

**LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION
GWALIOR**

(Deemed to be University)

**(ISO 9001:2008, 14001:2004 and OHSAS 18001:2007 Certified AND
A++ Accredited by NAAC)**

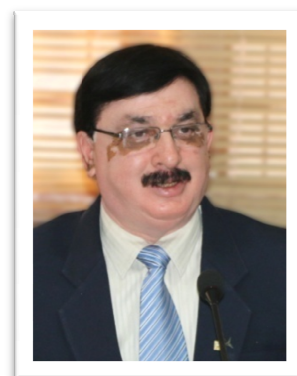
Government of India, Ministry of Youth Affairs and Sports



**PROSPECTUS
2018-19**

MESSAGE FROM THE VICE CHANCELLOR

Lakshmi Bai National Institute of Physical Education (LNIFE), founded in 1957, is a National Institution of excellence for teaching, research and application of knowledge in the field of Physical Education and Sports. Since inception, the Institute has achieved many milestones due to the dedicated devoted band of teachers, quality teaching and Research by adopting innovative approaches. It is a matter of immense pleasure and pride to announce that in its 2nd Cycle of National Assessment and Accreditation Council (NAAC) the Institute has been accredited with A++ grade, which is the highest grade awarded by NAAC. The Institute and its North-East Regional Centre, Guwahati (Assam) offers Bachelor of Physical Education (B.P.Ed.) and Master of Physical Education (M.P.Ed.) programmes. The alumni of the Institute enjoy high positions in various fields such as Physical Education, Sports, Yoga, Defense and Paramilitary organizations, Industrial Sectors, Corporate Houses and Media Houses etc. It is worthwhile to mention that the placement opportunities for the students studying in the Institute is 100%. It is our constant endeavor to provide conducive environment for academic, sports and overall excellence.



May, 2018

**Prof. Dilip Kumar Dureha
Vice Chancellor**

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2.	Dr. Birender Jhanjaria
3.	Dr. P.K. Das
4.	Dr. Deepak Sharma
ii.	DEPARTMENT OF HEALTH EDUCATION
1.	Prof. L.N. Sarkar, HOD
2.	Dr. V.D. Bindal
3.	Dr. Brij Kishore Prasad
4.	Dr. Sanjeev Yadav
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1.	Prof. G.D. Ghai, HOD
2.	Prof. Wilfred Vaz
3.	Dr. Puspendra Purushwani
4.	Dr. Dilip Tirkey
5.	Dr. Y.S. Rajput
6.	Dr. Anandita Das
7.	Mr. Hardeep (Life guard cum Instructor)
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1.	Prof. Arvind Sajwan, HOD
2.	Prof. Ramesh Pal
3.	Dr. Vinita Bajpai Mishra
4.	Dr. Amar Kumar

v.	DEPARTMENT OF SPORTS MANAGEMENT AND COACHING
1.	Prof. S. Mukherjee, HOD
2.	Dr. K.K. Sahu
3.	Dr. Ashish Phulkar
4.	Dr. Madan Singh Rathore
vi.	DEPARTMENT OF SPORTS PSYCHOLOGY
1.	Prof. J.P. Verma, HOD
2.	Prof. Jayashree Acharya Deputed to NSU, Manipur
3.	Prof. B. Basumathary
4.	Dr. J.P. Bhukar
5.	Dr. Bharat Verma
vii.	DEPARTMENT OF YOGIC SCIENCES
1.	Dr. Indu Bora, HOD
2.	Dr. N.R. Krishna
3.	Dr. Thepfu K.P.
4.	Dr. Anusha Tyagi (Yoga Instructor)
5.	Dr. S.K. Deshmukh (Yoga Instructor)
LNIFE, NERC, GUWAHATI	
1.	Dr. Shailesh Kumar Singh
2.	Dr. Sujay Bisht
3.	Dr. Satpal Yadav
4.	Dr. Sanjeev Kumar

ADMINISTRATION

S. No.	Name	Designation
1	Prof. Vivek Pandey	Registrar
2	Shri M.P. Singh	Deputy Registrar (Establishment & Administration)
3	Dr. (Maj.) Shashi Bhushan Sharma	Deputy Registrar (Project & Legal)
4	Shri N.L. Rohira	Deputy Registrar (Estate)
5	Shri Amit Yadav	Assistant Registrar (Academics)
6	Shri Bhaskar Jyoti Sharma	Assistant Registrar (NERC, Guwahati)
7	Shri R. M. Saxena	Assistant Registrar (Procurement)

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1. LNIPE AT A GLANCE

1.1 HISTORICAL DEVELOPMENT

- 1.1.1 Lakshmibai National Institute of Physical Education (LNIPE), Gwalior was established by the Ministry of Education & Culture, Government of India as Lakshmibai College of Physical Education (LCPE) in August 1957, the centenary year of the War of Independence. It is located at Gwalior, where Rani Lakshmibai of Jhansi, a valiant heroine of the war, had laid down her life during the First Freedom Struggle in 1857.
- 1.1.2 The Institute started as an affiliate college of Vikram University, Ujjain and then came into the fold of Jiwaji University, Gwalior in 1964. The Institute was given a status of national importance, and hence it was renamed Lakshmibai National College of Physical Education (LNCPE) in 1973. In recognition of its unique services and character and to facilitate its further growth, the college was conferred the status of an 'Autonomous College' of Jiwaji University, Gwalior in 1982.
- 1.1.3 In further recognition of the unique educational services rendered by the Institute in the field of Physical Education, Sports and Research, the Govt. of India, Ministry of Human Resource Development conferred the status of a **“Deemed to be University”** in September 1995 under Section 3 of U.G.C. Act, 1956. Hence, the Institute was again renamed as Lakshmibai National Institute of Physical Education (LNIPE). The Institute is the only “Deemed to be University” in the field of Physical Education in India and enjoys a unique place of its kind in South East Asia.
- 1.1.4 The main purpose of establishing this Institute was to upgrade the status of Physical Education by producing quality teachers and leaders through graduate and post-graduate courses. For the first time in the country, three years' Bachelor of Physical Education (BPE) was started in 1957 and two years' Master of Physical Education (MPE) in 1963. In 1980, the then college reached yet another milestone and became the first Institution in India to have offered a one-year programme of Master of Philosophy (M.Phil.) in Physical Education. The Institute also admits candidates for Ph.D. programmes on a regular basis. Students are also admitted for various Certificate/Diploma/PG Diploma courses in different disciplines of Physical Education and Sports.
- 1.1.5 The duration of the Bachelor of Physical Education (B.P.E.) course was initially of three years. To bring it at par with other professional degree courses, as also to match the international standards, the duration of the course was extended to four

years and the course was renamed as Bachelor of Physical Education (B.P.Ed.) Integrated. The National Council of Teacher Education (NCTE) has accorded recognition to this course. The 4-semester M.P.Ed. Degree Course also has recognition from the NCTE.

1.1.6 The Institute has established the North East Regional Centre at Guwahati (Assam) from the academic session 2009-10 with the approval of Government of India. The Centre currently offers the B.P.Ed. course.

1.1.7 The Institute has been certified to the parameters of Integrated Management System (IMS) comprising of ISO 9001 (Quality Management System), ISO 14001 (Environmental Management System) and OHSAS 18001 (Occupational Health and Safety).

1.1.8 National Assessment and Accreditation Council (NAAC)

The Institute has been Accredited with a CGPA of 3.79 on a seven point scale at A++ Grade by National Assessment and Accreditation Council (NAAC).

1.2 CAMPUS

1.2.1 The Lakshmbai National Institute of Physical Education (LNIFE) campus is located in Shakti Nagar, on Race Course Road, at a distance of about one kilometer from Gwalior Railway Station. Gwalior is situated on the Agra-Mumbai national highway and is on the main North-South rail route, about 320 km from New Delhi.

1.2.2 The Institute campus covers an area of about 153 acres and is fully residential. The buildings of the Institute consist of Academic Block, Laboratories, Research Block, Auditorium & Administrative Block. A state of the art Library Building with all modern facilities is available in the Campus, for the use of Staff, Students, Researchers and others. It has seven Boys Hostels & four Girls Hostels; separate Mess for boys and girls, Health Centre, an Indoor Swimming Pool, an open Olympic size Swimming Pool, Indoor Cricket Pitch, two Indoor Gymnasium Complexes, Judo Hall, Table Tennis Hall, Weight Lifting & Weight Training Halls, Squash Rackets Complex, Synthetic Hockey Field, Synthetic Track, Air Conditioned Auditorium and Unique Multipurpose Hall for Badminton, Basketball and Volleyball. It also Houses a Climbing Wall, Shooting Range, Boxing Ring and Skating Rink. The Institute has several other well laid Play Fields for Outdoor Games and Sports. The Institute's Library is stocked with Professional Books and Literature. It subscribes to several Professional and Research Journals/ Magazines/Periodicals and is undoubtedly the best of its kind in India. The Research Laboratories are

also well equipped with Modern and Sophisticated Equipments to cater to the Scholarly needs of the students. The Institute also runs a UGC Academic Staff College to conduct orientation and refresher courses for in-service teachers from all over the country.

1.2.3 The campus has a sufficient number of Residential Quarters to house its Faculty, Officers, and other Employees. The Campus also has fully furnished Guest Houses, a Facility Centre, a Bank with ATM Facility and a Post Office.

1.3 OBJECTIVES

The objectives for which the Institute is established are:

1.3.1 To prepare highly qualified leaders in the field of Physical Education, Sports/Games and other inter-disciplinary subjects.

1.3.2 To serve as a centre of excellence and innovations in Physical Education and to undertake, promote and disseminate research and also publish literature in this field.

1.3.3 To provide professional and academic leadership to other institutions in the field of Physical Education.

1.3.4 To provide vocational guidance and placement service to the people in this field.

1.3.5 To promote mass participation in Physical Education activities.

1.3.6 To undertake extrusion programmes and field outreach activities to contribute in the development of society.

1.3.7 To develop and promote programme of Physical Education and sports/games in educational institutions and other organisations.

1.3.8 To provide for instruction and training in such branches of learning as it may deem fit.

1.3.9 To do all such other acts and things as may be necessary or desirable to further the objectives of the Institute.

1.4 UNDER-GRADUATE PROGRAMME

The Institute runs 8-semester Bachelor of Physical Education (Integrated) programme for catering to the growing demand of Physical Education teachers and practitioners in schools and other institutions. These students also get an opportunity to pursue Master's Degree in Physical Education (M.P.Ed.).

1.5 POST-GRADUATE PROGRAMME WITH SPECIALISATIONS {Theory and Activity (Game/Sport)}

The Institute runs Master's Degree in Physical Education (M.P.Ed.) 4-semester programme in different specialisation namely, Physical Education Pedagogy, Exercise Physiology, Sports Psychology, Sports Biomechanics, Health Education and Sports Management.

These programmes are run by the following departments:

1.5.1 DEPARTMENT OF SPORTS BIOMECHANICS

The Department of Sports Biomechanics caters to the need of students in the area of analysis of human movements and sports techniques. Stress is laid on the development of in-depth knowledge in the area of science of sports techniques and its practical application. The graduates, after passing this course shall be able to analyse the efficiency of human movement and provide scientific backup in the area of sports techniques.

1.5.2 DEPARTMENT OF EXERCISE PHYSIOLOGY

Exercise Physiology is the study of biological and biochemical processes associated with exercise and overload that affect the underlying function of cells and organ systems in the human body. Exercise physiology is a rapidly evolving field that is becoming increasingly important in wellness, care of sports persons and the delivery of health care. Exercise physiologists work to prevent or delay the onset of chronic disease in healthy participants or to provide therapeutic or functional benefits to patients with known diseases. The aim of the Department is to prepare qualified professionals at different levels to promote health and quality of life through the use of appropriate physical activity and lifestyle behaviours.

1.5.3 DEPARTMENT OF HEALTH SCIENCES

The Department aims to disseminate knowledge and proficiency in health care, fitness, total health through different courses by adopting a multidisciplinary approach. The objective is to re-orient the physical education professionals and other graduates in the field of health and fitness so as to generate vocational opportunities and provide services to the society for wellness and quality living.

1.5.4 DEPARTMENT OF SPORTS PSYCHOLOGY

Sport psychology is the scientific study of people and their behavior in a sport and exercise setting. The aim of Sport Psychology is 1) to understand the effects of psychological factors on physical performance; and 2) to understand the effects of participating in physical activity on psychological development, health and well-being. The application of this understanding to real life cases is the essence of Sport Psychology.

1.5.5 DEPARTMENT OF PHYSICAL EDUCATION PEDAGOGY

The Department of Physical Education Pedagogy is continuously striving for excellence in Physical Education by improving its faculty in terms of qualification, commitment and innovation; updated curriculum; teaching processes and technology.

The mission of the Department of Physical Education Pedagogy is to facilitate research and scholarly enquiry, the preparation of quality professionals, and the provision of services in Health, Physical Education and Recreation. We embrace lifelong opportunities for discovery, learning and participation that contribute to a healthy lifestyle.

1.5.6 DEPARTMENT OF SPORTS MANAGEMENT & COACHING

The main object is to prepare high quality sport managers, coaches, physical fitness trainers, sports journalist and event managers in various games/sports with micro specializations, in order to cater to the ever-increasing demand of the society and to uplift the standard of Indian sports.

Apart from the Masters' Programme the Department offers 2-semester Post Graduate Diploma in Sports Coaching (PGDSC) and Diploma in Sports Coaching (DSC) for developing competency and enhancing skills of the participants in the field of sports coaching. The Department also offer 2-semester Post Graduate Diploma in Fitness Management (PGDFM), Post Graduate Diploma in Sports Management (PGDSM) and Post Graduate Diploma in Sports Journalism (PGDSJ).

1.5.7 DEPARTMENT OF YOGIC SCIENCES

The Department offers 4-semester M.A. in Yoga and 2-semester Post Graduate Diploma in Yogic Education (PGDYE) for developing competency and enhancing skills in the field of Yoga. The main object is to prepare high quality Yogic experts with micro specialization, in order to cater to the ever-

increasing demand of the society and to uplift the standard of Indian sports.

1.6 HOSTEL AND MESS

It is mandatory for all the students pursuing full-time B.P.Ed., M.P.Ed., & Diploma Courses to reside in the hostels and take their meals in the mess. A booklet containing rules and regulations regarding discipline and conduct in the Institute's hostel and mess is given to the students at the time of admission.

NOTE:

- 1. Ragging of any kind is strictly prohibited/banned in the Institute campus as per the government orders and existing laws. Anybody found indulging in ragging shall be strictly dealt with as per the existing laws. As per the orders of Hon'ble Supreme Court of India, if any incident of ragging comes to the notice of the authority, the concerned student/s shall be given liberty to explain and if his explanation is not found satisfactory, the authority would not hesitate to expel such student/s from the Institute.**
- 2. As per the UGC Regulation on Curbing the Menace of Ragging in Higher Educational Institutions 2009 as amended from time to time, all the students enrolled in various courses and their parents shall submit separate affidavits in prescribed formats, which are available on the Institute website as well as in the prospectus.**
- 3. For maintaining peace and tranquility and for disciplinary reasons, no student is permitted to keep any motor vehicle in the hostels. Violation of this rule shall invite severe punishment to the extent of expulsion from the Institute.**

1.7 HEALTH CENTRE

The Institute Health Centre provides treatment on a nominal fee i.e. Rs. 500/- per semester for ordinary injuries and ailments under the supervision of resident doctors. Physiotherapy treatment for sports related injuries is also available. In case of emergency, the students are referred to government approved hospitals for further treatment. In such cases, they will have to pay the cost of treatment. Medical officers/wardens are authorized to sign on behalf of the parents/guardians for administration of anesthesia or any form of medical treatment involving risk in an emergency. All students are required to follow the Institute's rules regarding health and medical services. Students are also insured under group Medi-claim Policy.

1.8 CO-CURRICULAR ACTIVITIES

The Institute promotes cultural and literary activities through the Cultural Club and Literary Society respectively, by providing the students an opportunity to participate in dramatics, music, debates, symposia, quiz competitions etc. The students are also involved

extensively in activities like NCC, Camping, Outreach Activities and Adventure Programmes to develop leadership qualities and all-round personality development.

1.9 SPORTS PARTICIPATION

Competitive sports are an integral part of the academic programme of the Institute. Since attaining the status of Deemed to be a University, the Institute teams directly participate in the Inter University Tournaments in various games and sports. The Institute teams also participate at different levels as per its policy.

1.10 ADMISSION AND RESERVATIONS

1.10.1 The Institute is co-educational and admits candidates from India and abroad. For all courses, the reservation policy of Government of India is applicable.

1.10.2 3% Supernumerary seats in B.P.Ed. and M.P.Ed. courses shall be available for the son/daughter (including married daughter) of permanent employees including those on probation, retired and Serving/retired deceased employees; provided the candidates fulfill the minimum eligibility requirements and claims that he/she belongs to employee ward category in the application form. LNIPE employee wards category candidates are required to submit a certificate issued by the Registrar of LNIPE after certifying their family details from employee service book of the concerned employee.

1.11 APPLICATION FOR ADMISSION

Application for admission shall be made **online** through the Institute website www.lnipe.edu.in or through www.mponline.gov.in. Detailed information is available in this prospectus. The fee for online application is payable through Net Banking/Debit Card/Credit Card or Kiosk of MP Online only and the course and admission centre wise fee is as under:-

Name of the Course	Test Centre	Fees (in rupees)	Remarks (Non-refundable)
B.P.Ed. (Preliminary Testing)	Gwalior	1100/-	Testing fee and boarding & lodging (without bedding) during the test.
	Guwahati	1100/-	
	All other centre's	500/-	Admission form and testing fee, (Boarding and lodging to be arranged by the candidates.)
B.P.Ed. (Final)	Gwalior	1300/-	Testing fee and boarding & lodging (without bedding)
	Guwahati	1300/-	

Testing)			during the test.
M.P.Ed.	Gwalior	1100/-	Testing fee and boarding & lodging (without bedding) during the test.
	Guwahati	1100/-	
M.A. Yoga and PGDYED	Gwalior	900/-	Testing fee and boarding & lodging (without bedding) during the test.

In addition to the above fee, the portal charges of MP Online are Rs. 300/- for each application.

The candidates qualifying for counseling in B.P.Ed. and M.P.Ed. courses will be required to register themselves for counseling with a fee of Rs. 1000/- (Adjustable in Institute fee) and portal charges of Rs. 300/- which will be payable separately.

The candidates are advised to go through the instructions given in the application, as well as, in the prospectus before submission of application.

The fees of all other offline courses shall be Rs. 500/- and lodging & Boarding fee shall be Rs. 200/- per day. Candidates are advised to deposit the Demand Draft or Institute Fee receipt as per the duration of testing mentioned for the said course along with application fee.

1.12 DOCUMENTS REQUIRED AT THE TIME OF ENTRANCE TEST

All eligible candidates (as per the requirement of a particular course) should report for the admission test to the respective test centres on their own along with the following documents:-

- a. Admit Card(to be generated online);
- b. Photo Identity Proof in original (as mentioned in the application form); and
- c. Medical Fitness Certificate in prescribed format.

1.13 FOREIGN CANDIDATES

Foreign candidates applying through Proper Channels/Diplomatic Channels i.e. through concerned Embassy or Indian Council for Cultural Relations shall only be admitted on the basis of their credentials, attainment of minimum qualifying marks in admission test and meeting acceptable standards in medical examination. For details, please refer to **GUIDELINES FOR ADMISSION OF FOREIGN STUDENTS** at www.lnipe.edu.in.

1.14 GENERAL CONDITIONS FOR ADMISSION

The following conditions of admission shall apply to all the candidates seeking admission in different courses:-

- 1.14.1 Candidates expelled from any other Board/Institute/University or dismissed from Government service on disciplinary grounds and those who are known to have been involved in acts of crime and gross indiscipline or misconduct will not be eligible for admission. The Institute may approach the police for verification in this regard. After admission, if anybody is found guilty in this regard, he/she will have to discontinue the course.
- 1.14.2 The medium of examination shall be either Hindi or English for all the courses.
- 1.14.3 Admission will be granted to the candidates at their own risk and responsibility as per details furnished by them. If, at any time, it is noticed that the admission has been obtained by giving incorrect or false information or concealing information or oversight, the admission granted will be cancelled and the candidate shall be asked to leave the Institute.
- 1.14.4 All the selected candidates will be required to submit attested copies of the following documents alongwith their respective originals for verification at the time of taking admission after due process of counselling within the stipulated time period for this purpose:-
 - 1.14.4.1 Mark-sheet of the qualifying examination.
 - 1.14.4.2 Proof of date of birth (Mark-sheet of Secondary/Senior Secondary examination).
 - 1.14.4.3 Character certificate from the Institute last attended.
 - 1.14.4.4 Bonafide SC/ST / OBC certificate, if applicable, in prescribed format **Annexure – IX and X.**
 - 1.14.4.5 Declaration regarding non-creamy layer (applicable for OBC candidates only) in prescribed format **Annexure – XI.**
 - 1.14.4.6 Transfer Certificate and Migration Certificate from the Board/University/Institute last attended.*
 - 1.14.4.7 Declaration of Self and Parents for Medical Fitness at the time of Admission **Annexure – XIII.**
 - 1.14.4.8 Affidavits of self and parents regarding Anti-Ragging in the prescribed format **Annexure – VIII (A) – (B). The Annexure – VIII (A) shall be notarized on a stamp of Rs. 100/-.**
 - 1.14.4.9 Seat Allotment Letter.

