National Championship in a particular game/sport has not been conducted such candidates will also be considered after ensuring by the candidate organization about the such championship.

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

1st Position	15 Marks
2nd Position	14 Marks
3rd Position	13 Marks
Participation	10 Marks

The performances in SPW-2 will only be counted provided a candidate has atleast participated in the Inter University Competition in respective sport or have secured 1st/2nd or 3rd position at National Level for minimum of 2 years in respective sport.

- 3. Sports Proficiency Weightage SPW-3-All India Inter-University (AIU).**

1st Position	12 Marks
2nd Position	11 Marks
3rd Position	10 Marks
Participation	07 Marks

M. Sports Proficiency Weightage for B.P. Ed. & M.P.Ed. (Contd.) **2019-20**

4. SPW-4: Inter University Zonal Tournament.

1st Position	09 Marks
2nd Position	08 Marks
3rd Position	07 Marks
Participation	05 Marks

5. SPW-5 National Rural Women/Youth Championship or Festival.

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

Note: Position at National Rural /Women festival /youth Championship or any other equivalent competition shall only be counted if a candidate has secured I/II or III position in any event of respective/corresponding game at Inter College competition/State championship organized by University/ respective State Association affiliated to National Federations duly affiliated with IOA.

6. Sports Proficiency Weightage SPW-6- State/Inter College: Inter-College of University of Delhi or any other recognized University.

1st Position	03 Marks
2nd Position	02 Marks
3rd Position	01 Marks

Note:-

- **For the purpose of Sports Proficiency Weightage only those Sports Achievement will be counted which has been achieved after School Education.**
- **The latest list of Games/Sport affiliated IOA/AIU will be considered for respective Sports Certificate.**
- **A maximum of 20 marks can be obtained/awarded to a candidate in Sports Proficiency Award Category.**
- **Only Highest Sports Achievements Certificate marks will be awarded.**