1.14.4.10 Affidavits for submission of Migration Certificate / Transfer Certificate **Annexure – XII**.

1.14.5 Physical performance tests during the admission process may involve risk of injury or physical strain. The Institute does not take any responsibility in the event of any such eventuality.

1.14.6 Candidates failing to meet the stipulated guidelines in the qualifying examination shall not be eligible to appear in the admission test. Similarly, ineligible candidates (those who fail to deposit the required documents by the stipulated date), even after attaining a position in the merit list among provisionally selected candidates, shall not be eligible for admission.

1.14.7 Candidates should be appropriately dressed to undergo Entrance Test/Physical Fitness/Sport Proficiency Test.

1.15 SELECTION OF CANDIDATES

1.15.1 The selection of candidates on the basis of the entrance test shall be made through the process of online counseling.

1.15.2 The eligibility of candidates to appear in counseling shall be declared in their respective categories, which shall be purely provisional and on the basis of declarations made by the candidates in their application forms. Therefore, the candidates are advised to fill-in the form carefully. If a candidate declares him/her belonging to reserved category but the appropriate documents are not up to the satisfaction of the Institute or have not been submitted at the time of admission, then his/her provisional selection in that category shall stand cancelled automatically.

1.15.3 The selected candidates will be required to undergo a medical test to be conducted by the Institute. All those who are certified as medically fit by the Institute's doctors will be finally admitted.

1.16 PAYMENT OF FEES

The finally selected candidates shall be required to pay the fee online as mentioned in the fee structure under different **Annexures – III, IV, V (A) and V (B)** for various courses after deduction of Rs. 1000/- that is payable at the time of counseling, which is non-refundable for selected candidates. In case any student fails to deposit the fee within the stipulated period, his/her admission shall stand cancelled and other candidates will be admitted through counseling.

1.17 ATTENDANCE, CONDUCT, REFUND OF FEE AND CAUTION MONEY

- 1.17.1 The Institute expects 100% attendance from the students in each subject/activity/area of the total curriculum but, due to medical leave/social engagements leave/personal leave, etc., a relaxation of 15% will be given. In exceptional and deserving cases, the Vice-Chancellor may give further relaxation of up to 10% in attendance. Prior to one month from the date of semester examinations the student must have complete 85% attendance. In exceptional and deserving cases, the Vice-Chancellor may give further relaxation of up to 10% in attendance. Medical Leave and On Duty will only be counted / considered, in cases where the students will have minimum 60% attendance prior to one month before the commencement of Semester Examinations. All faculty members shall submit the attendance every day to HODs through mail and the copy of the same shall also be sent to Vice-chancellor and after every 15 days the HODs shall submit a hard copy of the student attendance to the Vice-chancellor. Regarding attendance of Guwahati centre students while On Duty visits to LNIPE, Gwalior. The Students shall get relieving from Guwahati while coming to Gwalior and shall take relieving from Gwalior while returning back to Guwahati.
- 1.17.2 Students are expected to maintain exemplary conduct inside and outside the Institute. Breach of Institute rules may result in disciplinary action including expulsion from the Institute and the Institute reserves the right to make changes in the rules at any time, which will be notified to the students for their compliance. All the disciplinary cases of the students shall be dealtwith as per the 'BYE-LAWS ON DISCIPLINE AND PROPER CONDUCT BY STUDENTS'. At the time of admission, every student shall be required to sign a declaration to the effect that he/she submits himself/herself to the disciplinary jurisdiction of the Vice-Chancellor and other statutory bodies/authorities of the Institute.
- 1.17.3 Students involved in gross misconduct and found guilty will be punished suitably, which includes barring them from representing LNIPE teams in Inter University /suspension for a duration of one year /debarring from the hostel & mess/ admission to higher courses in future /rustication from the Institute depending upon the severity of the act.
- 1.17.4 Refund of fee to the students shall be regulated as per the UGC norms as revised from time to time.

1.17.5 Refund of caution money (if due) shall be made by the Institute only after the declaration of the final result of the course and on production of the no dues certificate.

1.17.6 Students are advised to visit notice boards regularly, displayed at different places pertaining to academic matters. They should also regularly visit “**Student’s Corner**” at the homepage of the Institute website.

1.17.7 The students are supplied a copy of the Institute Rule Book on admission.

1.18 UNIFORM

Students of all the courses will be provided required uniform from the Institute Central Store on actual cost. The details of required fee for this purpose are given in respective fee **ANNEXURES – VI**.

1.19 SPORTS EQUIPMENT

All the students have to procure personal equipment as specified for different games/sports on their own.

1.20 CLOTHING AND OTHER REQUIREMENTS

Due to extreme weather conditions, both at Gwalior and Guwahati, the temperature ranges between 35⁰C and 45⁰C in summers, and 5⁰C and 12⁰C in winters. Hence, the students are advised to bring appropriate bedding and clothing.

1.21 SCHOLARSHIPS

1.21.1 Merit Scholarship

The Merit Scholarship shall be awarded as per Institute rules approved by competent authority.

1.21.2 Other Scholarships

Most of the State and Union Territory Governments offer scholarships to their domiciled students, like Assam, Arunachal Pradesh, Gujarat, Himachal Pradesh, Karnataka, Lakshadweep, Tripura, Uttar Pradesh, Maharashtra, Madhya Pradesh, Nagaland, Pondicherry, Punjab, Tamil Nadu and West Bengal. In addition, scholarships are also awarded by the North East Council. As per the directives of the University Grants Commission, all the eligible SC/ST, OBC students should submit their scholarship form for the academic year by February for processing the scholarship.

1.21.3 Prof. R.P. Sharma Scholarship

The best footballers (one Man and one Woman) will be awarded this scholarship amounting to Rupees one thousand (Rs. 1000/-) each year from the interest of the fixed deposit made by the family members of (Late) Prof. R.P. Sharma.

1.21.4 Sports Scholarship

The Sports Scholarship shall be awarded as per Institute rules approved by competent authority.

1.21.5 Ph.D. Scholarship

The Ph.D. Scholarship shall be awarded as per Institute rules approved by competent authority.

NOTE:

Award of any scholarship is liable to be withdrawn in case of unsatisfactory work or misconduct.

1.22 AWARD OF DEGREE/DIPLOMA

The selected candidates shall be awarded the Degree/Diploma to which they have been admitted subject to successful completion of the examination as per requirements prescribed under the rules/scheme of examination of the relevant courses, which is available on Institute website www.lnipe.edu.in.

1.23 The proposed courses will be run subject to administrative feasibility. The Institute may decide to run or not to run any course proposed in this prospectus.

1.24 The Institute has a right to alter or modify contents of the prospectus as per the administrative feasibility in future.

1.25 This prospectus supersedes all previous issues and the contents of this and any previous prospectus cannot be produced for any legal purpose. All disputes, however, shall be subject to Gwalior Jurisdiction.

1.26 The cost of online and offline application is non-refundable.

1.27 In case of any discrepancies in the English & Hindi version of the prospectus, the English version will be authentic and valid.

1.28 Dates of Entrance Examination alongwith Course Information for Academic Session 2018-19

Name of Course	Course Duration	Total seats	Last Date of receipt application	Admission Testing Centre	Dates of Admission / Eligibility Test
Bachelor of Physical Education (B.P.Ed.)	8 Semesters	100 at LNIPE Gwalior and 100 at NERC, Guwahati	05 th June, 2018	Coimbatore Dehradun Guwahati Gwalior Jaipur Kolkata Patiala Pune Ranchi	Preliminary Test: 14 th - 16 th June, 2018 Final Test: At Guwahati 24 th to 27 th June, 2018 At Gwalior 27 th June, 2018 to 30 th June, 2018
Master of Physical Education (Sports Biomechanics)	4 Semesters	80 (LNIPE, Gwalior) 40 at LNIPE, NERC Guwahati	08 th June, 2018	Gwalior, Guwahati	Admission Test: At Guwahati 19 th to 21 st June, 2018 At Gwalior 21 st to 23 rd June, 2018
Master of Physical Education (Exercise Physiology)					
Master of Physical Education (Health Education)					
Master of Physical Education (Sports Psychology)					
Master of Physical Education (Physical Education Pedagogy)					
Master of Physical Education (Sports Management)					
M.A. in Yoga	4 Semesters	20	24 th June, 2018	Gwalior	04 th - 05 th July, 2018
Post Graduate Diploma in Yoga Education (PGDYEd)	2 Semesters	20	24 th June, 2018	Gwalior	04 th - 05 th July, 2018
Post Graduate Diploma in Fitness Management (PGDFM)	2 Semesters	20 in Each Diploma	28 th June, 2018	Gwalior	06 th - 07 th July, 2018
Post Graduate Diploma in Sports Management (PGDSM)					
Post Graduate Diploma in Sports Journalism (PGDSJ)					
Post Graduate Diploma in Sports Coaching (PGDSC) (Athletics, Basketball, Badminton, Cricket, Football, Handball, Hockey, Judo, Tennis, and Volleyball)	2 Semesters	15 (In each Sports/Game)	24 th June, 2018	Gwalior	04 th - 05 th July, 2018
Diploma in Sports Coaching (DSC) (for in-service Defense personnel only) (Athletics, Basketball, Football and Volleyball)		15 (In each Sports/Game)			
Ph.D	3 Years	20	10 th July, 2018	Gwalior	RET 18 th July, 2018
B.A. (Program) Sports & Performance	6 Semesters	20	30 th June, 2018	Gwalior	11 th - 14 th July, 2018
M.Sc. (Sports Bio-mechanics)	4 semesters	15 each	30 th June, 2018	Gwalior	10 th - 11 th July, 2018
M.Sc. (Exercise Physiology)					
M.A. (Sports Psychology)					

2. BACHELOR OF PHYSICAL EDUCATION (B.P.Ed.):8-SEMESTER

2.1 ADMISSION SCHEDULE

Starting Date of Online Application	07 th May, 2018
Last Date of Receipt of Application (Online)	05 th June, 2018
Availability of Downloading the Admit Card for Preliminary Admission Test (Online)	09 th June, 2018 onwards
Reporting Time for Preliminary Admission Test at various centres	10:00 am on 14 th June, 2018
Dates of Preliminary Admission Tests at various centres	14 th – 16 th June, 2018
Preliminary Admission Test Centres	As per list given in ANNEXURE - I
Availability of Downloading the Admit Card for Final Admission Test (Online)	20 th June, 2018 onwards
Dates of Final Admission Test at Guwahati	24 th to 27 th June, 2018 (Report at 03.00 pm on 24 th June, 2018)
Dates of Final Admission Test at Gwalior	27 th to 30 th June, 2018 (Report at 09.00 am on 27 th June, 2018)
Place of Final Admission Test	LNIFE, Gwalior & NERC, Guwahati
Total No. of Seats	100 each (at LNIFE, Gwalior and NERC, Guwahati)
Entrance Test Result (online)	04 th July, 2018

2.2 COUNSELING SCHEDULE

Schedule	1 st Phase	Up-gradation of seat and 2 nd Phase
Choice Filling Dates (online)	05 th – 06 th July, 2018	18 th – 19 th July, 2018
Seat Allotment Letter (online)	10 th July, 2018	24 th July, 2018
Medical Examination dates (at admission centre after selection)*	12 th – 16 th July, 2018	27 th – 30 th July, 2018
Payment of Registration Fee & dates for selected candidates	-do-	-do-
Collecting Admission Slip by the selected candidates from the office of the AR (Acad.)	-do-	-do-
Commencement of Classes/Orientation	17 th July, 2018	-

Note:

- 1. Total number of candidates for counselling shall be 50% more than the available seats in each category.**
- 2. The vacancies created after closing the counselling of 1st Phase will be upgraded first by the already registered candidates who have given option for the up-gradation at both the study centers. The remaining vacancies at both the centers will be filled by the candidates of waiting list on merit.**

3. The candidates who were upgraded after 1st Phase of counselling will not be permitted to retain their original seat and centre allotted to them.

A. Division and Reservation of seats at LNIPE, Gwalior and NERC, Guwahati:

Category	Men	Women	Total
SC (15%)	11	5	16
ST (7.5%)	5	2	7
OBC (27%)	19	8	27
General	35	15	50
TOTAL SEATS	70	30	100
Jammu & Kashmir Migrants (Supernumerary)		02	02
Ward of LNIPE staff (Supernumerary)		03	03

NOTE:

The duration of the B.P.Ed. Course is 4 years (8 semesters). A candidate must complete the Course and pass the final examination within six academic years from the first admission to B.P.Ed. Programme.

2.3 ELIGIBILITY FOR ADMISSION:

A candidate shall be eligible to appear in admission test:

2.3.1 If he/she has passed Senior Secondary Certificate Examination (10+2) or Intermediate/equivalent examination from any recognized Education Board/University etc. with at least 50% Marks for General and OBC categories. 45% Marks for SC/ST category and also for candidates who have participated in International/National/Inter University/School Nationals Games (SGFI) in Sports Competitions or position holders of Inter-Zonal University Games / Sports. No other championship shall be considered.

2.3.2 The maximum age of the candidate shall be 21 years as on 1st July, 2018 which shall be further relaxable up to 3 years for OBC Candidates and 5 years for SC, ST Candidates

2.3.3 The reservation of seats and/or relaxation in qualifying marks for SC/ ST/OBC and other categories shall be as per the rule of Government of India.

2.3.4 Before reporting for admission the candidate should read the General Conditions for Admission at para 1.14.

NOTE:

1. All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 12th July, 2018. Else they will not be entitled for Registration.

2. Candidates should note that no “call letter” for the Entrance Test shall be sent to them by Post. They should Download the admit card Online after filling up the Online Admission Form.

2.4 WOMEN CANDIDATES:

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

2.5 CHOICE OF STUDY CENTRE

All the candidates applying for B.P.Ed admission shall give their choice of study centre.

Study Centre-1 : LNIPE, Gwalior

Study Centre-2 : LNIPE, NERC Guwahati

NOTE:

Once opted, the study center will not be changed in entire duration of the course.

2.6 ADMISSION PROCEDURE

Admission shall be made on merit, on the basis of Marks (Merit) obtained in the Entrance Test as per the policy of the Institute.

TESTING AREAS:

At the stage of preliminary admission test (at various centers)

2.6.1	Physical Fitness	100 marks
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NOTE:-

- 1. The Physical Fitness Test consist of four items and the participation in all the items are mandatory. failing which the candidate will be disqualified.**
- 2. In preliminary admission test, a candidate has to obtain atleast 60% Marks with attempt in all items of physical fitness test to qualify for the final admission test at LNIPE Gwalior centre and NERC Guwahati centre. The choice of final testing centre has to be mentioned by the candidate in the application form. If selected the candidate has to report directly for the final admission test on the chosen centre as per the scheduled dates.**
- 2. The performance in preliminary admission test, is only qualifying for the final stage of admission test and will not be carried forward in the final Selection process.**

The final admission test will be conducted at LNIPE, Gwalior and LNIPE, NERC, Guwahati Centre (As per the option of the candidate) in the following area.

2.6.2	Written test: General Awareness, Sports awareness, Sport General knowledge, Reasoning and Comprehensive skills (The	100 marks
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	written test will be conducted on 27th June, 2018 from 11.00am to 12.30pm)	
2.6.3	Skill & Performance Test: Proficiency in Games & Sports	100 Marks

NOTE:-

1. **The marks obtained by the candidate in Final admission test will be taken for preparation of merit list as per the following weightage (Out of Total 100 marks):**
 - a. 40 % of obtained marks in written test
 - b. 60 % of obtained marks in skill & performance test.
2. **Appearance in written test, skill & performance test and physical fitness test is mandatory in order to be eligible for consideration for admission.**
3. **Admission to physically challenged candidates of any category is not permissible, as candidates of this course are required to perform sports and other physical activities.**

2.7 DETAIL OF TESTS

2.7.1 Physical Fitness:

Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, standing broad jump, over head back throw and 1000 meters run/walk. The norms to convert the performance into points are given in **ANNEXURE – II (A) to II (D)**.

2.7.2 Written test:

The objective type questions from General Awareness, Sports awareness, Sport General Knowledge, Reasoning and Comprehensive skills will form the written test. The duration of written test will be of **90 minutes**.

2.7.3 Proficiency in Games & Sports:

Marks will be awarded by a committee on the basis of skills performed in one game/sport, as opted by the candidate. Testing shall be done in following games/sports: Archery, Artistic Gymnastics, Badminton, Basketball, Cricket, Football, Handball, Hockey, Judo, Kabaddi, Kho-Kho, Lawn Tennis, Squash Rackets, Softball, Swimming, Diving & Water Polo, Table Tennis, Track & Field, Volleyball, Weight-Lifting, Power Lifting and Best Physique, Wrestling, Yoga, Canoeing / Kayaking and Cycling.

NOTE:

- a. **The candidate should report for written test as well as games/ sports testing on the scheduled date at 9:00 am on the respective testing centers.**
- b. **Archery, Canoeing / Kayaking and Cycling will be tested at LNIPE, NERC, Guwahati Centre only.**

2.8 DIRECT ADMISSION

All the candidates who wish to be considered for direct admission shall mandatorily apply on MP-Online and report on 07th to 09th June, 2018 at LNIPE Gwalior, alongwith all original documents including sports achievements before the evaluation committee. The candidates who will not be able to report on said dates i.e. 07th to 09th June, 2018 will not be considered for Direct Admission.

All such candidates who have represented India in any International Championship such as Junior and Senior World Championships, Junior and Senior World Cups, Junior and Senior Asian Championships, Junior and Senior Asian Cups, Common Wealth Games, Asian Games, Afro-Asian Games, SAF Games, World School Games/World Schools Championship. Representation shall be in such games/sports which are approved by AIU/IOA/MYAS. Such participation must be after 01 December, 2013. The candidates with such participation in Sports/Games will be given age relaxation of 3 years which shall be applicable to each and every category i.e. GENERAL, OBC & SC, ST. All such candidates who will fulfill above mentioned criteria are entitled or will be granted direct admission. The age will be reckoned as on 01st July, 2018.

2.9 FEE STRUCTURE

Each Student shall pay the fee as given in **ANNEXURE - III**.

2.10 UNIFORM

Students of B.P.Ed. I Semester will be required to possess the Uniform from the central store as per Institute rules, which are mentioned in **ANNEXURE - VI**. The uniform will be provided by the Institute on actual cost basis.

2.11 COURSE INFORMATION

During the eight-semester course, the students will be taught / provided experience in the following areas:

PART-A	Theory Subjects
PART-B	Activities (Games & Sports)
PART-C	Teaching Practice (Activity and Theory)
PART-D	Sport/Game Specialization
PART-E	Internship

In B.P.Ed.-I, II, III & IV Sem. Part- A and B will be taught. In B.P.Ed.- V & VI Sem. Part-A, B, and C will be taught. In B.P.Ed.- VII & VIII Sem. Part-A, Part-C and Part-D will be taught, whereas practical experience will be provided in Part-E in VII Semester.

2.11.1 PART-A: THEORY

The following subjects will be taught in B.P.Ed. eight-semester course:

Introduction & History of Physical Education; English & Communication Skills; Fundamentals of Computer & IT; Anatomy & Physiology; Educational Technology; Introduction to Social Science & Environmental Studies; Recreation; Methods in Physical Education; Educational Psychology; Kinesiology; Adapted physical Education and Movement Education; Correctives & Rehabilitation; Fitness Management; Basics of Sports Training; Health Education; Measurement and Evaluation in Physical Education; Introduction to Exercise Prescription and Management of Physical Education and Sports.

NOTE:

The Subjects mentioned in Part-A can be altered / replaced / deleted keeping administrative feasibility in mind.

2.11.2 PART-B: ACTIVITY

The following activities will be taught in B.P.Ed. Eight semester course:

Track & Field; Swimming; Basketball; Light Apparatus and Minor Games; Kabaddi; Football; Weight Training; Kho-Kho; Gymnastics; Hockey; Volleyball; Handball, Judo; Wrestling (Boys)/ Rhy. Gymnastics (Girls) at Gwalior / Archery at Guwahati; Tennis; Cricket; Yoga; Badminton; Weight Lifting, Power Lifting & Best Physique; Table Tennis; Squash (Gwalior)/ Cycling (Guwahati).

NOTE:

The games/sports/activities mentioned in Part-B can be changed keeping administrative feasibility in mind.

2.11.3 PART-C: TEACHING PRACTICE (V TO VIII SEMESTERS)

Activity Teaching is included in B.P.Ed.- V & VI semesters under Teaching Practice whereas Theory Teaching is included in B.P.Ed. VII & VIII semesters. Activity teaching includes 10 lessons on Skills of Games and Sports, Calisthenics, Light Apparatus, Marching, Handling Primary Class, Rhythmics, fundamental Skills of games and sports, Teaching Children with Special needs etc. Theory teaching includes 10 lessons in subjects which are taught in B.P.Ed. and rules and their interpretations pertaining to games and sports.

2.11.4 PART-D: SPORTS SPECIALIZATION

Sport/Game specialization is offered in B.P.Ed.-VII & VIII semesters and includes any one of the following sports/games keeping administrative feasibility in mind: Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Handball, Judo, Swimming, Squash Rackets, Tennis, Track & Field, Volleyball, Table Tennis, Weight Lifting and Yoga. Sports Specialization includes the following three areas:

2.11.4.1 Theory of Game/Sport

2.11.4.2 Skill Proficiency

2.11.4.3 Coaching Lessons

2.11.5 PART-E: INTERNSHIP

Internship is to be completed in the following areas:

1. Teaching physical education activities in school.
2. Teaching Physical Education subject in school
3. Training at health centre/ fitness centre / Health club
4. Training at nursery/ academy of games and sports.

The Internship Programme will be after VI Semester but, before joining VII Semester.

NOTE:

The duration of internship shall be about 6 to 8 weeks.

2.11.6 OTHER ACTIVITIES:

Besides the above-mentioned subjects and activities, the Institute organizes a Leadership Training Camp of 07-day duration for IV semester students, which is mandatory requirement for B.P.Ed. Programme.

The admissions to B.P.Ed. Programme will be closed on 14thAugust, 2018.

3. MASTER OF PHYSICAL EDUCATION (M.P.Ed.):4-SEMESTER

3.1 DISCIPLINE / SPECIALISATION AREAS

Master of Physical Education (M.P.Ed.) shall be available in the following areas:

- 3.1.1 Physical Education Pedagogy
- 3.1.2 Exercise Physiology
- 3.1.3 Sports Biomechanics
- 3.1.4 Sports Psychology
- 3.1.5 Health Education
- 3.1.6 Sports Management

3.2 ADMISSION SCHEDULE

Starting Date of Online Application	07 th May, 2018
Last Date of Receipt of online Application	08 th June, 2018
Availability of Downloading the Admit Card (Online)	13 th June, 2018
Reporting Time for Admission Test at testing centre (NERC Guwahati)	10:00 am on 19 th June, 2018
Reporting Time for Admission Test at testing centre (LNIPE Gwalior)	08:00 am on 21 st June, 2018
Dates of Admission Tests	At NERC Guwahati – 19 th – 21 st June, 2018 At LNIPE, Gwalior – 21 st – 23 rd June, 2018
Venue of Admission Test	LNIPE, Gwalior and NERC, Guwahati
Total No. of Seats	80 (Gwalior) 40 (Guwahati)
Entrance Test Result (online)	28 th June, 2018

3.3 COUNSELING SCHEDULE

Schedule	1 st Phase	Up-gradation of seat and 2 nd Phase
Choice Filling Dates (online)	29 th – 30 th June, 2018	10 th – 11 th July, 2018
Seat Allotment Letter (online)	03 rd July, 2018	17 th July, 2018
Medical Examination dates (at admission centre after selection)*	05 th – 08 th July, 2018	18 th – 21 st July, 2018
Payment of Registration Fee & dates for selected candidates	-do-	-do-
Collecting Admission Slip by the selected candidates from the office of the AR (Acad.)	-do-	-do-
Commencement of Classes/Orientation	09 th July, 2018	-

Note:

1. Total number of candidates for counselling shall be 50% more than the available seats in each category.
2. The vacancies created after closing the counselling of 1st Phase will be upgraded first by the already registered candidates who have given option for the up-gradation at both the study centers.

The remaining vacancies at both the centers will be filled by the candidates of waiting list on merit.

- 3. The candidates who will be upgraded after 1st Phase of counselling will not be permitted to retain their original seat and centre allotted to them.**

Reservation of seats:

Category	LNIFE Gwalior	NERC Guwahati
SC (15%)	12	06
ST (7.5%)	06	03
OBC(27%)	22	11
General	40	20
Total	80	40
Jammu & Kashmir Migrants (Supernumerary)	02	02
Ward of LNIFE staff (Supernumerary)	02	01

NOTES:

- 1. A candidate should complete the requirement for obtaining the degree within a period of 4 years from the date of admission to M.P.Ed.**
- 2. The Department should have candidates belonging to different reservation categories in proportionate to the number of seats given to the department.**

3.4 ELIGIBILITY FOR ADMISSION

3.4.1 Bachelor of Physical Education (B.P.Ed) or equivalent with at least 50% marks.

OR

3.4.2 Bachelor of Science (B.Sc.) in Health and Physical Education with at least 50% marks.

NOTES:

- 1. All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 05th July,2018. Else they will not be entitled for Registration.**
- 2. Candidates should note that no “call letter” for the entrance test shall be sent to them by post. They should download the admit card online after filling up the online admission form.**

3.5 WOMEN CANDIDATES

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

3.6 CHOICE OF STUDY CENTRE

All the candidates applying for M.P.Ed admission shall give their

choice of study centre.

Study Centre 1 : LNIPE, Gwalior
Study Centre 2 : LNIPE, NERC Guwahati

NOTE:

There shall be no migration permitted from one study centre to another study centre.

3.7 ADMISSION PROCEDURE

Admission shall be made on merit, on the basis of Marks (Merit) obtained in the Entrance Test as per the policy of the Institute.

1. TESTING AREAS:

At the stage of admission procedure the following test will be conducted.

3.7.1	Written test: Based upon courses of B.P.Ed. Programme (II Year after Graduation or Integrated 4 years programme after 10+ 2). Syllabus of written test is given in Annexure – VII. The written test will be conducted on 21st June, 2018 from 11am to 1.00pm)	100 marks
3.7.2	Skill & Performance Test : Proficiency in Games & Sports	100 Marks

NOTE:-

- 1. The marks obtained by the candidate in admission test will be considered for preparation of merit list.**
- 2. Appearance in written test and skill & performance test is mandatory in order to be eligible for consideration for admission.**
- 3. Admission to physically challenged candidates of any category is not permissible, as candidates of this course are required to perform sports and other physical activities.**

3.8 DETAIL OF TESTS

3.8.1 Written test:

The duration of Written Test will be **2 hours** and shall comprise of Professional Competence in physical Education and Sports. The Syllabus for professional competence in physical Education and Sports is placed at **ANNEXURE – VII**. The questions of written test will be objective in nature.

3.8.2 Proficiency in Games & Sports:

Marks will be awarded by a committee on the basis of technique, execution and/ or overall playing ability performed in one game/sport, as opted by the candidate. Testing shall be done in AIU approved games/sports only.

NOTE:-

Specialization will be provided only in the following Games-Badminton,

Basketball, Cricket, Football, Gymnastics, Hockey, Judo, Swimming, Tennis, Volleyball, Yoga, Table Tennis, Track &Field & Weight Lifting, Handball (Guwahati).

3.9 DIRECT ADMISSION

All the candidates who wish to be considered for direct admission shall mandatorily apply on MP-Online and report on 15th and 16th June, 2018 at LNIPE Gwalior, alongwith all original documents including sports achievements before the evaluation committee. The candidates who will not be able to report on said dates i.e. 15th and 16th June, 2018 will not be considered for Direct Admission.

All such candidates who have represented India in any International Championship such as Junior and Senior World Championships, Junior and Senior World Cups, Junior and Senior Asian Championships, Junior and Senior Asian Cups, Common Wealth Games, Asian Games, Afro-Asian Games, SAF Games, World School Games/World Schools Championship. Representation shall be in such games/sports which are approved by AIU/IOA/MYAS. Such participation must be after 01 December, 2013. The candidates with such participation in Sports/Games shall not be above 25 years of age. All such candidates who will fulfill above mentioned criteria are entitled or will be granted direct admission. The age will be reckoned as on 01st July, 2018.

3.10 FEE STRUCTURE

Each student shall pay the fee as given in **ANNEXURE –IV**.

3.11 UNIFORM

Students of M.P.Ed. – I Semester will be required to possess the Uniform as per Institute rules, which are mentioned at **ANNEXURE-VI** before starting of the classes. The uniform will be provided by the institute on actual cost basis.

3.12 COURSE INFORMATION

During the Four - semester course, students will be taught / provided experience in the following areas:

PART-A	Theory Subjects
PART-B	Sport/Game Specialization
PART-C	Teaching Practice (Theory)
PART-D	Internship

3.12.1 PART – A [THEORY]

The following subjects will be taught in M.P.Ed Four-Semester Course : Research Method, Applied Statistics, Science of Sport Training, Yogic Sciences, Adapted Physical Education, ICT in Physical Education, Sports Medicine and Athletic Care and Rehabilitation, Physical Fitness and Wellness, Exercise Physiology, Essential of Educational

Technology, Health Education, Sports Biomechanics, Sports Management, Sports Psychology, Sports Journalism, Gender and Inclusive Education, Basics of Educational Methods, Curriculum Design in Physical Education, Recreation, Sports Nutrition, Evaluation Techniques in Physical Education & Dissertation.

NOTE:

The Subjects mentioned above shall be offered as per administrative/feasibility of the Institute.

3.12.2 PART-B: SPORTS SPECIALIZATION

Sport/Game specialization is offered in M.P.Ed.-I to III semesters and includes any one of the following sports/games: Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Judo, Swimming, Tennis, Track & Field, Volleyball, Table Tennis, Weight Lifting, Yoga and Handball (Guwahati). Sports Specialization includes the following three areas:

- 3.12.2.1 Theory of Game/Sport
- 3.12.2.2 Skill Proficiency
- 3.12.2.3 Coaching Lessons

NOTE:

The games/sports/activities mentioned in Part-B can be altered / replaced / deleted keeping administrative feasibility in mind.

3.12.3 PART-C: TEACHING PRACTICE

3.12.4 PART-D: INTERNSHIP PROGRAMME

The admissions to M.P.Ed. Programme will be closed on 14thAugust, 2018.

4. MASTER OF ARTS (M.A) IN YOGA: 4-SEMESTER

3.2 ADMISSION SCHEDULE

Starting Date of Online Application	23 th May, 2018
Last Date of Receipt of online Application	24 th June, 2018
Availability of Downloading the Admit Card (Online)	29 th June, 2018
Reporting Time for Admission Test	09:00 am on 04 th July, 2018
Dates of Admission Tests	04 th – 05 th July, 2018
Venue of Admission Test	Department of Yogic Sciences, LNIPE, Gwalior
Total No. of Seats	20
Entrance Test Result (online)	07 th July, 2018
Seat Allotment Letter (online)	10 th July, 2018
Medical Examination dates (at admission centre after selection)*	12 th – 13 th July, 2018
Payment of Registration Fee & dates for selected candidates	-do-
Collecting Admission Slip by the selected candidates from the office of the AR (Acad.)	-do-
Commencement of Classes/Orientation	15 th July, 2018

4.2 RESERVATION OF SEATS:

Category	Seats
SC (15%)	: 03
ST (7.5%)	: 02
OBC (27%)	: 05
GENERAL	: 10
TOTAL	: 20

NOTE:

A candidate should complete the degree within a maximum span of 4 years from the date of admission to M.A. (Yoga).

4.3 ELIGIBILITY FOR ADMISSION

Bachelor Degree in any discipline recognized by the University/Institute or equivalent with 45% aggregate marks (40% for SC/ST candidate)

4.4 WOMEN CANDIDATES

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

4.5 ADMISSION PROCEDURE

Admission shall be given on merit in the Entrance Test.

4.6 ADMISSION TEST (100 MARKS)

The admission test includes the following areas:

Practical : 50 Marks

Written Test : 50 Marks

NOTE:

- 1. Appearance in written test, skill & performance test and physical fitness test is mandatory in order to be eligible for consideration for admission.**
- 2. Admission to physically challenged candidates of any category is not permissible, as candidates of this course are required to perform physical activities.**

4.7 PROCEDURE FOR CONDUCTING TESTS:

Written Test : Basic Awareness in the field of Yoga
(Subjective and Objective questions)

Practical : The applicant will be tested in Yogic Practices

4.8 FEE STRUCTURE

Each student shall pay the fee as given in **ANNEXURE –IV**.

4.9 UNIFORM

Students of M.A. in Yoga – I Semester will be required to possess the Uniform as per Institute rules, which are mentioned in **ANNEXURE – VI** before starting of the classes. The uniform will be provided by the institute on actual cost basis.

4.10 COURSE CONTENT:

Theory Subjects to be taught in four semesters are as follows:

THEORY SUBJECTS:

Foundation of Yoga; Human Anatomy and Physiology; Research Method; Applied Statistics; Patanjali Yoga Sutras; Principles and Practices of Hatha Yoga(According to Hatha Yoga pradipika); Indian Philosophy; Human Anatomy and Physiology; Principles and Practices of Hatha Yoga (Gheranda Samhita); Yoga Therapy; Alternative Therapies; Principles of Psychology; Yoga Therapy; Yoga and Mental Health; Naturopathy; Dissertation

NOTE:

The Subjects mentioned above shall be offered as per administrative/feasibility of the Institute.

PRACTICAL

Asanas, Pranayam, Meditation and Kriyas, Bandha etc

INTERNSHIP:

Internship of duration (One month) preferably in the month of May, June, 2019 after completion of 2nd Semester.

NOTE:

Contents can be replaced keeping administrative feasibility in mind.

The admissions to M.A. (Yoga) Programme will be closed on 14th August, 2018.

5. POST GRADUATE DIPLOMA IN YOGA EDUCATION (PGDYEd): 2-SEMESTER

5.1 ADMISSION SCHEDULE

Starting Date of Online Application	23 th May, 2018
Last Date of Receipt of online Application	24 th June, 2018
Availability of Downloading the Admit Card (Online)	29 th June, 2018
Reporting Time for Admission Test	09:00 am on 04 th July, 2018
Dates of Admission Tests	04 th – 05 th July, 2018
Venue of Admission Test	Department of Yogic Sciences, LNIPE, Gwalior
Total No. of Seats	20
Entrance Test Result (online)	07 th July, 2018
Seat Allotment Letter (online)	10 th July, 2018
Medical Examination dates (at admission centre after selection)*	12 th – 13 th July, 2018
Payment of Registration Fee & dates for selected candidates	-do-
Collecting Admission Slip by the selected candidates from the office of the AR (Acad.)	-do-
Commencement of Classes/Orientation	15 th July, 2018

5.2 RESERVATION OF SEATS:

Category	Total Seats
SC (15%)	03
ST (7.5%)	02
OBC (27%)	05
GENERAL	10
Total	20

5.3 ELIGIBILITY FOR ADMISSION

The aspirants should have obtained minimum 45% (40% for SC/ST) Marks in Bachelor Degree in any discipline from a recognized University/Institute.

NOTE:

A candidate should complete the requirement for obtaining the Diploma within a period of 2 years from the date of admission to diploma.

5.4 WOMEN CANDIDATES

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

5.5 TESTING AREAS:

Practical skills (Yogic Practice) : 50 Marks

Written Test : **50 Marks**
(General Awareness of Yogic Practice & Domain Knowledge)

NOTE:

- 1. Appearance in written test, skill & performance test and physical fitness test is mandatory in order to be eligible for consideration for admission.**
- 2. Admission to physically challenged candidates of any category is not permissible, as candidates of this course are required to perform physical activities.**

5.6 FEE STRUCTURE:

Each student shall pay the fee as given in **ANNEXURE – IV**. Besides fee, students have to bear all expenses on their own for Internship for Yoga and Naturopathy Training which is a part of the course (Training will be conducted outside Gwalior for a one month period and is compulsory for every student.) Students have to find out their own training centres.

5.7 UNIFORM:

Students of PGDYEd I Semester will be required to possess the Uniform from the Central Store as per Institute rules, which are mentioned in **ANNEXURE – VI**. The uniform will be provided by the Institute on actual cost basis.

5.8 COURSE INFORMATION:

Theory Subjects and Practical Skills to be covered during the course are as follows:

Theory Subjects:

Patanjali Yoga Sutra – I; Yogic Texts – I; Human Anatomy & Physiology – I; Alternative Therapies – I; Yogic Philosophy & Mental Health – I; Patanjali Yoga Sutra – II; Yogic Texts – II; Human Anatomy & Physiology – II; Alternative Therapies – II; Yogic Philosophy & Mental Health – II.

INTERNSHIP:

Internship of duration (One month) preferably in the month of May, June, 2019.

Admissions to PGDYEd Programme will be closed on 14th August, 2018.

6. POST GRADUATE DIPLOMA IN FITNESS MANAGEMENT (PGDFM): 2-SEMESTER

6.1 ADMISSION SCHEDULE:

Last Date of Receipt of Application (offline)	28 th June, 2018
Reporting Time for Admission Test	09:00 am on 06 th July, 2018 at LNIPE, Gwalior
Venue	Department of Sports Management and Coaching, LNIPE, Gwalior
Dates of Admission Tests	06 th – 07 th July, 2018
Reporting in Person, Verification of Original Document, Medical Examination Registration and Payment of Fee	13 th – 14 th July, 2018
Total No. of Seats	20
Commencement of Classes	16 th July, 2018

6.2 RESERVATION OF SEATS:

Category	Total Seats
SC (15%)	03
ST (7.5%)	02
OBC (27%)	05
GENERAL	10
Total	20

NOTE:

A candidate should complete the Diploma within a maximum span of 2 years from the date of admission to the course.

6.3 ELIGIBILITY FOR ADMISSION:

Bachelor Degree in any discipline recognized by the University/Institute or equivalent with 45% aggregate marks (40% for SC/ST candidate)

NOTE:

- 1. All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 14th July, 2018. Else they will not be entitled for Registration.**
- 2. Candidates should note that no “call letter” for the entrance test shall be sent to them by post.**

6.4 WOMEN CANDIDATES:

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

6.5 TESTING AREAS:

Physical Fitness Test : 60 Marks

Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, standing broad jump, over head back throw and 1000 meters run/walk. The norms to convert the performance into points are given in **ANNEXURE –II (A) to II (D)**.

General Awareness (Written Test) : 40 Marks

Objective type questions on General Awareness, Sports awareness, Sport General knowledge will form the written test. The duration of written test will be of **90 minutes**.

NOTE:

- 1. Appearance in written test and physical fitness test is mandatory in order to be eligible for consideration for admission.**
- 2. Admission to physically challenged candidates of any category is not permissible, as candidates of this course are required to perform sports and other physical activities.**

6.6 FEE STRUCTURE:

Each Student shall pay the fee as given in **ANNEXURE –IV**.

6.7 UNIFORM:

Students of PGDFM I Semester will be required to possess the Uniform from the Central Store as per Institute rules, which are mentioned in **ANNEXURE – VI**. The uniform will be provided by the Institute on actual cost basis.

6.8 COURSE INFORMATION:

Details of Theory Subjects and Practical Skills are as follows:

THEORY SUBJECTS:

Fitness & Wellness-I; Health Club Management & Therapeutic Aspects of Fitness-I; Applied Human Anatomy & Physiology; Yoga & Naturopathy-I; Fitness Management-I; Fitness & Wellness-II; Health Club Management & Therapeutic Aspects of Fitness-II; Management of Special Areas in Fitness; Yoga & Naturopathy-II; Fitness Management-II

PRACTICAL:

(Fitness Lesson Plan-II; Sports & Gym Training Proficiency-I; Internship Programme; Sports & Gym Training Proficiency-II)

INTERNSHIP:

Internship of duration (One month) preferably in the month of May, June, 2019

The admissions to PG Diploma will be closed on 14th August, 2018.

7. POST GRADUATE DIPLOMA IN SPORTS MANAGEMENT (PGDSM): 2-SEMESTER

7.1 ADMISSION SCHEDULE:

Last Date of Receipt of Application (offline)	28 th June, 2018
Reporting Time for Admission Test	09:00 am on 06 th July, 2018 at LNIPE, Gwalior
Venue	Department of Sports Management and Coaching, LNIPE, Gwalior
Dates of Admission Tests	06 th – 07 th July, 2018
Reporting in Person, Verification of Original Document, Medical Examination Registration and Payment of Fee	13 th – 14 th July, 2018
Total No. of Seats	20
Commencement of Classes	16 th July, 2018

7.2 RESERVATION OF SEATS:

Category	Total Seats
SC (15%)	03
ST (7.5%)	02
OBC (27%)	05
GENERAL	10
Total	20

NOTE:

A candidate should complete the requirement for obtaining the Diploma within a period of 2 years from the date of admission to diploma.

7.3 ELIGIBILITY FOR ADMISSION:

Bachelor Degree in any discipline recognized by the University/ Institute or equivalent with 45% aggregate marks (40% for SC/ST candidate)

NOTE:

- 1. All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 14th July, 2018. Else they will not be entitled for Registration.**
- 2. Candidates should note that no “call letter” for the entrance test shall be sent to them by post.**

7.4 WOMEN CANDIDATES:

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

7.5 TESTING AREAS:

Physical Fitness Test : 40 Marks

Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, standing broad jump, over head back throw and 1000 meters run/walk. The norms to convert the performance into points are given in **ANNEXURE –II (A) to II (D)**.

General Awareness (Written Test) : 60 Marks

The objective type questions on Reasoning, General Awareness, Sports Awareness, Sport General Knowledge will form the written test. The duration of written test will be of **90 minutes**.

NOTE:

Appearance in written and physical fitness test is mandatory in order to be eligible for consideration for admission.

7.6 FEE STRUCTURE:

Each Student shall pay the fee as given in **ANNEXURE –IV**.

Besides fee, students have to bear all expenses on their own for Internship for Fitness Training which is a part of the course (Training will be conducted outside Gwalior for a one month period and is compulsory for every student.) Students have to find out their own training centres.

7.7 UNIFORM:

Students of PGDSM I Semester will be required to possess the Uniform from the central store as per Institute rules, which are mentioned in **ANNEXURE – VI**. The uniform will be provided by the Institute on actual cost basis.

7.8 COURSE INFORMATION:

Details of about Theory Subjects and Practical Skills are as follows:

THEORY SUBJECTS:

Principles of Management and Organizational Behaviour; Financial Management; Foundations of Sports Sciences; Fundamentals of Sports Management; Marketing Management; Business Communications; Project Viva Voce (Internal Assessment); Operation Management; Human Resource Management; International competitiveness & Contemporary Issues-Restructuring of Sports Organization; Public Relations and Media Management; Managing of Sports Facilities and Events; Fitness and Wellness Management; Project Viva Voce (External Assessment)

PRACTICAL:

Event Organization-I; Swimming; Aerobics; Major Game-I; Major Game-II; Event Organization-II; Fitness Club Management; Yoga; Major Game-III; Major Game-IV

The admissions to PG Diploma will be closed on 14th August, 2018.

8. POST GRADUATE DIPLOMA IN SPORTS JOURNALISM (PGDSJ): 2-SEMESTER

8.1 ADMISSION SCHEDULE:

Last Date of Receipt of Application (offline)	28 th July, 2018
Reporting Time for Admission Test	09:00 am on 06 th July, 2018 at LNIPE, Gwalior
Venue	Department of Sports Management and Coaching, LNIPE, Gwalior
Dates of Admission Tests	06 th – 07 th July, 2018
Reporting in Person, Verification of Original Document, Medical Examination Registration and Payment of Fee	13 th – 14 th July, 2018
Total No. of Seats	20
Commencement of Classes	16 th July, 2018

8.2 RESERVATION OF SEATS:

Category	Total Seats
SC (15%)	03
ST (7.5%)	02
OBC (27%)	05
GENERAL	10
Total	20

NOTE:

A candidate should complete the requirement for obtaining the Diploma within a period of 2 years from the date of admission to diploma.

8.3 ELIGIBILITY FOR ADMISSION:

Bachelor Degree in any discipline recognized by the University/ Institute or equivalent with 45% aggregate marks (40% for SC/ST candidate)

NOTE:

- All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 14th July, 2018. Else they will not be entitled for Registration.**
- Candidates should note that no “call letter” for the entrance test shall be sent to them by post.**

8.4 WOMEN CANDIDATES:

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

8.5 TESTING AREAS:

Physical Fitness Test : 30 Marks

Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, standing broad jump, over head back throw and 1000 meters run/walk. The norms to convert the performance into points are given in **ANNEXURE –II (A) to II (D)**.

General Awareness (Written Test) : 70 Marks

The objective type questions on General Awareness, Sports awareness, Sport General knowledge will form the written test. The duration of written test will be of **90 minutes**.

NOTE:

Appearance in written and physical fitness test is mandatory in order to be eligible for consideration for admission.

8.6 FEE STRUCTURE:

Each Student shall pay the fee as given in **ANNEXURE - IV**.

Besides fee, students have to bear all expenses on their own for Internship for Fitness Training which is a part of the course (Training will be conducted outside Gwalior for a one month period and is compulsory for every student.) Students have to find out their own training centres.

8.7 UNIFORM:

Students of PGDSJ I Semester will be required to possess the Uniform from the central store as per Institute rules, which are mentioned in **ANNEXURE – VI**. The uniform will be provided by the Institute on actual cost basis.

8.8 COURSE INFORMATION:

Details about Theory Subjects and Practical Skills are as follows:

THEORY SUBJECTS:

Introduction to communication Models and Press Laws; Reporting, Writing and Editing; Foundation of Sports Sciences; Evolution and History of Sports; Magazine Writing in Sports; Fundamentals of Computer & I.T.; Communication Skills; Project Work

PRACTICAL:

Swimming; Badminton; Basketball; Cricket; Football; Tennis; Athletics; Volleyball

The admissions to PG Diploma will be closed on 14th August, 2018.

9. POST GRADUATE DIPLOMA IN SPORTS COACHING (PGDSC): 2-SEMESTER

9.1 DISCIPLINE OFFERED:

Post Graduate Diploma in Sports Coaching shall be offered in: Athletics, Basketball, Badminton, Cricket, Football, Handball, Hockey, Judo, Tennis, and Volleyball subject to administrative feasibility.

9.2 ADMISSION SCHEDULE:

Last Date of Receipt of Application (offline)	28 th June, 2018
Reporting Time for Admission Test	09:00 am on 04 rd July, 2018 at LNIPE, Gwalior
Venue	Department of Sport Management and Coaching, LNIPE, Gwalior
Dates of Admission Tests	04 th – 05 th July, 2018
Reporting in Person, Verification of Original Document, Medical Examination Registration and Payment of Fee	11 th – 12 th July, 2018
Total No. of Seats	15 (In each Sports/Game)
Commencement of Classes	16 th July, 2018

9.3 DIVISION AND RESERVATION OF SEAT:

The minimum number of seats in Individual Sports and Team games shall be ten (10).Reservation of seats shall be as per Govt. of India rules applicable at the time of admissions.

NOTE:

The duration of the PGDSC Course is 1 year (2 semesters). A candidate must complete the Course and pass the final examination within two academic years from the first admission to PGDSC Programme.

9.4 ELIGIBILITY FOR ADMISSION:

Bachelor Degree in any discipline recognized by the University/ Institute or equivalent with 45% aggregate marks (40% for SC/ST candidates) with Inter-University/National level participation in the concerned game / sport.

He/she should be below 35 years of age as on 1st July of the Academic Session (relaxable up to 40 years in case of International Sports persons, in-service sponsored candidates and SC/ST/OBC candidates)

NOTE:

1. All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 12th July, 2018. Else they will not be entitled for Registration.

2. Candidates should note that no “call letter” for the entrance test shall be sent to them by post.

9.5 WOMEN CANDIDATES:

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

9.6 ADMISSION PROCEDURE:

Admission to the Post Graduate Diploma in Sports Coaching will be granted on the basis of merit in the Admission Test of 200 Marks as given here under. The minimum qualifying marks in the admission test shall be 45%.

Physical fitness Test	:	50 Marks
Written Test (ninety minutes duration)	:	50 Marks
General reasoning	:	10 Marks
Sports general knowledge	:	10 Marks
Professional Knowledge in Concerned game / sport	:	30 Marks
Proficiency in Game / Sports	:	100 Marks
(Skills and playing ability tests in Concerned game / sport)		

NOTE:

- 1. Appearance in written test, skill & performance test and physical fitness test is mandatory in order to be eligible for consideration for admission.**
- 2. Admission to physically challenged candidates of any category is not permissible, as candidates of this course are required to perform sports and other physical activities.**

9.7 DETAIL OF TESTS:

Physical Fitness Test:

Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, standing broad jump, over head back throw and 1000 meters run/walk. The norms to convert the performance into points are given in **ANNEXURE -II (A) to II (D)**.

Written test:

The objective type questions on General Awareness, Sports awareness, Sport General knowledge, Reasoning, Comprehensive skills and Professional knowledge in concerned game/sports will form the written test. The duration of written test will be of **90 minutes**.

Proficiency in Games & Sports:

Marks will be awarded by a committee on the basis of skills performed and playing ability test in concerned game/sport.

NOTE:

The candidate should report for written test as well as games/ sports testing on the scheduled date at 9:00 am.

9.8 FEE STRUCTURE:

Each Student shall pay the fee as given in **ANNEXURE – IV.**

NOTE:

- 1. Fee once paid will not be refunded even if the candidate opts for cancellation of admission.**
- 2. For a course to continue a minimum of 10 candidates are required (in each game/sports). If the course is discontinued due to this reason, then the fee will be refunded to provisionally selected candidates.**

9.9 UNIFORM:

Students of PGDSC I Semester will be required to possess the Uniform from the central store as per Institute rules, which are mentioned in **ANNEXURE – VI.** The uniform will be provided by the Institute on actual cost basis.

9.10 COURSE CONTENTS:

Academic details about Theory Subjects and Practical Skills are as follows:

Theory Subjects:

Sports Training; Sports Psychology; Kinesiology and Sports Biomechanics; Physiology and Physiology of Exercise; Sports Anthropometry; Sports Medicine; Theory of Main Sport/Game: Papers – I and Theory of Main Sport/Game: Papers – II

Practicals:

Skill Proficiency and Playing Ability; Officiating; Teaching Ability and Coaching Ability.

INTERNSHIP:

Internship of duration (two months) preferably in the month of May, June and July, 2019

The admissions to PGDSC Programme will be closed on 14th August, 2018.

**10. DIPLOMA IN SPORTS COACHING (DSC): 2-SEMESTER
(For only defense and para military personnel)**

10.1 DISCIPLINE OFFERED:

Diploma in Sports Coaching shall be offered in: Athletics, Basketball, Football and Volleyball subject to administrative feasibility.

10.2 ADMISSION SCHEDULE:

Last Date of Receipt of Application (offline)	28 th June, 2018
Reporting Time for Admission Test	09:00 am on 04 th July, 2018 at LNIPE, Gwalior
Venue	Department of Sport Management and Coaching , LNIPE, Gwalior
Dates of Admission Tests	04 th - 05 th July, 2018
Reporting in Person, Verification of Original Document, Medical Examination Registration and Payment of Fee	11 th – 12 th July, 2018
Total No. of Seats	15 (In each Sports/Game)
Commencement of Classes	16 th July, 2018

10.3 DIVISION AND RESERVATION OF SEAT:

The minimum number of seats in Individual Sports and Team games shall be ten (10). Reservation of seats shall be as per Govt. of India rules applicable at the time of admissions.

NOTE:

The duration of the DSC Course is 1 years (2 semesters). A candidate must complete the Course and pass the final examination within two academic years from the first admission to DSC Programme.

10.4 ELIGIBILITY FOR ADMISSION:

A candidate shall be eligible to appear in admission test for Diploma in Sports Coaching if he has passed 10+2 examination/equivalent examination conducted by CBSE/State or UT Board/Open School Board.

The candidate must be deputed to the course by Defense / Army Sports Control Board and para military services.

NOTE:

- 1. All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 06th July, 2018. Else they will not be entitled for Registration.**
- 2. Candidates should note that no “call letter” for the entrance test shall be sent to them by post.**

10.5 ADMISSION PROCEDURE:

Admission to the Diploma in Sports Coaching will be granted on the basis of merit in the Admission Test of 200 Marks as given here under. The minimum qualifying marks in the admission test shall be 45%.

Physical fitness Test	:	50 Marks
Written Test (ninety minutes duration)	:	50 Marks
General reasoning	:	10 Marks
Sports general knowledge	:	10 Marks
Professional Knowledge in Concerned game / sport	:	30 Marks
Proficiency in Game / Sports	:	100 Marks
(Skills and playing ability tests in Concerned game / sport)		

NOTE:

- 1. Appearance in written test, skill & performance test and physical fitness test is mandatory in order to be eligible for consideration for admission.**
- 2. Admission to physically challenged candidates of any category is not permissible, as candidates of this course are required to perform sports and other physical activities.**

10.6 DETAIL OF TESTS:

Physical Fitness:

Marks will be awarded in Physical Fitness on the basis of performance in 50 meters sprint, standing broad jump, over head back throw and 1000 meters run/walk. The norms to convert the performance into points are given in **ANNEXURE -II (A) to II (D)**.

Written test:

The objective type questions on General Awareness, Sports awareness, Sport General knowledge, Reasoning, Comprehensive skills and Professional knowledge in concerned game/sports will form the written test. The duration of written test will be of **90 minutes**.

Proficiency in Games & Sports:

Marks will be awarded by a committee on the basis of skills performed and playing ability test in concerned game/sport.

NOTE:

The candidate should report for written test as well as games/ sports testing on the scheduled date at 9:00 am.

10.7 FEE STRUCTURE:

Each Student shall pay the fee as given in **ANNEXURE – IV**.

NOTE:

- 1. Fee once paid will not be refunded even if the candidate opts for cancellation of admission.**
- 2. For a course to continue a minimum of 10 candidates are required (in each game/sports). If the course is discontinued due to this reason, then the fee will be refunded to provisionally selected candidates.**

10.8 UNIFORM:

Students of DSC I Semester will be required to possess the Uniform from the central store as per Institute rules, which are mentioned in **ANNEXURE – VI**. The uniform will be provided by the Institute on actual cost basis.

10.9 COURSE CONTENTS:

Details of Theory Subjects and Practical Skills are as follows:

Theory Subjects:

Fundamentals of Anatomy, Physiology and Physiology of Exercise; Fundamentals of Kinesiology and Biomechanics; General Methods of Sports Training; Applied Sports Psychology; Sports Anthropometry; Sports Medicine; Theory of Main Sport/Game: Paper – I and Theory of Main Sport/Game: Paper – II

Practical:

Skills proficiency and Playing Ability; Officiating; Teaching Ability; and Coaching Ability

INTERNSHIP:

Internship of duration (two months) preferably in the month of May, June and July, 2019

The admissions to DSC Programme will be closed on 14thAugust, 2018.

11. Ph.D PROGRAMME IN PHYSICAL EDUCATION

Doctor of Philosophy (Ph.D.) shall be available in the following areas:

- 11.1.1 Physical Education Pedagogy
- 11.1.2 Exercise Physiology
- 11.1.3 Sports Biomechanics
- 11.1.4 Sports Psychology
- 11.1.5 Health Education
- 11.1.6 Sports Management
- 11.1.7. Yoga

This regulation provides information to the prospective students about the admission requirements, programme features, and the process of undergoing the PhD programme. The PhD program of this institute is full time and is governed by the Institute's rule for the Doctor of Philosophy in Physical Education. This regulation is in line with the UGC regulation 2009. The prospective candidates are advised to refer to the institute's website www.lnipe.edu.in for other details of this program.

11.1 ADMISSION SCHEDULE FOR PHD

Last Date of Receipt of Application (offline)	10 th July, 2018
Date of Research Eligibility Test (RET)	18 th July, 2018
Date of Presentation/Interview for Successful candidates in RET, only	25 th July, 2018
Declaration of Final Result	28 th July, 2018
Date of Registration	01 st – 02 nd August, 2018
Commencement of Course Work	03 rd August, 2018

11.2 DURATION

The minimum duration in which the candidate can complete the PhD programme is Three years including course work and maximum duration is five years. Relaxation in the period will be as per LNIPE, Ph.D. Ordinance.

11.3 NUMBER OF SEATS

The number of seats for Ph.D. Programme shall be 20 (Twenty).

Category	Total Seats
SC (15%)	03
ST (7.5%)	02
OBC (27%)	05
GENERAL	10
Total	20

11.4 ELIGIBILITY FOR ADMISSION

In order to appear in the entrance examination for Ph.D. programme a candidate must have passed Master Degree in Physical Education (M.P.Ed.) or its equivalent degree from recognized

University/Institute in India or abroad with at least 55% marks (50% for SC/ST) or equivalent grade.

11.5 DIRECT ADMISSION

A candidate who fulfils the following conditions may be considered for direct admission for the Ph.D. Program. However, appearance in presentation/interview shall remain a mandatory requirement for admission to course work.

- 11.5.1 A candidate who is a recipient of National Doctoral Fellowship or other fellowships from government/semi-government organizations (through All-India selection procedure conducted by the agency/organization for award of research fellowships such as Council of Scientific and Industrial Research (CSIR).
- 11.5.2 A foreign national who is a recipient of fellowship by the Indian Council for Cultural Relations (ICCR), Government of India and who is sponsored by his/her Government, subject to fulfilling conditions as mentioned in University Ordinance.
- 11.5.3 A self-financing International/national who is admitted through the Embassies/High commission of his/her country or admitted under a MOU with due clearance from the Indian Mission abroad. As per revised guidelines/instructions of the Department of Higher Education, MHRD, GOI on grant of research visa, the foreigners who desire to undertake research in India, should therefore, apply to the concerned Indian Missions abroad with the brief synopsis of the research project to be undertaken in India. The details of places to be visited, previous visits, whether the scholar has secured admission into a recognized or reputed institution and evidence of financial resources, subject to fulfilling conditions as mentioned in Institute's ordinance.

11.6 ADMISSION PROCEDURE

The Institute shall admit the PhD candidates at least once in a year in the month of July. However, depending upon the resources and availability of faculty the Institute may admit PhD candidates twice in a year in July and January. In order to apply for PhD programme a candidate has to appear in the Research Eligibility Test, to be referred hereafter as RET, followed by Presentation/Interview. During Presentation/Interview candidates are required to present and defend on a topic of his/her interested area of research. The presentation shall be done in front of the DRC in which focus would be to explore the candidate's understanding of the research topic/area, and his/her research temperament and acumen. The RET examination will be based upon the course content of M.P.Ed level.

- 11.6.1 Admission to the Ph.D. programme shall be through an Entrance Test comprising of Research Eligibility Test (RET) and Presentation/Interview. The recipient of JRF from UGC, will be exempted from the qualifying the Research Entrance Test (RET). On the basis of the merit in the Research Eligibility Test (RET)/Presentation/Interview, the candidates shall be admitted to the programme. The scheme of the Research Entrance Test (RET) shall be as follows:

Structure of Research Eligibility Test Time: 2 Hr.

- a. Research Methodology and Statistics
- b. Specialization Area

The break-up of marks shall be as follows

Part A: RET

Paper - I	Research Methodology and Statistics	50 Marks
Paper - II	Specialization Area Select any one from the following: a. Physical Education Pedagogy b. Exercise Physiology c. Sports Biomechanics d. Sports Psychology e. Health Education f. Sports Management	50 Marks
Total		100 Marks

Part B: Presentation and Interview

I	Presentation/ Interview (Presentation should based upon specialized area as opted in the Research Eligibility Test (RET) and the JRF candidates those are directly appearing in presentation / interview must specify the area of specialization in writing.)	100 Marks
Total		100 Marks

NOTE: The students opted specializations subject at the time of Entrance Test, he/she will assigned the department accordingly.

- 11.6.1.1 The written test shall have questions which assess the conceptual clarity of candidate about different aspects of research and applied statistics. The test shall have mostly objective type questions.
 - 11.6.1.2 Presentation and Interview will consist of a defense of the “Research Topic”. The focus would be to explore the research acumen of the candidate.
- 11.6.2 Only those who secure 50% marks(45% for SC/ST) in each paper of the RET (Part A) shall be shortlisted for the presentation/Interview.

- 11.6.3 Minimum of 55% marks (50% for SC/ST) in Part B shall be mandatory to qualify the entrance examination.
- 11.6.4 Admission to PhD program will be made according to the merit from the qualified candidates considering the available seats in various specialty areas for the academic year.

11.7 WOMEN CANDIDATES

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

11.8 STRUCTURE OF THE PROGRAMME

The candidates in Ph.D. programme are supposed to undergo a one semester course work. Only after successful completion of the course work in the first semester the candidates shall be allowed to proceed further. After successfully qualifying the course work candidates are required to face the DRC and defend his/her research proposal. After the approval of the thesis by the DRC the candidates will proceed to carry out their research work. The candidates shall be registered for the PhD programme immediately after qualifying the course work. The experts in specialized area/subjects may be invited as per the requirements in the DRC during its meeting.

- 11.8.1 The structure of the course work and course detail in the first semester shall be as follows:

Course Structure

Semester	Detail Structure
I	a. Two Compulsory courses b. One Lab

Course Detail

Course Code	Semester I Course name
IDPE -1	Research Methods -I
IDPE-3	Advanced Statistics -I
IDPE-5	Instrumentation

- 11.8.2 During course work and thereafter the candidates will have to attend the lecture series on different research topics, specialized workshops on research methods, advanced statistics, different specializations such as sports psychology, exercise science, sport biomechanics etc.

11.9 FEE STRUCTURE

Each student shall pay the fee as given in **ANNEXURE – V (A)**.

Admissions to Ph.D. Programme will be closed on 14th August, 2018.

12 B.A. (PROGRAM) SPORTS & PERFORMANCE

12.1 ADMISSION SCHEDULE

Last Date of Receipt of Application (offline)	30 th June, 2018
Dates of Admission Tests	11 th – 14 th July, 2018
Reporting Time for Admission Test	09:00 am on 11 th July, 2018
Venue	Multipurpose Hall, LNIPE, Gwalior
Reporting in Person, Verification of Original Document, Medical Examination Registration and Payment of Fee	17 th – 18 th July, 2018
Total No. of Seats	20
Commencement of Classes	20 th July, 2018

12.2 RESERVATION OF SEATS: Total No. of Seats: 20

The reservation of seats for SC/ST/OBC and other category shall be as per the latest rules of Government of India.

Category	Total Seats
SC (15%)	03
ST (7.5%)	02
OBC (27%)	05
GENERAL	10
Total	20

NOTE:

The duration of the B.A. (Program) Sports & Performance is 3 years (6 semesters). A candidate must complete the Course and pass the final examination within five academic years from the date of initial admission to B.A. (Program).

12.3 ELIGIBILITY FOR ADMISSION:

A candidate shall be eligible to appear in admission test:

12.3.1 If S/he passed Senior Secondary Certificate examination (10+2) or Intermediate/equivalent examination from any recognized Education Board etc.

12.3.2 The age of candidates shall be above 17 years. The relaxation of minimum age is permissible with the prior permission of the Vice Chancellor.

12.3.3 Must have participated in School Games Federation of India (SGFI) in Olympic listed Sports only (IOC).

12.3.4 Olympic discipline shall only be considered for admission in following competitions.

Olympic Games/Asian Games/Commonwealth Games/International Championships / Official National Championship / Official Junior National Championship / AIU / SGFI only.

NOTE:

1. No other championship shall be considered other than mentioned in para 12.3.4.
2. All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 18th July, 2018. Else they will not be entitled for Registration.
3. Candidates should note that no “call letter” for the entrance test shall be sent to them by post. They should report at LNIPE, Gwalior on dates mentioned for the test.

12.4 Direct Admission:

If S/he has represented the country in Olympic Games /Asian Games/Commonwealth Games shall be admitted to the course directly without appearing in admission test subject to the fulfilment of eligibility mentioned in 12.3.1

12.5 WOMEN CANDIDATES:

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

12.5 ADMISSION PROCEDURE

Admission shall be made on merit, on the basis of Marks (Merit) obtained in the Entrance Test as per the policy of the Institute.

TESTING AREAS:

2.5.1	Weightage of marks for Sports Participation Certificate	100 marks
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S. No.	Level of Sports Participation	Position	Marks
1.	International Championship	1 st	50
		2 nd	49
		3 rd	48
		4 th	47
2.	Official National Championship	1 st	25
		2 nd	24
		3 rd	23
		4 th	22
3.	Official Junior National Championship /AIU	1 st	15
		2 nd	14
		3 rd	13
		4 th	12
4.	SGFI (IOC listed events only)	1 st	10
		2 nd	09
		3 rd	08

2.5.2	Sports Proficiency Test	100 Marks
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NOTE:-

- 1. The marks obtained by the candidate in the admission test will be taken for preparation of merit list.**
- 2. Appearance in Sports Proficiency Test is mandatory in order to be eligible for consideration for admission.**
- 3. Admission to physically challenged candidates of any category is not permissible, as candidates of this course are required to perform sports and other physical activities.**

12.6 FEE STRUCTURE

Each Student shall pay the fee as given in **ANNEXURE - III.**

12.7 UNIFORM

Students of B.A. (Program) Sports & Performance I Semester will be required to possess the Uniform from the central store as per Institute rules, which are mentioned in **ANNEXURE - VI.** The uniform will be provided by the Institute on actual cost basis.

The admissions to B.A. (Program) Sports & Performance will be closed on 14th August, 2018.

13. Master of Science (M.Sc.) Sports Biomechanics

13.1 ADMISSION SCHEDULE:

Last Date of Receipt of Application (offline)	30 th June, 2018
Reporting Time for Admission Test	09:00 am on 10 th July, 2018 at LNIPE, Gwalior
Venue	Department of Sports Biomechanics, LNIPE, Gwalior
Dates of Admission Tests	10 th – 11 th July, 2018
Reporting in Person, Verification of Original Document, Medical Examination Registration and Payment of Fee	12 th – 13 th July, 2018
Total No. of Seats	15
Commencement of Classes	16 th July, 2018

The minimum number of seats in to start the program shall be ten (10). **If the course is discontinued due to this reason, than the fee will be refunded to provisionally selected candidates.**

13.2 RESERVATION OF SEATS:

Category	Total Seats
SC (15%)	02
ST (7.5%)	01
OBC (27%)	04
GENERAL	08
Total	15

NOTE:

A candidate should complete the requirement for obtaining the Degree within a period of 4 years from the date of admission to Degree program.

13.3 ELIGIBILITY FOR ADMISSION:

Candidate who have obtained at least 55% marks (50% for SC/ST candidates) in the B.P.Ed. Degree/B.P.Ed. four years degree / B.Sc. with Physics are eligible for admission test.

NOTE:

- 1. All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 12th July, 2018. Else they will not be entitled for Registration.**
- 2. Candidates should note that no “call letter” for the entrance test shall be sent to them by post.**

13.4 WOMEN CANDIDATES:

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the

semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

13.5 TESTING AREAS:

WRITTEN TEST : 100 MARKS

- a. General Awareness : 40 Marks
b. Concerned Subject knowledge : 60 Marks

Note:

As per syllabus given in prospectus for this program

13.6 FEE STRUCTURE:

Each Student shall pay the fee as given in **ANNEXURE – V (B)**.

13.7 UNIFORM:

Students of M.Sc. – I semester will be required to possess the Uniform from the central store as per Institute rules, which are mentioned in **ANNEXURE – VI**. The uniform will be provided by the Institute on actual cost basis.

13.8 COURSE INFORMATION:

The Course is of two years duration having four semesters. The Institute has adopted Choice Based Credit System for imparting teaching at M.Sc. level. The details of the subjects to be taught in four semesters are given below:-

THEORY :

- Semester-I : Anatomy of Human Movement, Fundamental of Sports Biomechanics Measurement and Evaluation **Optional Paper (any one): (a) Sports Psychology (b) Health and Fitness**
- Semester-II : Biomechanics of Human Movement, Structural Kinesiology, Research Methodology **Optional Paper (any one): (a) Sports Management (b) Exercise Physiology**
- Semester-III: Scientific Basis of Biomechanics Evaluation, Instrumentation in Sports Biomechanics, Applied **Optional Paper (any one): (a) Yogic Science (b) Nutrition and Sports Performance**
- Semester-IV: Kinesiological Analysis of Human Movement, Biomechanical Analysis of Sports Skill, Sports Training **Optional Paper (any one): (a) Sports Injuries (b) Dissertation**

The admissions to (M.Sc.) Sports Biomechanics will be closed on 14th August, 2018.

14. Master of Science (M.Sc.) Exercise Physiology

14.1 ADMISSION SCHEDULE:

Last Date of Receipt of Application (offline)	30 th June, 2018
Reporting Time for Admission Test	09:00 am on 10 th July, 2018 at LNIPE, Gwalior
Venue	Department of Exercise Physiology, LNIPE, Gwalior
Dates of Admission Tests	10 th – 11 th July, 2018
Reporting in Person, Verification of Original Document, Medical Examination Registration and Payment of Fee	12 th – 13 th July, 2018
Total No. of Seats	15
Commencement of Classes	16 th July, 2018

The minimum number of seats in to start the program shall be ten (10). **If the course is discontinued due to this reason, than the fee will be refunded to provisionally selected candidates.**

14.2 RESERVATION OF SEATS:

Category	Total Seats
SC (15%)	02
ST (7.5%)	01
OBC (27%)	04
GENERAL	08
Total	15

NOTE:

A candidate should complete the requirement for obtaining the Degree within a period of 4 years from the date of admission to Degree program.

14.3 ELIGIBILITY FOR ADMISSION:

1. Candidate who have obtained at least 55% marks (50% for SC/ST candidates) in the B.P.Ed. Degree/B.P.Ed. four years degree / B.Sc. with Biology are eligible for admission test.

NOTE:

1. **All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 12th July, 2018. Else they will not be entitled for Registration.**
2. **Candidates should note that no “call letter” for the entrance test shall be sent to them by post.**

14.4 WOMEN CANDIDATES:

Married girl is eligible for admission. But if she conceives during the course, she will have to discontinue her studies for at least one

Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

14.5 TESTING AREAS:

WRITTEN TEST : 100 MARKS

a. General Awareness : 40 Marks

b. Concerned Subject knowledge : 60 Marks

Note:

As per syllabus given in prospectus for this program

14.6 FEE STRUCTURE:

Each Student shall pay the fee as given in **ANNEXURE – V (B)**.

14.7 UNIFORM:

Students of M.Sc. – I semester will be required to possess the Uniform from the central store as per Institute rules, which are mentioned in **ANNEXURE – VI**. The uniform will be provided by the Institute on actual cost basis.

14.8 COURSE INFORMATION:

The Course is of two years duration having four semesters. The Institute has adopted Choice Based Credit System for imparting teaching at M.Sc. level. The details of the subjects to be taught in four semesters are given below:-

THEORY :

Semester-I : Research Methods, Fundamental of Exercise Physiology, Basics of Anatomy and Physiology **Optional Paper (any one): (a) Sports Psychology (b) Sports Biomechanics**

Semester-II : Applied Statistics, Conditioning and Training, Thermoregulatory and Metabolism, **Optional Paper (any one): (a) Sports Management (b) Health & Fitness.**

Semester-III: Measurement and Evaluation in Sports, Physiological Aspects of Exercise & Sports, Exercise and Training for Females, **Optional Paper (any one):(a) Yogic Science (b) Nutrition and Sports Performance**

Semester-IV: Sports Training, Physiological Effect of Exercise and Training, Instrumentation in Exercise Physiology, **Optional Paper (any one): (a) Sports Injuries (b) Dissertation**

The admissions to M.Sc Programme will be closed on 14th August, 2018.

15. Master of Arts (Sports Psychology)

15.1 ADMISSION SCHEDULE:

Last Date of Receipt of Application (offline)	30 th June, 2018
Reporting Time for Admission Test	09:00 am on 10 th July, 2018 at LNIPE, Gwalior
Venue	Department of Sports Psychology, LNIPE, Gwalior
Dates of Admission Tests	10 th – 11 th July, 2018
Reporting in Person, Verification of Original Document, Medical Examination Registration and Payment of Fee	12 th – 13 th July, 2018
Total No. of Seats	15
Commencement of Classes	16 th July, 2018

The minimum number of seats in to start the program shall be ten (10). **If the course is discontinued due to this reason, than the fee will be refunded to provisionally selected candidates.**

15.2 RESERVATION OF SEATS:

Category	Total Seats
SC (15%)	02
ST (7.5%)	01
OBC (27%)	04
GENERAL	08
Total	15

NOTE:

A candidate should complete the requirement for obtaining the Degree within a period of 4 years from the date of admission to Degree program.

15.3 Essential Qualification

1. 50% marks in BPEd./B.A. (Hons) in Psychology or Bachelor's Degree with Psychology/Sport Psychology as one of the subject.

Desirable Qualification

2. Participation in Sports at State/District/College level.

NOTE:

3. **All the candidates appearing as Supplementary / Compartment candidates in qualifying examinations for the session 2017-18 are eligible for appearing in Entrance Test but their final results must be declared by 12th July, 2018. Else they will not be entitled for Registration.**
4. **Candidates should note that no "call letter" for the entrance test shall be sent to them by post.**

15.4 WOMEN CANDIDATES:

Married girl is eligible for admission. But if she conceives during the

course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind. But she will not be allowed to keep the infant along with her in the Hostel.

15.5 ADMISSION TEST: (Written Test & Interview)

S.No.	Subject	Marks
1.	General Area (Sports Awareness, Reasoning, Numerical Ability, Quantitative Aptitude)	35 Marks
2.	Introduction to Psychology*	50 Marks
3.	Interview	15 Marks

Minimum overall 50% marks required to qualify the test. **Note:**

As per syllabus given in prospectus for this program

15.6 FEE STRUCTURE:

Each Student shall pay the fee as given in **ANNEXURE – V (B)**.

15.7 UNIFORM:

Students of M.A. – I semester will be required to possess the Uniform from the central store as per Institute rules, which are mentioned in **ANNEXURE – VI**. The uniform will be provided by the Institute on actual cost basis.

15.8 COURSE INFORMATION:

The Course is of two years duration having four semesters. The Institute has adopted Choice Based Credit System for imparting teaching at M.A. level. The details of the subjects to be taught in four semesters are given below:-

THEORY:

Semester-I	:	Compulsory : <ul style="list-style-type: none"> • Research Methods • Foundations of Exercise & Sport Psychology • Developmental Psychology and Motor Skill Acquisition, • Introduction to Physical Education and Sport* • Educational Psychology**
Semester-II	:	Compulsory : <ol style="list-style-type: none"> 1 Cognitive Psychology in Sport 2 Social Psychology in Sport 3 Applied Statistics Optional Paper (any one)

		<ul style="list-style-type: none"> • Exercise Physiology • Health & Fitness
Semester-III	:	<p>Compulsory:</p> <ul style="list-style-type: none"> • Psychometrics & Psycho-diagnostics in Sports • Psychology of Athletes, Coaching & Officiating • Movement Education <p>Optional Paper (any one)</p> <ul style="list-style-type: none"> • Sports Management • Sport Biomechanics
Semester-IV	:	<p>Compulsory :</p> <ul style="list-style-type: none"> • Psychology of Women and Special Populations • Professional practices in Sport Psychology • Yoga and Mental Health <p>Optional Paper (Any one)</p> <ul style="list-style-type: none"> • Sports Training • Sports Injuries and Rehabilitation

The admissions to M.A. (Sports Psychology) will be closed on 14th August, 2018.

FITNESS ELIGIBILITY ADMISSION TEST CENTRES FOR B.P.Ed.

TEST CENTRE
<p>GWALIOR Lakshmibai National Institute of Physical Education (LNIFE), Shakti Nagar, Race Course Road, Gwalior, 474002 (M.P.)</p>
<p>PATIALA Director of Sports, Punjabi University, Patiala- 147 002 (Punjab)</p>
<p>KOLKATA Sports Authority of India (SAI), Netaji Subhash National Institute of Sports (NSNIS), Salt Lake City, Sector-3, Kolkata 700 091 (West Bengal)</p>
<p>DEHRADUN Maharana Pratap Sports College, Raipur, Near Ordinance Factory, Dehradun- 248 008 (Uttarakhand)</p>
<p>GUWAHATI North East Regional Centre Lakshmibai National Institute of Physical Education Tepasia Sports Complex, Sonapur Guwahati- 782 402 (Assam)</p>
<p>JAIPUR Department of Physical Education University of Rajasthan, Jaipur – 302 055 (Rajasthan)</p>
<p>COIMBATORE Director of Sports, Bharathiar University, No.401,, Madani Complex, 7th St Ext, Gandipuram, Coimbatore, Tamil Nadu 641012</p>
<p>PUNE Directorate of Sports, Savitribai Phule Pune University Near Esquare Theater, Ganeshkhind Road, Pune, Maharashtra 411007</p>
<p>RANCHI SAI Training Centre Sahid Birsa Munda Stadium Morabadi, Ranchi- 834 008 (Jharkhand)</p>

PERFORMANCE CONVERSION TABLE
50 METERS SPRINT

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
5.7 and Below	100	8.6	34	6.7 and Below	100	9.6	34
5.8	96	8.7	32	6.8	96	9.7	32
5.9	92	8.8	30	6.9	92	9.8	30
6.0	89	8.9	29	7.0	89	9.9	29
6.1	86	9.0	28	7.1	86	10.0	28
6.2	83	9.1	27	7.2	83	10.1	27
6.3	80	9.2	26	7.3	80	10.2	26
6.4	78	9.3	25	7.4	78	10.3	25
6.5	76	9.4	24	7.5	76	10.4	24
6.6	74	9.5	23	7.6	74	10.5	23
6.7	72	9.6	22	7.7	72	10.6	22
6.8	70	9.7	21	7.8	70	10.7	21
6.9	68	9.8	20	7.9	68	10.8	20
7.0	66	9.9	19	8.0	66	10.9	19
7.1	64	10.0	18	8.1	64	11.0	18
7.2	62	10.1	17	8.2	62	11.1	17
7.3	60	10.2	16	8.3	60	11.2	16
7.4	58	10.3	15	8.4	58	11.3	15
7.5	56	10.4	14	8.5	56	11.4	14
7.6	54	10.5	13	8.6	54	11.5	13
7.7	52	10.6	12	8.7	52	11.6	12
7.8	50	10.7	11	8.8	50	11.7	11
7.9	48	10.8	10	8.9	48	11.8	10
8.0	46	10.9	09	9.0	46	11.9	09
8.1	44	11.0	08	9.1	44	12.0	08
8.2	42	11.1	07	9.2	42	12.1	07
8.3	40	11.2	06	9.3	40	12.2	06
8.4	38	11.3 and Above	05	9.4	38	12.3 and Above	05
8.5	36	—	—	9.5	36	—	—

**PERFORMANCE CONVERSION TABLE
STANDING BROAD JUMP**

Men		Women	
Distance (Meters)	Points	Distance (Meters)	Points
2.85 and Above	100	2.35 and Above	100
2.80-2.84	95	2.30-2.34	95
2.75-2.79	91	2.25-2.29	91
2.70-2.74	87	2.20-2.24	87
2.65-2.69	84	2.15-2.19	84
2.60-2.64	81	2.10-2.14	81
2.55-2.59	78	2.05-2.09	78
2.50-2.54	75	2.00-2.04	75
2.45-2.49	72	1.95-1.99	72
2.40-2.44	69	1.90-1.94	69
2.35-2.39	66	1.85-1.89	66
2.30-2.34	63	1.80-1.84	63
2.25-2.29	60	1.75-1.79	60
2.20-2.24	57	1.70-1.74	57
2.15-2.19	54	1.65-1.69	54
2.10-2.14	51	1.60-1.64	51
2.05-2.09	48	1.55-1.59	48
2.00-2.04	45	1.50-1.54	45
1.95-1.99	43	1.45-1.49	43
1.90-1.94	41	1.40-1.44	41
1.85-1.89	39	1.35-1.39	39
1.80-1.84	37	1.30-1.34	37
1.75-1.79	35	1.25-1.29	35
1.70-1.74	33	1.20-1.24	33
1.65-1.69	31	1.15-1.19	31
1.60-1.64	29	1.10-1.14	29
1.55-1.59	27	1.05-1.09	27
1.50-1.54	25	1.00-1.04	25
1.45-1.49	24	0.95-0.99	24
1.40-1.44	23	0.90-0.94	23
1.35-1.39	22	0.85-0.89	22
1.30-1.34	21	0.80-0.84	21
1.25-1.29	20	0.75-0.79	20
1.20-1.24	19	0.70-0.74	19
1.15-1.19	18	0.65-0.69	18
1.10-1.14	17	0.60-0.64	17
1.05-1.09	16	0.55-0.59	16
1.00-1.04	15	0.50-0.54	15
0.99 and Below	14	0.49 and Below	14

PERFORMANCE CONVERSION TABLE
OVER HEAD BACK THROW

Men (3 Kg Medicine Ball)		Women (2 Kg Medicine Ball)	
Distance (in meters)	Points	Distance (in meters)	Points
15.00 and Above	100	12.50 and Above	100
14.50	95	12.00	95
14.00	90	11.50	90
13.50	85	11.00	85
13.00	80	10.50	80
12.50	76	10.00	76
12.00	72	9.50	72
11.50	68	9.00	68
11.00	64	8.50	64
10.50	60	8.00	60
10.00	56	7.50	56
9.50	52	7.00	52
9.00	48	6.50	48
8.50	44	6.00	44
8.00	40	5.50	40
7.50	37	5.00	37
7.00	34	4.50	34
6.50	31	4.00	31
6.00	28	3.50	28
5.50	25	3.00	25
5.00	23	2.50	23
4.50	21	2.00	21
4.00	19	1.50	19
3.50 and Below	17	1.00 and Below	17

PERFORMANCE CONVERSION TABLE
1000 METERS RUN/WALK

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
3:00 and Below	100	3:41-3:42	59	4:00 and Below	100	4:41-4:42	59
3:01	99	3:43-3:44	58	4:01	99	4:43-4:44	58
3:02	98	3:45-3:46	57	4:02	98	4:45-4:46	57
3:03	97	3:47-3:48	56	4:03	97	4:47-4:48	56
3:04	96	3:49-3:50	55	4:04	96	4:49-4:50	55
3:05	95	3:51-3:52	54	4:05	95	4:51-4:52	54
3:06	94	3:53-3:54	53	4:06	94	4:53-4:54	53
3:07	93	3:55-3:56	52	4:07	93	4:55-4:56	52
3:08	92	3:57-3:58	51	4:08	92	4:57-4:58	51
3:09	91	3:59-4:00	50	4:09	91	4:59-5:00	50
3:10	90	4:01-4:02	49	4:10	90	5:01-5:02	49
3:11	89	4:03-4:04	48	4:11	89	5:03-5:04	48
3:12	88	4:05-4:06	47	4:12	88	5:05-5:06	47
3:13	87	4:07-4:08	46	4:13	87	5:07-5:08	46
3:14	86	4:09-4:10	45	4:14	86	5:09-5:10	45
3:15	85	4:11-4:12	44	4:15	85	5:11-5:12	44
3:16	84	4:13-4:14	43	4:16	84	5:13-5:14	43
3:17	83	4:15-4:16	42	4:17	83	5:15-5:16	42
3:18	82	4:17-4:18	41	4:18	82	5:17-5:18	41
3:19	81	4:19-4:20	40	4:19	81	5:19-5:20	40
3:20	80	4:21-4:22	39	4:20	80	5:21-5:22	39
3:21	79	4:23-4:24	38	4:21	79	5:23-5:24	38
3:22	78	4:25-4:26	37	4:22	78	5:25-5:26	37
3:23	77	4:27-4:28	36	4:23	77	5:27-5:28	36
3:24	76	4:29-4:30	35	4:24	76	5:29-5:30	35
3:25	75	4:31-4:32	34	4:25	75	5:31-5:32	34
3:26	74	4:33-4:34	33	4:26	74	5:33-5:34	33
3:27	73	4:35-4:36	32	4:27	73	5:35-5:36	32
3:28	72	4:37-4:38	31	4:28	72	5:37-5:38	31
3:29	71	4:39-4:40	30	4:29	71	5:39-5:40	30
3:30	70	4:41-4:43	29	4:30	70	5:41-5:43	29
3:31	69	4:44-4:46	28	4:31	69	5:44-5:46	28
3:32	68	4:47-4:49	27	4:32	68	5:47-5:49	27
3:33	67	4:50-4:52	26	4:33	67	5:50-5:52	26
3:34	66	4:53-4:55	25	4:34	66	5:53-5:55	25
3:35	65	4:56-4:58	24	4:35	65	5:56-5:58	24
3:36	64	4:59-5:01	23	4:36	64	5:59-6:01	23
3:37	63	5:02-5:04	22	4:37	63	6:02-6:04	22
3:38	62	5:05-5:07	21	4:38	62	6:05-6:07	21
3:39	61	5:08-5:10	20	4:39	61	6:08-6:10	20
3:40	60	5:11 and Above	19	4:40	60	6:11 and Above	19

NOTE : The performance in four items will be converted into points on the basis of above tables and the required weightage of final points will be considered as the performance in Physical Fitness Test.

ANNEXURE –III**SEMESTER – WISE FEE STRUCTURE FOR B.P.ED. / B.A. (Program)
SESSION 2018-19**

Name of the Head	Indian Students		Foreign Students	
	I Semester	II Semester	I Semester	II Semester
Tuition Fee	3150	3150	9450	9450
Identity Card Fee	200	0	200	0
Medi – claim Insurance	700	0	700	0
Caution Money (Refundable)	2000	0	2000	0
Registration/Immigration .Fee	600	0	6000	0
Hostel cum Electricity fee	2500	2500	2500	2500
Syllabus Fee	100	100	100	100
Admission fee	1000*	0	5000*	0
Examination Fee	1500	1500	1500	1500
Mess Fund	18900	18900	18900	18900
Sports Fund	1200	1200	1200	1200
Development Fund	1200	1200	3600	3600
Medical Fund	500	500	500	500
Uniform Fund	9000	0	9000	0
Student cultural / Literary society fund	500	500	500	500
Student Welfare Fund	100	100	300	300
Library Fund	500	500	500	500
Total	43,650/-	30,150/-	61,950/-	39,050/-
	Rs.73,800/-		Rs.1,01,000/-	

(*) Non refundable and payable at the time of counselling in addition to portal charges.

NOTE:

1. Above fee schedule applicable for the current year only. Scheduled for subsequent years as decided from time to time will prevail.
2. Mess charges will be subject to Institute's discretion and review.

ANNEXURE -IV**SEMESTER – WISE FEE STRUCTURE FOR M.P.ED. / M.A. IN YOGA /
PG DIPLOMA / DIPLOMA SESSION 2018-19**

Name of the Head	Indian Students		Foreign Students	
	I Semester	II Semester	I Semester	II Semester
Tuition Fee	3150	3150	9450	9450
Identity Card Fee	200	0	200	0
Medi- claim Insurance	700	0	700	0
Caution Money (Refundable)	2000	0	2000	0
Registration/ Immigration .Fee	600	0	6000	0
Hostel cum Electricity fee	2500	2500	2500	2500
Syllabus Fee	100	100	100	100
Admission fee	1000*	0	5000*	0
Examination Fee	1500	1500	1500	1500
Mess Fund	18900	18900	18900	18900
Sports Fund	1200	1200	1200	1200
Development Fund	1200	1200	3600	3600
Medical Fund	500	500	500	500
Uniform Fund	7000	0	7000	0
Student cultural / Literary society fund	500	500	500	500
Student Welfare Fund	100	100	300	300
Library Fund	500	500	500	500
Total	41,650/-	30,150/-	59,950/-	39,050/-
	Rs.71,800/-		Rs. 99,000/-	

(*) Non refundable and payable at the time of counseling in addition to portal charges.

NOTE:

1. Above fee schedule applicable for the current year only. Scheduled for subsequent years as decided from time to time will prevail.
2. Mess charges will be subject to Institute's discretion and review.

ANNEXURE –V (A)**SEMESTER – WISE FEE STRUCTURE FOR Ph.D PROGRAMME
SESSION 2018-19**

Name of the Head	Indian Students		Foreign Students	
	I Semester	II Semester	I Semester	II Semester
Tuition Fee	3150	3150	9450	9450
Identity Card Fee	200	0	200	0
Medi- claim Insurance	700	0	700	0
Caution Money (Refundable)	2000	0	2000	0
Registration/ Immigration .Fee	600	0	6000	0
Hostel cum Electricity fee	2500	2500	2500	2500
Syllabus Fee	100	100	100	100
Admission fee	1000*	0	5000*	0
Examination Fee	1500	1500	1500	1500
Mess Fund	18900	18900	18900	18900
Sports Fund	1200	1200	1200	1200
Development Fund	1200	1200	3600	3600
Medical Fund	500	500	500	500
Uniform Fund	7000	0	7000	0
Student cultural / Literary society fund	500	500	500	500
Student Welfare Fund	100	100	300	300
Library Fund	500	500	500	500
Total	41,650/-	30,150/-	59,950/-	39,050/-
	Rs.71,800/-		Rs. 99,000/-	

(*) Non refundable and payable at the time of counseling in addition to portal charges.

NOTE:

1. Above fee schedule applicable for the current year only. Scheduled for subsequent years as decided from time to time will prevail.
2. Mess charges will be subject to Institute's discretion and review.

ANNEXURE –V (B)**SEMESTER – WISE FEE STRUCTURE FOR M.SC. PROGRAMMES / M.A.
(SPORTS PSYCHOLOGY) SESSION 2018-19**

Name of the Head	Indian Students		Foreign Students	
	I Semester	II Semester	I Semester	II Semester
Tuition Fee	3150	3150	9450	9450
Identity Card Fee	200	0	200	0
Medi- claim Insurance	700	0	700	0
Caution Money (Refundable)	2000	0	2000	0
Registration/ Immigration .Fee	600	0	6000	0
Hostel cum Electricity fee	2500	2500	2500	2500
Syllabus Fee	100	100	100	100
Admission fee	1000*	0	5000*	0
Examination Fee	1500	1500	1500	1500
Mess Fund	18900	18900	18900	18900
Sports Fund	1200	1200	1200	1200
Development Fund	1200	1200	3600	3600
Medical Fund	500	500	500	500
Uniform Fund	4000	0	4000	0
Student cultural / Literary society fund	500	500	500	500
Student Welfare Fund	100	100	300	300
Library Fund	500	500	500	500
Total	38,650/-	30,150/-	56,950/-	39,050/-
	Rs.68,800/-		Rs. 96,000/-	

(*) Non refundable and payable at the time of counseling in addition to portal charges.

NOTE:

3. Above fee schedule applicable for the current year only. Scheduled for subsequent years as decided from time to time will prevail.
4. Mess charges will be subject to Institute's discretion and review.

ANNEXURE - VI**UNIFORM FOR B.P.Ed., B.A., M.P.Ed., M.A. IN YOGA, PG DIPLOMA, DIPLOMA, M.Sc (Exercise Physiology), M.Sc(Sports Biomechanics), M.A. (Sports Psychology).**

The uniform shall be purchased by the Institute and will be provided to the students on actual cost basis. The approximate cost of uniform shall be Rs. 8000/- for B.P.Ed. and B.A. Rs. 6000/- for M.P.Ed. and PG Diploma / Diploma Students.

B.P.Ed. / B.A. (Program)

S. No.	Items	Boys	Girls
1.	T. Shirt (Light Gray)	Four	Four
2.	T. Shirt (White)	Two	Two
3.	Track Suit	One Set	One Set
4.	Short (Gray)	Four	Two
5.	Skirt (Gray)	-	Two
6.	Shirt (Full Sleeves) (White)	One	One
7.	Pant (Black)	One	One
8.	Tie	One	One
9.	Blazer (Navy Blue)	One	One
10.	Bag	One	One

M.P.Ed. / M.A. IN YOGA/ PG DIPLOMA/DIPLOMA

S. No.	Items	Boys	Girls
1.	T. Shirt (Sky Blue)	Two	Two
3.	Track Suit (Royal Blue)	One Set	One Set
4.	Short (Navy Blue)	Two	One
5.	Skirt (Navy Blue) / Tights for M.A. Yoga	-	One
6.	Shirt (Sky Blue)	One	One
7.	Pant (Black)	One	One
8.	Tie	One	One
9.	Blazer (Steel Gray)	One	One
10.	Bag	One	One

M.Sc.

S. No.	Items	Boys	Girls
1.	Shirt (Sky Blue)	One	One
3.	Pant (Black)	One	One
4.	Tie	One	One
5.	Blazer (Steel Gray)	One	One
6.	Bag	One	One

NOTE:-

- 1. The uniform shall be purchased by the central Store of the Institute.**
- 2. In case of over/ under expenditure, the excess/ remaining amount will be paid/ return back by / to the students.**

SYLLABUS FOR M.P.Ed. ADMISSION TEST
Professional competency (100 Marks)

1. Introduction, History and Foundations of Physical Education

- 1.1 Aims and objectives of Education and Physical Education, Biological, Psychological and Sociological Principles and their Application in Physical Education.
- 1.2 Different Schools of Philosophy and their relevance to Physical Education (Idealism, Realism, Pragmatism, Naturalism, and Existentialism)
- 1.3 Physical Education in Greece (Sparta and Athens), Rome (Circus, Gladiatorial Combats), Germany (John Basedow, Guts Muths), Sweden (Per Henric Ling), India (Raj Kumari Amrita Kaur Coaching Scheme, YM.C.A, LNIPE, SAI, NSNIS)
- 1.4 Olympic Games (Ancient and Modern)

2. Health Education

- 2.1 Definition of Health, Health Education and Description of its components.
- 2.2 Health Problems in India (Communicable and Non Communicable Diseases, Nutritional Diseases, and Environmental Diseases)
- 2.3 School Health Services
- 2.4 Nutrition, Assessment of Nutrition,
- 2.5 Classification of Food, Balance Diet.

3. Anatomy, Physiology and Physiology of Exercise

- 3.1 Cell, Tissues, Organs and Systems-Structure and Function
- 3.2 Bio-Electric Potential.
- 3.3 Study of following systems and processes with a view to understand the effect of exercise on Different systems of the Body.
 - 3.3.1 Cardio-Vascular System
 - 3.3.2 Respiratory System
 - 3.3.3 Nervous System
 - 3.3.4 Metabolism and Temperature Regulation
 - 3.3.5 Muscular System.

4. Educational Methods and Educational Technology

- 4.1 Teaching Technique in Education.
- 4.2 Principles of Teaching, Commands and Class Management
- 4.3 Lesson Planning- Physical Education and Coaching Lessons
- 4.4 Tournaments-Knockout, League, Combination and Challenge types.
- 4.5 Audio-Visual aids-values, criteria for selection and suggestion for use.
- 4.6 Presentation Techniques in Physical Education.
- 4.7 Micro Teaching, Simulation Teaching.

5. Educational Psychology

- 5.1 Development Psychology (Heredity and Environment, Stages of Growth and Development, Individual Differences)
- 5.2 Learning Processes (Theories of learning (Trial and Error, Conditioned Response and Learning by Insight), Laws of Learning (Law of readiness, Exercise, effect)
- 5.3 Transfer of Learning and Learning Curve, Memory & Types of Memory

- 5.4 Personality (Meaning & Nature)
- 5.5 Motivation and Emotion

6. Kinesiology and Corrective Physical Education

- 6.1 Types of Joints & Muscles.
- 6.2 Major Terminologies of Fundamental Movements.
- 6.3 Location and Action of Major Muscles.
- 6.4 Motor Unit and All and Non-law,
- 6.5 Reciprocal Innervation.
- 6.6 Line of Gravity, Centre of Gravity, Gravitational Force , Axis and Planes
- 6.7 Equilibrium and Friction, Newton's Laws of Motion, Centripetal and Centrifugal Force and Types of Lever
- 6.8 Prevention of Injuries
- 6.9 Massage, Postural Deformities. Therapeutic Exercises, Rehabilitation of Sports Injuries.

7. Tests & Measurements

- 7.1 Tests, Measurements, Evaluation, Statistics, their Meaning .
- 7.2 Measures of Central Tendency, Measures of Variability.
- 7.3 Percentile and Correlation
- 7.4 Criteria of Test Selection
- 7.5 Motor Fitness Tests (AAHPER, JCR, Barrow , Indiana)
- 7.6 Skill Tests of different Games & Sports. (Hockey, Volleyball, Basketball, Football, Badminton)

8. Management of Physical Education

- 8.1 Meaning, Phases, Nature and Importance of Management.
- 8.2 Location, Preparation, Layout and Maintenance of Play Fields Construction,
- 8.3 Cares and Maintenance of Gymnasium and Swimming Pool.
- 8.4 Equipments in Physical Education Criteria of selection, procedure of purchase, care and maintenance of equipments.
- 8.6 Intramural and Extramural Programmes.
- 8.6 Budget for Physical Education -Budget making and accounting

9. Sports Training

- 9.1 Meaning, Definition and Principles of Sports Training.
- 9.2 Training Load Definitions, types and factors of training and Adaptation,
- 9.3 Meaning, Factors affecting and Classification of speed, strength, endurance, Flexibility and Coordinative abilities.
- 9.4 Means and method of development of Motor Abilities (speed, strength, endurance, Flexibility, Coordinative abilities).
- 9.5 Meaning, types & importance of Periodization.
- 9.6 Aim, and contents of different phases of Periodization, Build up and Main Competition,
- 9.7 Psychological Preparation for competition

SYLLABUS FOR ENTRANCE EXAMINATION FOR M.Sc. IN SPORTS BIOMECHANICS

1. Fundamental concepts of following terms
 - 1.1 Axes and Planes
 - 1.2 Center of Gravity
 - 1.3 Line of Gravity

2. Motion
 - 2.1 Definition
 - 2.2 Types of Motion
 - 2.3 Newtons's Laws of Motion
 - 2.4 Application to Sports Activities

3. Force
 - 3.1 Definition
 - 3.2 Magnitude and direction of application of force
 - 3.3 Centripetal and Centrifugal forces
 - 3.4 Application to Sports Activities

4. Equilibrium
 - 4.1 Definition
 - 4.2 Major factors affecting Equilibrium
 - 4.3 Role of Equilibrium in Sports

5. Lever
 - 5.1 Definition of Lever
 - 5.2 Types of Lever
 - 5.3 Human Leverage

6. Mechanical Principles involved in
 - 6.1 Walking
 - 6.2 Running
 - 6.3 Throwing
 - 6.4 Lifting
 - 6.5 Catching

SYLLABUS FOR ENTRANCE EXAMINATION M.Sc. IN EXERCISE PHYSIOLOGY

1. Cellular architecture
 - 1.1. Components of living cell
 - 1.2. Functions of various organelles
2. Exercise and Energy Metabolism
 - 2.1. Macronutrients, micronutrients and water
 - 2.2. Basic energy systems and their functions
 - 2.3. Drugs and doping
3. Exercise and Muscular system
 - 3.1. Classification of muscle: skeletal, smooth and cardiac muscle.
 - 3.2. Physiological anatomy of skeletal muscle
 - 3.3. Bio-electric potential
 - 3.4. Motor unit and All-or-none law
 - 3.5. Muscular adaptations in response to training
4. Exercise and Cardiovascular system
 - 4.1. Basic anatomy of heart and vessels
 - 4.2. Cardiac output and cardiac cycle
5. Exercise and Respiratory system
 - 5.1. Physiological anatomy of respiratory system
 - 5.2. Internal and external respiration
6. Exercise and Nervous system
 - 6.1. Nervous system: types, components and their functions
 - 6.2. Structure, types and functions of neuron
 - 6.3. Synaptic junction
7. Exercise and Thermoregulation
 - 7.1. Hypo- and hyperthermia
 - 7.2. Mechanisms of heat exchange
8. Blood, Body fluids and Endocrinology
 - 8.1. Composition of blood
 - 8.2. Fluid compartments
 - 8.3. Endocrinology: glands, their secretions and functions

**SYLLABUS FOR ENTRANCE EXAMINATION FOR
M.A. IN SPORTS PSYCHOLOGY**

- Psychology/Sport Psychology/Educational Psychology – Meaning & Definition
- Cognitive processes
- Motivation and Emotion
- Personality and Intelligence
- Group dynamics
- Mood Disorders - Unipolar Disorder, Bipolar Disorder, Depression: Dysthymic Disorder and Major Depression
- Personality Disorders and Schizophrenia -
- Growth and Development at different stages of life
- Learning Processes
- Personality, Motivation and Emotion
- Coping with Stress

SYLLABUS FOR PH.D. ENTRANCE TEST

DEPARTMENT OF PHYSICAL EDUCATION PEDAGOGY

Maximum Marks : 100

SECTION – I

RESEARCH METHODS

25 Marks

- Meaning of Research, Need, Importance and Scope of Research in Physical Education, Types of Research, Survey of Related Literature, Need for Library Search, Library Sources, Preparation of Bibliography and Abstracts.
- Formulation and Development of Research Problem: Location of Research Problem, Criteria in selecting the Research Problem, Formulation of Hypothesis, Null and Alternate
- Hypothesis, Assumptions and limitations, Delimitations.
- Historical Research, Scope of Historical Research in Physical Education, Historical Evidences, Validity of Historical Data.
- Philosophical Research: Brief Introduction
- Survey Studies: Places of Survey Research, Tools of Survey Research, Questionnaire and Interviews
- Case Studies: Definition of Case Studies, Importance of Case Studies, Characteristics of Case Studies
- Experimental Research: Meaning, Scope and Nature, Control of Experimental factors, Experimental Designs.
- Research Proposal and preparation of Research Report.

STATISTICS

25 Marks

- Definition of Statistics, Importance of Statistics in Physical Education and Sports Research, Statistical Processes
- Frequency Distribution: Steps of Frequency Table Construction.
- Measures of Central Tendency, Computation of Measures of Central Tendency, Computation of Percentiles and Quartiles and Grouped data.
- Measures of Variability: Computation of SD from Ungrouped and Grouped data
- Definition and Principles of Normal Curve, Properties of Normal Curve, Skewness, Kurtosis, Standard Scales- Percentile Scale, Z Scale, T Scale, 6 Sigma Scale, Hull Scale, Standard Scores.
- Correlation: Magnitude of Correlation, Computation of Correlation from Product Moment and Rank Difference Method.
- Factors affecting Reliability, t-ratio, Type I and Type II error, One Tailed and Two tailed Tests.
- Types of Sampling
- One-Way Analysis of Variance with equal and unequal Sample Size, LSD and Scheffe's Test.
- Computer Analysis in Physical Education and Sports.

SECTION – II
SUBJECT SPECIALIZATION
PHYSICAL EDUCATION PEDAGOGY

50 MARKS

EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION

- Concept, Role and Importance of Educational Technology
- Hardware Technologies/Hardware Instructional Aids (Merits and Demerits)
- Concept, Process, Principles and Barriers of Communication
- Achieving Effectiveness in Class Room Communication
- Team Teaching: Meaning, Objective, Types, Principles, Procedure, Advantages and Disadvantages
- Evaluating Institutional Performance: Concept, Method Uses, Pupil and Teacher Evaluation and Institutional Performance Evaluation.
- Method of Teacher Evaluation
- Meaning, Nature and significance of information and communication technology in teaching learning process.
- Role of E-Learning, Components of E-Learning: CBT, WBT and Virtual Classroom, E-Learning Tools
- Learning Management Systems: Definition, Components- LMS vs LCMS
- Meaning, Definition and Principles of Curriculum
- Theories of curriculum development.
- Factors affecting and sources of Curriculum.
- Preparation & selection of content of the curriculum at various levels.
- Safety Consideration & Evaluation in Curriculum Development.

METHODS IN PHYSICAL EDUCATION

- Meaning and Scope of Teaching Methods in Physical Education
- Factors Influencing Methods of Teaching in Physical Education
- Maxing of Teaching
- Various Teaching Methods and Teaching Techniques in Physical Education
- Characteristics of Good Class Management
- Values, Types and Construction of various Lesson Plans.
- Introduction and Types of Competition.
- Merits & Demerits of Competition
- General Guidelines for Organization of Competitions

EDUCATIONAL PSYCHOLOGY

- Meaning, Definition, Importance and Scope of Educational Psychology
- Meaning, Nature and Theories of Learning and their implication in teaching Learning Process
- Meaning, Types and Theories of Motivation
- Meaning, Definition, Role and Theories of Personality.
- Group Dynamic, Team Cohesion and Leadership
- Psychological consideration and Sports Performances (Stress, Anxiety, Aggression)

MANAGEMENT IN PHYSICAL EDUCATION

- Concept, Definition, Meaning and Features of Management.
- Meaning, features, process and limitations of strategic Planning.
- Meaning, Elements, Process, Importance and Principles of Organizing
- Meaning, Elements, Process, Importance and Principles of Directing
- Meaning, Nature, Importance, Types and Levels of Control
- Definition and Factors affecting sports marketing.
- Definition, Objectives, Importance and Mechanism of Quality Control

EVALUATION TECHNIQUES IN PHYSICAL EDUCATION

- Meaning, Definition, Principles and Importance of Measurement and Evaluation.
- Criteria of test selection.
- Factors Affecting and Procedure to Establish Scientific Authenticity.
- Steps for construction of knowledge test, skill test and specific fitness test.
- Assessment of Physical Fitness, Motor Fitness, Motor Ability, Motor Educability and Health Related Fitness.
- Skill Test (Badminton, Basketball, Hockey, Soccer, Tennis and Volleyball)
- Meaning, Factors Associated and their items, Rating Scale and Interpretation Criteria of testing of psychological variables (Competition anxiety, Aggression, Group cohesion, Motivation and Self concept)
- Basic concept of Anthropometric Measurements and Body Composition.

HEALTH EDUCATION

- Concept of Health and Health Education
- Concept of Diseases, Control and Prevention
- Epidemiology of Communicable Diseases: Agent factor, Host factor, Environment factors, Mode of Transmission and Prevention diseases
- Epidemiology of Non Communicable Diseases : Risk factors and Prevention of diseases
- Diseases and their Controlling Programme.
- Schools Health Services
- Role of International Organization in the Development of Health.

KINESIOLOGY & BIOMECHANICS

- Meaning, Importance, Definition and scope of Kinesiology & Sports Biomechanics.
- Fundamental concepts of plane and axes and their relationship
- Kinesiological terminologies of different Body movements
- Classification and characteristics of skeleton muscles
- Linear Kinematics of Human Movement (Meaning and Explanation)
- Angular Kinematics of Human Movement (Meaning and Explanation)
- Linear Kinetics of Human Movement (Meaning and Explanation)
- Angular Kinetics of Human Movement: (Meaning and Explanation)
- Factors affecting human's performance (Water Resistance, Air Resistance and Spin)
- Mechanical Analysis of Fundamental Motor Skills

EXERCISE PHYSIOLOGY

- Meaning, Definition, Role and Importance of Exercise Physiology.
- Sliding filament theory.
- Fiber types their characteristics and athletic performance.
- The basic energy systems
- Physiological aspects of development of strength, endurance, speed and agility.
- Cardiovascular response to exercise.
- Effect of drugs & doping.
- Diet, supplements & performance : Supplements & their effects

COURSE CONTENT FOR PH.D. ENTRANCE EXAMINATION (Specialization paper in Yoga)

1. Introduction & evolution of Yoga; Yoga in various philosophies ; Yoga according to traditional texts; schools of Yoga; biographies of famous Yogis and their contribution in Yoga
2. Principles & Practices of hath Yoga according to HathYoga pradipika , Gherandasamhita, Hathratnavali, Shivsamhita, Siddhasiddhanta Paddhati
3. Vedas; Messages of upanishads & Yoga vasishtha
4. Human anatomy and physiology- Cell - Structure Composition, function and its types - Types of Tissues, their structure and functions ; organs and systems of human body ; Physiological effect of Yogic Practices; metabolism.
5. Basics of nutrition
6. Bhagwad Gita – Sankhya Yoga , Gyana Yoga, Karma Yoga, Bhakti Yoga, dhyana Yoga, Sanyasa Yoga, Characteristics of Ishwara & Yogi (stithpragya), Nature of Soul, TrividaShradha, Sristi Chakra Parampara
7. Patanjali Yoga sutra
8. Principles of psychology and counseling in Yoga; mental health through Yoga; concept of personality;
9. Yoga therapy for lifestyle diseases ; postural correction; diagnostic tools
10. Swasthvat, yogic diet and nutrition for healthy living
11. Indian philosophy and human consciousness- samkhya, yog, nyaya and vasheshika, mimamsa, vedanta darshana ,nastika darsana; concept and development of human consciousness in accordance with western philosophy.
12. Fundamentals of naturopathy; nature cure; fasting and dietetics; hydrotherapy and mud therapy; management of various diseases with naturopathy
13. Alternate therapies ; manipulative therapies; ayurveda; psycho-spiritual therapies
14. Application of Yoga in education, behavioural and cognitive psychology, health, personality development , sports & rehabilitation.

DEPARTMENT OF HEALTH EDUCATION
Health Education Syllabus for Ph.d Admission Test (2018-19)

- 1- **HEALTH AND HEALTH EDUCATION:** Health, Public Health, Ecology of Health, Indicators of Health, Approaches, Objectives, Contents and Principles of Health Education, Communication Process in Health Education, Concept of Genetics, Chromosomal Abnormalities, Chromosomal Disorders, Factors which influence gene Frequencies, Preventive and Social Measures.
- 2- **HEALTH AND HYGIENE:** Meaning and Importance of Hygiene, Environmental Hygiene, Personal Hygiene, Mental Hygiene, its nature and function, Hygiene and Health, Drugs, Anabolic steroids (Types and their effect), Tobacco, Physiological effect of Tobacco, Smoking and Disease, Quitting Smoking, Alcohol, Effects of Alcohol behavior, Long term effects of Alcohol
- 3- **HEALTH AND NUTRITION:**Food, Nutrient, Nutrition, Classification of Foods, Fast Food and its effects, Functions of Foods, Dietary guideline for eating right food, Sources, Functions and Requirement of Protein, Fat Carbohydrate, Vitamins and Minerals. Nutritional Diseases, Meaning and Importance of Balance Diet, Components of Balance Diet, Factors to be kept in mind for preparing Balance Diet Chart, Balance Diet Chart for Sedentary and Sportsman, Assessment of Nutritional Status, Food Hygiene and Food Safety, Food Additives, Food Adulteration, Mal-Nutrition Food Adulteration Act.
- 4- **HEALTH AND WELLNESS :**Concept and Health and Wellness, Models of Health, Dimensions of Health Wellness, Making Healthy Changes, Relative Concept of Wellbeing, Definition of Stress and Emotion, Causes of Stress, Management of Stress, Understanding Thoughts of Emotion Depression, Anger and Mental Disorders, Developing coping strategies, What is Physical Activity, Physiological and Health Benefits of Physical Activity, Fitness and Conditioning, Exercise abuse, Meaning of Health Care and its Characteristics, Being a wise Health Care Consumer, Health Care Issue Today
- 5- **HEALTH AND DISEASE :**Concept and Causation of Disease, Natural History of Disease, Concepts of Control of Disease, Concepts of Prevention, Modes of Intervention, Definition of Epidemiology and its aims, Epidemiological Approval of Disease, Basic Measures of Epidemiology, Epidemiological Methods, Analytical Epidemiology, Respiratory Infection – Tuberculosis, Diphtheria, Intestinal Infection – Cholera, Typhoid, Arthropod Borne Infection – Malaria, Dengue, Surface Infection – AIDS, Leprosy, Zoonoses - Rabies, Pleague, Coronary Heart Diseases, Rheumatic Heart Disease, their Causes and Prevention, Hypertension and stroke their Causes and Prevention, Cancer – Causes and Control, Diabetes Causes of Prevention, Obesity – Cause of Prevention,

- 6- **HEALTH AND ENVIRONMENT:** Safe Water and its Requirement, Uses of and sources of Water, Purification of Water, Water Quality – Criteria and Standards, Special Treatment of Water, Components of Air, Indices of Thermal Comfort and Comfort Zones, Air Pollution Sources and Monitoring of Air Pollution, Health Effect of Air Pollution and Prevention of Control of Air Pollution, Meaning and Properties of Noise, Effect of Noise Exposure & Control of Noise, Requirement of Goods Light and Natural Light, Artificial Lighting and its Methods, Biological effect of Light, Sources and types of Radiation, Biological effect and Control of Radiation, Social goal of Housing and Criteria for Healthful Housing, Housing Standards and Housing and Health, Refuse – Sources and methods of Disposal, Excreta – Public Health Importance, how disease is carried from Excreta, Methods of Excreta Disposal, Sewage – Meaning and Health aspect, Modern sewage treatment.
- 7- **HEALTH AND DEMOGRAPHY :** Meaning of Demography and its Cycles, Process in Demography, Fertility – Factors, Birth and Death rate, National Population Policy, Definition and its Scope of family planning, Health Aspects of Family Planning, Contraceptive Spacing Method and Terminal Methods, Medical Termination of Pregnancy Act, Evaluation of Family Planning, Meaning and its objectives, Basic Elements of RCH, RCH Inventions, Maternal and Child Health Programme, Child Survival, Sexuality Dimensions, Major Health Habits in Pregnancy, Benefits of Breastfeeding.
- 8- **HEALTH PLANNING AND MANAGEMENT :** Meaning and objectives of Health Planning, Planning Cycle, Management Methods and Techniques of Health Planning, National Health Policy, Health Planning in India, Health System at the National Level, Health System at the State Level, Health System at the District Level, Integrated Rural Development Programme, Evaluation of Health Services, W.H.O. its Objectives Structure and Work, UNICEF, ILO, UNDP, FAO, Indian Red-cross Society, Indian Council of Child Welfare, International Red-cross, CARE, Meaning and Objectives Disaster Management, Classification of Disaster, Challenges in Disaster Management, Phases of Disaster, Common Natural Disaster in India and their Management.

DEPARTMENT OF SPORTS BIOMECHANICS

Ph.D. Entrance Syllabus (2018-19)

ANATOMY OF HUMAN MOVEMENT

- Neuromuscular Basis of Human Movement
- Concept and types of Motor unit
- Gradation in the strength of muscular contraction
- Structure, types, growth and development of Bone
- Fiber type, Muscle size and its force production
- Adaptation of muscle to prolonged length changes
- Mechanical properties of matter such as elasticity, stress, strain etc.

FUNDAMENTAL OF SPORTS BIOMECHANICS

- Definition, Importance, Goal of Biomechanics & Sports Biomechanics
- Concepts and Forms of Motion
- Linear Kinematics of Human Movement (Concept and Explanation).
- Angular Kinematics of Human Movement (Concept and Explanation).
- Linear Kinetics of Human Movement (Concept and Explanation).
- Angular Kinetics of Human Movement (Concept and Explanation).

BIOMECHANICS OF HUMAN MOVEMENT

- Fluid Mechanics (air resistance, water resistance)
- Projectile and Factors Influence projectile trajectory
- Concept and types of Spin, effect of spin on bounce.
- Mechanical Analysis of Fundamental Motor Skills : Walking, Running, Jumping, Throwing, Catching, Pushing, Pulling

MECHANICAL ASPECT OF BIOMECHANICS

- Application of Linear Newton's laws of motion in Sports Skill.
- Angular Analogues of Newton's Laws of Motion in Sports Skill.
- Centripetal and Centrifugal Force.
- Equilibrium and Leverage of Human Movement
- Work, Power and Energy.
- Composition and Resolution of Forces.

ANALYSIS OF HUMAN MOVEMENTS

- Concept of Mechanical and Biomechanical analysis and their Limitations.
- Mechanical Analysis of Fundamental skill such as Sitting, Standing, Lying, Lifting and Carrying positions.
- Mechanical Analysis of Locomotion such as Walking, Running, Jumping and Hopping.
- Mechanical Analysis of giving motion to external objects in everyday tasks and sports.

INSTRUMENTATION IN BIOMECHANICS

- Instruments for Sports Analysis and their applications (Radar Gun, Doppler radar device, Speedometer, Accelerometer, Force gauge, Spring scale, Dynamometer, Goniometer).
- Measurement of Force by force platform, force plate and podometric platform.
- Concept, technique, procedure and interpretation of electromyography.
- Different types of Cameras for motion analysis.
- Different types of Motion analysis software (2D and 3D) and their procedure.

BIOMECHANICAL ANALYSIS OF SPORTS SKILL

- Qualitative Analysis : Concept, Pre-requisite, Basic step and Interpretation.
- Quantitative Analysis : Creation of model, Vertex digitization, Stick figure etc.
- Mechanical Analysis of Track and Field Events : Start, Running, Hurdling, Jump and Throws.
- Mechanical Analysis of Fundamental Skills of Gymnastics and Swimming.
- Mechanical Analysis of fundamental skills of Selected Games & Sports : Basketball, Cricket, Football, Hockey and Volleyball

DEPARTMENT OF SPORTS PSYCHOLOGY

Ph.D. Entrance Syllabus (2018-19)

INTRODUCTION TO SPORT PSYCHOLOGY

- Definition, Need, Importance, Role, Scope & Historical Development of sports psychology.
- Relationship of Sports Psychology with other Sports Sciences.
- Psychology for Healthy Life Style, quality of life, moral development and wellbeing.
- Meaning, Definition, Structures, Theories, Measurement of Personality.
- Personality and Performance in Sports.
- Meaning, Definition, Structure, Theories, Measurement of Motivation

DEVELOPMENTAL AND EMOTIONAL ASPECT OF SPORT PSYCHOLOGY

- Physical, Cognitive, Emotional and Social Changes during Infancy, Childhood, Adolescence and Adulthood.
- Meaning, Definition and Theories of Motor Learning
- Developmental Considerations in Motor Skill Acquisition.
- Stages of Motor Learning and Plateau effect.
- Meaning, Definition, Nature, Types and Assessment of Anxiety.
- Meaning, Definition and Nature of Arousal and Stress
- Meaning, Definition, Dimensions, Theories and Types of Aggression.
- Emotional States and their effect on Performance

COGNITIVE PSYCHOLOGY IN SPORT

- Meaning and Concept of Sensation, Perception, Memory, Information processing, Decision making and Thought Process in Sports.
- Meaning, Types, Theories and Role of Attention in Sports.
- Meaning, Definition, Theories and Measurement of Intelligence in Sports.
- The Relationship Between Biological and Cognitive Psychology
- Relationships between the brain and behaviour.
- Importance of Sport Psychology and Cognitive processes in Physical Activity and Sports.

SOCIAL PSYCHOLOGY IN SPORT

- Structure, Forming and Understanding of Group.
- Measurement and Development of Team Cohesion.
- Coach Leadership in Sport.
- Coach-Athlete-Psychologist Relationship.
- Spectators Effect on Sport Performance (Individual and Team Sports)
- Sport Environment and Motivational Climate.

PSYCHOMETRICS AND PSYCHO-DIAGNOSTICS

- Meaning, Definition of Psychometrics.
- Administration, Scoring, Interpretation, Reporting and Feedback of various Psychological Measurement Tools.
- Meaning, Definition, Methods and Stages of Psycho-diagnosis
- Steps of Construction of a Psychological Test.
- Limitations, Uses, Misuse and Disuse of Psychometrics.
- Professional and Ethical Issues in Sport Psychology
- Qualitative methods in Sport Psychology.

MENTAL TRAINING FOR PERFORMANCE ENHANCEMENT

- Concept of Psychological characteristics for peak performance such as Achievement Motivation, Self regulation, Bio-feedback, Self Confidence, Self efficacy and Coping with stress & anxiety.
- Relaxation Techniques in Sports
- Goal setting and Sports Performance
- Imagery, Types of Imagery and Intervention strategies for activation techniques.
- Designing, Implementing, Importance and Common Problems of Psychological Skill Training Programme.

PSYCHOLOGY OF WOMEN AND SPECIAL POPULATIONS

- Meaning and Definition of Gender, Sex Differences and their importance.
- Gender-Inequity and Gender Expectation in Sport.
- Psychological perspective of Injured Athletes.
- Psychological perspective on athlete's with Physically Challenged.
- Development of Psychological qualities of Officials.
- Pre, During and Post Psychological Preparation for Officiating.
- Problems and issues working with Individual and Team Sports.
- Problems by high performance female athletes (Societal, Dietary, Menstrual, Emotional, Osteoporosis).

PSYCHOLOGICAL COUNSELING AND TALENT IDENTIFICATION

- Meaning, Definition, Theories and Techniques of Counseling
- Theory and Practice of Individual and Group Counseling
- Psychological Perspective of Talent Identification.
- Creating Motivational foundation and Promoting Talent.
- Diagnosis, Prevention and Treatment of Athletic Staleness and Burnout.
- Causes and Cures of Drug Abuse in Sports.
- Stress management in sport injury
- Eating Disorders, Substance Abuse, Sexual Abuse in Sports

DEPARTMENT OF EXERCISE PHYSIOLOGY
Ph.D. Entrance Syllabus (2018-19)

1. ENERGY SYSTEMS AND EXERCISE

- 1.1 Bioenergetics, Recovery Process and lactic acid threshold
- 1.2 Different types of energy system
- 1.3 Metabolism of Carbohydrate, Fat and Protein

2. MUSCLE AND EXERCISE

- 2.1 Structural and functional classification of muscles
- 2.2 The sliding filament theory of muscular contraction
- 2.3 Bio Electrical Potential and Neuro-Muscular Junction
- 2.4 Fiber type and their characteristics
- 2.5 Fiber types & athletic performance
- 2.6 Hypertrophy and atrophy of muscles.
- 2.7 Muscular & Neuromuscular fatigue

3. EXERCISE & TRAINING IN FEMALES

- 4.1 Physiological considerations of weight training
 - 4.1.1 Strength Differences
 - 4.1.2 Effect of Weight training
- 4.2 Physiological changes following training
 - 4.2.1 Biochemical changes
 - 4.2.2 Anaerobic changes
 - 4.2.3 Aerobic changes
 - 4.2.4 Body composition changes

4. ENVIRONMENTAL CONSIDERATION DURING EXERCISE/WORK

- 4.1 Exercise work in Hot, Cold Conditions
 - 4.1.1 Thermoregulatory Mechanism
 - 4.1.2 Physiological response, Health Risks Associated with Exposure to heat and cold.
- 4.2 Acclimatization
 - 4.2.1 Process of Acclimatization and its affect
 - 4.2.2 Changes in bodily systems during acclimatization.

5. PULMONARY VENTILATION

- 4.1 Pulmonary Volumes and Capacities.
- 4.2 Minute Ventilation, Ventilation at Rest and Ventilation during Exercise
- 4.3 Alveolar Ventilation & Dead Space
- 4.4 Second Wind and EPOC
- 4.5 Anaerobic threshold

6. NUTRITION, DIETARY INTAKE & EXERCISE / WORK

- 1.1 Nutrition and balance diet
- 1.2 Diet- Before, During and After the Training
- 1.3 Energy intake & expenditure
 - 1.3.1 Measurement of caloric energy
 - 1.3.2 How to determine caloric requirements

7. EARGOGENIC AIDS AND DOPING

- 2.1 Cardiovascular enhancers
 - 2.1.1 Blood doping
 - 2.1.2 Beta blockers
 - 2.1.3 Oxygen breathing.
- 2.2 Effect of drugs and doping on athletic performance - slow sodium, creatine, phosphate, polen.

8. CARDIOVASCULAR DYNAMICS & RESPONSE TO EXERCISE

- 1.1 Cardiac output
 - 1.1.1 Control of heart rate, Control of stroke volume
 - 1.1.2 Cardiac output during exercise.
 - 1.1.3 Target heart rate
- 1.2 Cardiovascular response to exercise
 - 1.2.1 Response to dynamic (Isotonic)
 - 1.2.2 Response to static (Isometric) exercises.
 - 1.2.3 Heart Rate response to various activities.
 - 1.2.4 Stitch

9. OBESITY, MANAGEMENT AND TREATMENT

- 1.1 Meaning and definition of Obesity and Overweight
- 1.2 Methods of obesity measurement
 - 1.2.1 Skin fold thickness
 - 1.2.2 Bio-impedance
 - 1.2.3 Body Mass Index
- 1.3 Treatment of obesity - behavioral approach, exercise, drugs, surgical treatment

10. GROWTH, DEVELOPMENT, AGING & SPORTS.

- 3.1 Individual rate of growth & development
- 3.2 Role of heredity & environment on sports performance
- 3.3 Exercise, aging & cardio-vascular diseases
- 3.4 Exercise and Blood pressure
- 3.5 Exercise and Diabetes.
- 3.6 Exercise and Osteoporosis,

DEPARTMENT OF SPORTS COACHING AND MANAGEMENT

Ph.D. Entrance Syllabus (2018-19)

Objective: The Objective of this paper is to familiarize the students with Management and Sports Management, Event Management, Marketing and Promotions concepts applicable in the functioning of organization.

- **PRINCIPLES AND PRACTICES OF MANAGEMENT**
 - Meaning and Concept of Management & Sports Management.
 - Development of Management Thought-Variou Approaches to Management Philosophy.
 - Planning: Nature, Purpose, Objectives Of Planning
 - Planning Process & Process of Decision Making.
 - Organizing: Nature; Principles Of Organizing
 - Delegation, Element of Delegation (Authority, Responsibility, Accountability).
 - Directing & Control: Nature of Directing; Principles & Process Of Control.
 - Principles of Control & Process Of Control.

- **ORGANISATIONAL BEHAVIOUR**
 - Meaning And Concept of Organisational Behaviour
 - Characteristics of Organizational Behaviour
 - Organisational Environment And Process.
 - Meaning and Concept of Authority, Power And Policies.
 - Personality & Job Satisfaction.
 - Measuring Job Satisfaction, Its Determination And Consequences
 - Leadership And Change Process
 - Factors Associated With Successful Change.

- **FINANCIAL MANAGEMENT IN SPORTS ORGANISATION**
 - Introduction To Financial Management
 - Meaning, Definition & Scopes Of Financial Management
 - Financial Statement Analysis (Meaning, Definition, Types & Techniques)
 - Objectives & Importance of Financial Management
 - Introduction To Long Term & Short Term Financing
 - Sources of Finance in Sports.
 - Definition, Need & Importance Of Capital Budgeting
 - Introduction To Financial System In India

- **MANAGING & PROMOTING SPORTS EVENTS**
 - Meaning and concept of Event and Event Management.
 - Skills required for an Event Management professional.
 - Role of media in Event Management.

- Strategic management of Public Relation for Events.
 - Concept of Integrated Marketing Communications (IMC).
 - Concept and Role of Brand Image in Event Management.
 - Meaning and concept of Event Promoting Plan.
 - Steps to develop Event Marketing Strategy.
- **MARKETING MANAGEMENT**
 - Nature & Scope of Marketing
 - Functions of Marketing Management.
 - Factors Affecting Marketing Programme
 - Principles of Marketing Physical Education And Sports
 - Planning of Marketing Mix Elements
 - Product Life Cycle
 - Advertising And Sales Promotions
 - Significance of Marketing Research In Sports
- **HUMAN RESOURCE MANAGEMENT FOR SPORTS**
 - Meaning And Concept of Human Resource Management
 - Scope And Importance of HRM in Sports
 - Guidelines for Effective Human Resource Management
 - Aim And Objectives of Personal Management
 - Meaning And Concept of Job Profile
 - Strategic Planning for Job Profile
 - Guidelines for Staff Recruitment & Training.
 - Employee Feedback And Performance Appraisal
- **SPORTS FACILITY PLANNING, PROCUREMENT & LOGISTICS MANAGEMENT**
 - Meaning and Concept of Facility Management.
 - Planning The Facility
 - Health And Legal Considerations in Facility Planning
 - Indoor Facilities Management & Outdoor Facility Management
 - Facility Maintenance, Facility Supervision & Security
 - Supply & Maintenance of Equipment
 - Meaning and Concept of Logistics Management
 - Selection and Training of Work Force
- **RISK MANAGEMENT IN SPORTS**
 - Introduction to Risk And Risk Management.
 - Key Issues of Risk Management In Sports.
 - Tort & Risk Management
 - Sport Law And Legal Liability
 - Concepts of Legal Implication In Physical Education And Sport.
 - Racial Discrimination: Meaning, Damages And Defences
 - Gender Discrimination And Sexual Harassment; Meaning, Damages And Defences

ANNEXURE –VIII (A)

FORMAT OF AFFIDAVIT BY THE STUDENT FOR ANTI-RAGGING

I, _____ s/od/o Mr./Mrs. _____, having been admitted to **Lakshmi Bai National Institute of Physical Education, Gwalior**, have received a copy of the UGC Regulations on Curbing the Menace of Ragging in Higher Educational Institutions, 2009, (hereinafter called the "Regulations") carefully read and fully understood the provisions contained in the said Regulations.

- 2) I have, in particular, perused clause 3 of the Regulations and am aware as to what constitutes ragging.
- 3) I have also, in particular, perused clause 7 and clause 9.1 of the Regulations and am fully aware of the penal and administrative action that is liable to be taken against me in case I am found guilty of or abetting ragging, actively or passively, or being part of a conspiracy to promote ragging.
- 4) I hereby solemnly aver and undertake that
 - a) I will not indulge in any behaviour or act that may be constituted as ragging under clause 3 of the Regulations.
 - b) I will not participate in or abet or propagate through any act of commission or omission that may be constituted as ragging under clause 3 of the Regulations.
- 5) I hereby affirm that, if found guilty of ragging, I am liable for punishment according to clause 9.1 of the Regulations, without prejudice to any other criminal action that may be taken against me under any penal law or any law for the time being in force.
- 6) I hereby declare that I have not been expelled or debarred from admission in any institution in the country on account of being found guilty of, abetting or being part of a conspiracy to promote, ragging; and further affirm that, in case the declaration is found to be untrue, I am aware that my admission is liable to be cancelled.

Declared this _____ day of _____ month of _____ year.

Signature of deponent
Name:

VERIFICATION

Verified that the contents of this affidavit are true to the best of my knowledge and no part of the affidavit is false and nothing has been concealed or misstated therein.

Verified at _____ on this the _____ of _____, _____.

Signature of deponent
Solemnly affirmed and signed in my presence on this the _____ of _____, _____ after reading the contents of this affidavit.

OATH COMMISSIONER

NOTE: This format shall be notarized on a stamp of Rs. 100/-.

AFFIDAVIT BY PARENT/GUARDIAN FOR ANTI-RAGGING

I, Mr./Mrs. _____ father/mother/guardian of _____, having been admitted to **Lakshmibai National Institute of Physical Education, Gwalior**, have received a copy of the UGC Regulations on Curbing the Menace of Ragging in Higher Educational Institutions, 2009, (hereinafter called the “Regulations”), carefully read and fully understood the provisions contained in the said Regulations.

- 2) I have, in particular, perused clause 3 of the Regulations and am aware as to what constitutes ragging.
- 3) I have also, in particular, perused clause 7 and clause 9.1 of the Regulations and am fully aware of the penal and administrative action that is liable to be taken against my ward in case he/she is found guilty of or abetting ragging, actively or passively, or being part of a conspiracy to promote ragging.
- 4) I hereby solemnly aver and undertake that
 - a) My ward will not indulge in any behaviour or act that may be constituted as ragging under clause 3 of the Regulations.
 - b) My ward will not participate in or abet or propagate through any act of commission or omission that may be constituted as ragging under clause 3 of the Regulations.
- 5) I hereby affirm that, if found guilty of ragging, my ward is liable for punishment according to clause 9.1 of the Regulations, without prejudice to any other criminal action that may be taken against my ward under any penal law or any law for the time being in force.
- 6) I hereby declare that my ward has not been expelled or debarred from admission in any institution in the country on account of being found guilty of, abetting or being part of a conspiracy to promote, ragging; and further affirm that, in case the declaration is found to be untrue, the admission of my ward is liable to be cancelled.

Declared this ____ day of _____ month of ____ year.

Signature of deponent

Name:

Address:

Telephone/ Mobile No.:

VERIFICATION

Verified that the contents of this affidavit are true to the best of my knowledge and no part of the affidavit is false and nothing has been concealed or misstated therein.

Verified at _____ on this the ____ of _____, _____.

Signature of deponent

Solemnly affirmed and signed in my presence on this the (day) of (month), (year) after reading the contents of this affidavit.

OATH COMMISSIONER

ANNEXURE -IX

Certificate for Scheduled Castes and Scheduled Tribes

THE FORM OF CERTIFICATE TO BE PRODUCED BY SCHEDULED CASTES AND SCHEDULED TRIBES CANDIDATES APPLYING FOR APPOINTMENT TO POSTS AND FOR ADMISSION IN EDUCATIONAL INSTITUTES UNDER GOVERNMENT OF INDIA

This is to Certify that Shri/Shrimati/Kumari*.....
Son/daughter* ofof Village/Town*
.....in District/Division*..... of
the State/Union Territory*.....belongs to
the.....caste/tribe* which is
recognized as a Scheduled Caste/Scheduled Tribe* under :-

- @ The Constitution (Scheduled Castes) Order, 1950
- @ The Constitution (Scheduled Tribes) Order, 1950
- @ The Constitution (Scheduled Castes) Union Territories Order, 1951
- @ The Constitution (Scheduled Tribes) Union Territories Order, 1951
[As amended by the Scheduled Castes and Scheduled Tribes List (Modification) Order, 1956; the Bombay Reorganization Act, 1960, the Punjab Reorganization Act, 1966, The State of Himachal Pradesh Act, 1970, the North Eastern Areas (Reorganization) Act, 1971, The Scheduled Caste and Scheduled Tribes Order (Amendment) Act, 1976, The State of Mizoram Act, 1986, the State of Arunachal Pradesh Act, 1986 and the Goa, Daman and Diu (Reorganization) Act, 1987.]
- @ The Constitution (Jammu & Kashmir) Scheduled Castes Order, 1956
- @ The Constitution (Andaman and Nicobar Islands) Scheduled Tribes Order, 1959 as amended by the Scheduled Castes and Scheduled Tribes Order (Amendment) Act, 1976.
- @ The Constitution (Dadar and Nagar Haveli) Scheduled Castes Order, 1962
- @ The Constitution (Dadar and Nagar Haveli) Scheduled Tribes Order, 1962
- @ The Constitution (Pondicherry) Scheduled Castes Order, 1964
- @ The Constitution (Uttar Pradesh) Scheduled Tribes Order, 1967
- @ The Constitution (Goa, Daman and Diu) Scheduled Castes Order, 1968
- @ The Constitution (Goa, Daman and Diu) Scheduled Tribes Order, 1968
- @ The Constitution (Nagaland) Scheduled Tribes Order, 1970
- @ The Constitution (Sikkim) Scheduled Castes Order, 1978
- @ The Constitution (Sikkim) Scheduled Tribes Order, 1978
- @ The Constitution (Jammu & Kashmir) Scheduled Tribes Order, 1989
- @ The Constitution (SC) Order (Amendment) Act, 1990
- @ The Constitution (ST) Order (Amendment) Act, 1991
- @ The Constitution (ST) Order (Second Amendment) Act, 1991
- @ The Scheduled Caste and Scheduled Tribes Orders (Amendment) Act 2002
- @ The Constitution (Scheduled Castes) Order (Amendment) Act, 2002
- @ The Constitution (Scheduled Caste and Scheduled Tribes) Order (Amendment) Act, 2002
- @ The Constitution (Scheduled Caste) Order (Second Amendment) Act, 2002

% 2. Applicable in the case of Scheduled Castes/Scheduled Tribes persons who have migrated from one State/Union Territory Administration to another.

This Certificate is issued on the basis of the Scheduled Caste/Scheduled Tribes certificate issued to Shri/Shrimati*.....Father/Mother of Shri/Shrimati/Kumari*.....of Village/Townin District/Division*.....of the State/Union Territory.....Who belongs to the caste/tribe* which is recognized as a Scheduled Caste/Scheduled Tribe in the State/Union Territory* of.....issued by the..... dated.....

% 3. Shri/Shrimati/Kumari*.....and/or* his/her* family ordinarily resides in village/town*.....ofDistrict/Division* of the State/Union Territory of.....

Signature.....

Place:

**Designation.....

Date

(With Seal of Office)

*please delete the words which are not application.

@Please quote specific Presidential Order.

%Delete the paragraph which is not applicable.

Note : The term “Ordinarily reside(s)” used here will have the same meaning as in Section 20 of the Representation of the People Act, 1950.

**List of authorities empowered to issue Scheduled Caste/Scheduled Tribe Certificate.

- (i) District Magistrate/Additional District Magistrate/Collector/Deputy Commissioner/Additional Deputy Commissioner/Deputy Collector/1st Class Stipendiary Magistrate/#Sub-Divisional Magistrate/Taluka Magistrate/Executive Magistrate/Extra Assistant Commissioner. (#not below of the rank of 1st Class Stipendiary Magistrate)
- (ii) Chief Presidency Magistrate/Additional Chief Presidency Magistrate/Presidency Magistrate.
- (iii) Revenue Officers not below the rank of Tehsildar.
- (iv) Sub Divisional Officer of the Area Where the candidate and/or his/her family normally resides.
- (v) Administrator/Secretary to Administrator/Development officer (Lakshadweep).

Certificate for Other Backward Classes

THE FORM OF CERTIFICATE TO BE PRODUCED BY OTHER BACKWARD CLASSES CANDIDATES APPLYING FOR APPOINTMENT TO POSTS AND FOR ADMISSION IN EDUCATIONAL INSTITUTES UNDER GOVERNMENT OF INDIA

This is to Certify that Shri/Shrimati/Kumari*.....
Son/daughter* of Shri.....of Village/Town*.....
.....in District/Division*.....of the State/Union
Territory*.....belongs to the.....Community
which is recognized as a backward class under :-

- @ Government of India, Ministry of Welfare Resolution No. 12011/68/93-BCC (C) dated 10th September, 1993 published in the Gazette of India Extraordinary Part-I, Section-1, No. 186 dated 13th September 1993.
- @ Government of India, Ministry of Welfare Resolution No. 12011/9/94-BCC dated 19th October, 1994, published in the Gazette of India Extraordinary Part-I, Section-1, No. 163 dated 20th October 1994.
- @ Government of India, Ministry of Welfare Resolution No. 12011/7/95-BCC dated 24th May, 1995 published in the Gazette of India Extraordinary Part-I, Section-1, No. 88 dated 25th May 1995.
- @ Government of India, Ministry of Welfare Resolution No. 12011/96/94-BCC dated 09th March, 1996 published in the Gazette of India Extraordinary Part-I, Section-1, No. 60 dated 11th March 1996.
- @ Government of India, Ministry of Welfare Resolution No. 12011/44/96-BCC dated 06th December, 1996 published in the Gazette of India Extraordinary Part-I, Section-1, No. 210 dated 11th December 1996.
- @ Government of India, Ministry of Welfare Resolution No. 12011/99/94-BCC dated 11th December, 1997 published in the Gazette of India Extraordinary Part-I, Section-1, No. 236 dated 12th December 1997.
- @ Government of India, Ministry of Welfare Resolution No. 12011/13/97-BCC dated 03rd December, 1997 published in the Gazette of India Extraordinary Part-I, Section-1, No. 239 dated 17th December 1997.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/68/98-BCC dated 27th October, 1999 published in the Gazette of India Extraordinary Part-I, Section-1, No. 241 dated 27th October 1999.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/88/98-BCC dated 06th December, 1999 published in the Gazette of India Extraordinary Part-I, Section-1, No. 270 dated 06th December, 1999.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/36/99-BCC dated 04th April, 2000 published in the Gazette of India Extraordinary Part-I, Section-1, No. 71 dated 04th April, 2000
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/44/99-BCC dated 21st September, 2000 published in the Gazette of India Extraordinary Part-I, Section-1, No. 210 dated 21st September, 2000.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12015/9/2000-BCC dated 06th September, 2001 published in the Gazette of India Extraordinary Part-I, Section-1, No. 246 dated 06th September, 2001.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/1/2001-BCC dated 19th June, 2003 published in the Gazette of India Extraordinary Part-I, Section-1, No. 151 dated 20th June, 2003.
- @ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/4/2002-BCC dated 13th January, 2004 published in the Gazette of India Extraordinary Part-I, Section-1, No. 09 dated 13th January, 2004.

@ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/14/2004-BCC dated 12th March, 2007 published in the Gazette of India Extraordinary Part-I, Section-1, No. 67 dated 12th March, 2007.

Shri/Shrimati/Kumari*.....and/or* his/her* family ordinarily resided in Village/Town.....of..... District/Division* of the State/Union Territory* of.....

This is also to certify that he/she* does not belong to the person/sections* (Creamy layer) mentioned in column 3 of the Schedule to the Government of India, Department of Personnel & Training O.M. No. 36012/22/93-Estt. (SCT) dated 08th September 1993, O.M. No. 36033/3/2004-Estt (Res.) dated 09th March 2004 and O.M. No. 36033/3/2004-Estt. (Res) dated 14th October 2008.

Place:

Signature.....

Date

**Designation.....

(With Seal of Office)

*please delete the words which are not application.

@Strike out whichever is not applicable.

Note : The term “Ordinarily reside(s)” used here will have the same meaning as in Section 20 of the Representation of the People Act, 1950.

**List of authorities empowered to issue OBC Certificate.

- (i) District Magistrate/Additional District Magistrate/Collector/Deputy Commissioner/Additional Deputy Commissioner/Deputy Collector/1st Class Stipendiary Magistrate/#Sub-Divisional Magistrate/Taluka Magistrate/Executive Magistrate/Extra Assistant Commissioner.
(#not below of the rank of 1st Class Stipendiary Magistrate)
- (ii) Chief Presidency Magistrate/Additional Chief Presidency Magistrate/Presidency Magistrate.
- (iii) Revenue Officers not below the rank of Tehsildar.
- (iv) Sub Divisional Officer of the Area Where the candidate and/or his/her family normally resides.
- (v) Administrator/Secretary to Administrator/Development officer (Lakshadweep).

Note 1: Candidates claiming to belong to OBCs should note that the name of their caste (including its spellings) as indicated in their certificates, should be exactly the same as published in the lists notified by the Central Government from time to time. A certificate containing any variation in the caste name will not be accepted.

Note 2: The OBC claim of a candidate will be determined in relation to the State (or part of the State) to which his/her father originally belongs. A candidate who has migrated from one State (or part of the State) to another should, therefore, produce an OBC certificate which should have been issued to him/her based on his/her father’s OBC certificate from the State to which he (father) originally belongs.

ANNEXURE - XI

**Form of declaration to be submitted by the OBC
candidate
(in addition to the community certificate)**

I..... Son/Daughter of
Shri.....resident of Village/Town/City
.....District.....State.....he
reby declare that I belong to the.....community which is
recognized as a backward class by the Government of India for the purpose of
reservation in services as per orders contained in Department of Personnel and Training
Office Memorandum No. 36102/22/93-Estt. (SCT) dated 08th September 1993. **It is also
declared that I do not belong to persons/sections/sections (Creamy Layer)
mentioned in column 3 of the Schedule to the Government of India, Department of
Personnel & Training O.M. No. 36012/22/93-Estt. (SCT) dated 08th September
1993, O.M. No. 36033/3/2004-Estt. (Res.) dated 09th March 2004, O.M. No.
36033/3/2004-Estt. (Res.) dated 14th October 2008 and O.M. No. 36033/1/2013
(Res.) dated 27th May 2013.**

Address (Ordinary Residence)

Signature:.....

Full Name:.....

Date:.....

**AFFIDAVIT BY THE STUDENT FOR SUBMISSION OF MIGRATION
CERTIFICATE and TRANSFER CERTIFICATE (TC)**

I, _____ s/o d/o Mr./Mrs. _____,
having been admitted to **Lakshmibai National Institute of Physical Education,
Gwalior**, and I have carefully read and fully understood the conditions / provisions
contained in the below mentioned affidavit:-

- 1) I hereby solemnly aver and undertake that I will submit my Migration Certificate within 06 (six) months and Transfer Certificate (TC) within 15 (fifteen) days from the date of my admission in the Institute (LNIPE).
- 2) I hereby affirm that if the Migration Certificate and/or Transfer Certificate (TC) is/are not submitted by me in the Institute (LNIPE) within the stipulated time limit i.e. 06 months for Migration and 15 days for TC, in such circumstances, my admission shall be liable to be cancelled.
- 3) I hereby declare that I am well versed with the condition and I will abide by the stipulated time limit for submission of Migration Certificate and Transfer Certificate. In case I fail to do so, my admission shall be liable to be cancelled.

Declared this ____ day of _____ month of 2016.

Signature of deponent
Name of Student:

VERIFICATION

Verified that the contents of this affidavit are true to the best of my knowledge and no part of the affidavit is false and nothing has been concealed or misstated therein.

Verified at _____ on this the _____ of _____, 2016.

Solemnly affirmed and signed in my presence on this the _____ of _____,
_____ after reading the contents of this affidavit.

Signature of deponent
OATH COMMISSIONER

**DECLARATION OF SELF AND PARENTS FOR MEDICAL FITNESS
AT THE TIME OF ADMISSION**

I, _____ s/o d/o Mr./Mrs. _____,
hereby declare that I/my ward is not suffering from:

- a. Hypertension.
- b. Bronchial Asthma.
- c. Heart Disease.
- d. Inveterate Skin Disease.
- e. Venereal Disease (V.D.).
- f. Traces of previous acute or chronic disease pointing to and impaired constitution.
- g. Contagious Disease.

and if I/my ward is found suffering from any of the above from (a to g) after admission in the Institute (LNIPE) and during the span of course in such circumstances, the decision of the authorities shall be final and I will abide by it.

(Signature of Parent/Guardian)

(Signature of Student)

Date: