

# SAVITRIBAI PHULE PUNE UNIVERSITY



## PHYSICAL EDUCATION SCHEME SYLLABUS

For First Year Students of All the Faculties

### **Aim of the Scheme:**

The aim of the scheme is to make Physical Education as an integral part of Educational System. Students studying in the colleges should have the benefit of Physical Education to improve their health during the course of college education. It is designed to ensure that on completion of this training they would attain the minimum prescribed standard.

### **Object of the scheme:**

The object of the scheme is to enhance physical efficiency and maintain fitness of mind, body and character, which would help the student to be mentally alert and physically efficient to withstand the strain and fatigue of daily life. It would prepare them for the strenuous training which will help them to be fit to face the different barriers in life.

The students will undergo this scheme for the first year of his/her under graduate course education.

### **Participation in the scheme:**

#### **1. Optional Activities:**

Under this category, a student shall have to choose at least two activities in the year, one from the team and another from Individual activities enlisted above and have to participate in them throughout the year. Whatever may be the choices according to the availability, a student shall have to show sufficient skill and achieve at least minimum score as per the prescribed tests at the end of year.

#### **2. Compulsory Activities:**

Under this category, a student shall have to choose total three activities, at least one from each part of group B (Running, Jumping, Endurance and Strength) during the year, and have to participate in them throughout the year. Whatever may be choices according to the availability, students shall have to show sufficient skill and have to achieve minimum prescribed target at the end of the year.

#### **3. Other Activities:**

At least one seminar to be conducted by the college in the academic year especially in the field of Health Sciences, Sports Medicine, Psychological parameters in sports, Food and Nutrition etc.

### **The Scheme:**

A student shall have to participate in two types of physical activities viz.

**Group (A)** - Optional Activities ( Opt any Two, out of which one from individual event and one from team event)

#### **Group A - Optional Activities: (Both for Male and Female)**

| <b>Name of Individual Event</b>  | <b>Individual Events Test for Evaluation</b>                 |
|----------------------------------|--|
| Badminton                        | Lockhart and McPherson Test                                  |
| Gymnastics                       | Flex arm Hang Test for Girls<br>Vertical Reach Test for Boys |
| Judo                             | Pushups and 12 Minutes run and walk test                     |
| Malkhamb/Rope Malkhamb           | Flex arm Hang Test for Girls<br>Vertical Reach Test for Boys |
| Swimming                         | Jackson et al. 12 Minutes Swim test                          |
| Table Tennis                     | Eye-hand Coordination Test                                   |
| Tennis                           | Dyer's Tennis Test   |
| Weight Lifting and Power Lifting | Sit ups, Pushups, Standing Vertical Jump                     |
| Wrestling                        | Pushups and 12 Minutes run and walk test                     |
| Yoga                             | Sit and Reach Test   |
|                                  |  |
| <b>Name of Team Event</b>        | <b>Team Events Test for Evaluation</b>                       |
| Basketball                       | Johnson's Basketball Test                                    |
| Football                         | Mc Donald's Soccer Skill Test                                |
| Hockey                           | SAI Hockey Skill test  |
| Kabaddi                          | 6X10 M. Shuttle Run Test                                     |
| Kho -Kho                         | 6X10 M. Shuttle Run Test                                     |
| Volleyball                       | SAI Volleyball Skill test                                    |

**\*\* Administration of Test: As per published in the Manual for Physical Efficiency Drive published by Savitribai Phule Pune University.**

### Evaluation Pattern

- **Badminton : Test for Administration – (Maximum 20 Marks)**

#### Lockhart and McPherson Test

| Scoring                          | Marking                |
|----------------------------------|------------------------|
| Within 30 Seconds number of hits | Each Hit - 1 mark each |

- **Gymnastics (Men and Women), Malkhamb (Men) and Rope Malkhamb (women) : (Maximum 20 Marks)**

#### Vertical Arm Pull Test (Male)

| Sr. No | Performance in Cms | Performance Level     | Marks |
|--------|--------------------|-----------------------|-------|
| 01     | 73.0 – 76.8 Cms    | Advanced              | 20    |
| 02     | 66.7 – 72.4 Cms    | Advanced Intermediate | 16    |
| 03     | 48.9 – 66.0 Cms    | Intermediate          | 12    |
| 04     | 39.4 – 48.3 Cms    | Advanced beginners    | 08    |
| 05     | 0.0 – 38.7 Cms     | Beginners             | 04    |

**Courtesy:** Barry L. Johnson and Jack K. Nelson, “Practical Measurements for Evaluation in Physical Education” Surjeet Publications, (1982): P. 206

#### Flexed Arm Hang Test (Female)

| Sr. No. | Percentile        | Performance in Seconds | Marking |
|---------|-------------------|------------------------|---------|
| 1       | 100 <sup>th</sup> | 73                     | 20      |
| 2       | 95 <sup>th</sup>  | 34                     | 19      |
| 3       | 90 <sup>th</sup>  | 28                     | 18      |
| 4       | 85 <sup>th</sup>  | 22                     | 17      |
| 5       | 80 <sup>th</sup>  | 19                     | 16      |
| 7       | 75 <sup>th</sup>  | 17                     | 15      |
| 8       | 70 <sup>th</sup>  | 14                     | 14      |
| 9       | 65 <sup>th</sup>  | 12                     | 13      |
| 10      | 60 <sup>th</sup>  | 10                     | 12      |
| 11      | 55 <sup>th</sup>  | 09                     | 11      |
| 12      | 50 <sup>th</sup>  | 08                     | 10      |
| 13      | 45 <sup>th</sup>  | 07                     | 09      |
| 14      | 40 <sup>th</sup>  | 06                     | 08      |
| 15      | 35 <sup>th</sup>  | 05                     | 07      |
| 16      | 30 <sup>th</sup>  | 04                     | 06      |
| 17      | 25 <sup>th</sup>  | 03                     | 05      |
| 18      | 20 <sup>th</sup>  | 02                     | 04      |
| 19      | 15 <sup>th</sup>  | 02                     | 03      |
| 20      | 10 <sup>th</sup>  | 01                     | 02      |

**Courtesy:** Barry L. Johnson and Jack K. Nelson, “Practical Measurements for Evaluation in Physical Education” Surjeet Publications, (1982): P. 123

- **Wrestling and Judo : Test for Administration – (Maximum 20 Marks)  
Push Ups and 12 Minutes Cooper’s Walk and Run Test**

**Push Ups (Men) (number of pushups)**

| <b>Scores Men Under 30 Years</b> | <b>Scale Points</b> | <b>Marks</b> |
|----------------------------------|---------------------|--------------|
| 60                               | 100                 | 20           |
| 58                               | 95                  | 19           |
| 56                               | 90                  | 18           |
| 54                               | 85                  | 17           |
| 53                               | 80                  | 16           |
| 50                               | 75                  | 15           |
| 48                               | 70                  | 14           |
| 46                               | 65                  | 13           |
| 44                               | 60                  | 12           |
| 42                               | 55                  | 11           |
| 40                               | 50                  | 10           |
| 38                               | 45                  | 09           |
| 36                               | 40                  | 08           |
| 34                               | 35                  | 07           |
| 32                               | 30                  | 06           |
| 30                               | 25                  | 05           |
| 28                               | 20                  | 04           |

**Courtesy:** Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

**Bent Knee Push-Ups (Modified Push-ups) (Women) (number of pushups)**

| <b>Raw Scores</b> | <b>Performance Level</b> | <b>Marks</b> |
|-------------------|--------------------------|--------------|
| 31- and above     | Advanced                 | 20           |
| 25-30             | Advanced Intermediate    | 16           |
| 13-24             | Intermediate             | 12           |
| 7-12              | Advance Beginners        | 08           |
| 0-6               | Beginners                | 04           |

**Courtesy:** Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

**12 Minutes Run and Walk Test (1 mile = 1.609 Kms.)**

| <b>Male</b>  |              | <b>Female</b> |              | <b>Fitness</b> | <b>Marks</b> |
|--------------|--------------|---------------|--------------|----------------|--------------|
| 13-19 years  | 20-29 years  | 13-19 years   | 20-29 years  | Class          |              |
| 0-1.29 miles | 0-1.22 miles | 0.99 miles    | 0.95 miles   | Very poor      | 00           |
| 1.3-1.37     | 1.22-1.31    | 1.0-1.18      | 0.96-1.11    | poor           | 04           |
| 1.38-1.56    | 1.32-1.49    | 1.19-1.29     | 1.12-1.22    | fair           | 08           |
| 1.57-1.72    | 1.50-1.64    | 1.30-1.43     | 1.23-1.34    | good           | 12           |
| 1.73-1.86    | 1.65-1.76    | 1.44-1.51     | 1.35-1.45    | excellent      | 16           |
| 1.87 & above | 1.77 & above | 1.52 & above  | 1.46 & above | superior       | 20           |

**Courtesy:** The Aerobics Way by Kenneth H. Cooper, M. D. , M. P. H. copyright (c) 1977 Kenneth H. Cooper, inc., New York, New York 100017. Reprinted by permission

- Note : After completion of all the test items the achieved score should be divided by two for final score

**Swimming: Test for Administration – (Maximum 20 Marks)**

**Jackson et al. 12 Minutes Swim test**

| Sr. No. | Total distance covered in prescribed time in Mtrs | Marks |
|---------|---|-------|
| 1       | 800   | 20    |
| 2       | 780   | 19    |
| 3       | 760   | 18    |
| 4       | 740   | 17    |
| 5       | 720   | 16    |
| 6       | 700   | 15    |
| 7       | 680   | 14    |
| 8       | 660   | 13    |
| 9       | 640   | 12    |
| 10      | 620   | 11    |
| 11      | 600   | 10    |
| 12      | 580   | 09    |
| 13      | 560   | 08    |
| 14      | 540   | 07    |
| 15      | 520   | 06    |
| 16      | 500   | 05    |
| 17      | 480   | 04    |
| 18      | 460   | 03    |
| 19      | 440   | 02    |
| 20      | 420   | 01    |

- **Table Tennis : Test for Administration – ( Maximum 20 Marks)**

**Eye hand Co-Ordination Test (Ball Transfer)**

| Scoring           | Marking      |
|-------------------|--------------|
| Per ball transfer | 2 marks each |

- **Tennis : Test for Administration – (Maximum 20 Marks)**

**Dyer's Tennis Test**

| Scoring                          | Marking                |
|----------------------------------|------------------------|
| Within 30 Seconds number of hits | Each Hit - 1 mark each |

- **Weight Lifting, Power Lifting : Test for Administration – (Maximum 20 Marks)**  
**Push Ups, Sit Ups and Standing Vertical Jump**

**Push-Ups (Men) (number of pushups)**

| Scores Men Under 30 Years | Scale Points | Marks |
|---------------------------|--------------|-------|
| 60                        | 100          | 20    |
| 58                        | 95           | 19    |
| 56                        | 90           | 18    |
| 54                        | 85           | 17    |
| 53                        | 80           | 16    |
| 50                        | 75           | 15    |
| 48                        | 70           | 14    |
| 46                        | 65           | 13    |
| 44                        | 60           | 12    |
| 42                        | 55           | 11    |
| 40                        | 50           | 10    |
| 38                        | 45           | 09    |
| 36                        | 40           | 08    |
| 34                        | 35           | 07    |
| 32                        | 30           | 06    |
| 30                        | 25           | 05    |
| 28                        | 20           | 04    |

**Courtesy:** Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

**Raw Score Norms of Modified Push-Ups (women) (number of pushups)**

| Raw Scores    | Performance Level     | Marks |
|---------------|-----------------------|-------|
| 31- and above | Advanced              | 20    |
| 25-30         | Advanced Intermediate | 16    |
| 13-24         | Intermediate          | 12    |
| 7-12          | Advance Beginners     | 08    |
| 0-6           | Beginners             | 04    |

**Courtesy:** Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

**Raw score norms for sit-ups (bent knees)**

| College Men Repetitions | College Women Repetitions | Performance level    | Marks |
|-------------------------|---------------------------|----------------------|-------|
| 66 and above            | 49 and above              | Advanced             | 20    |
| 53 to 65                | 37 to 48                  | Advance intermediate | 16    |
| 34 to 52                | 21 to 36                  | Intermediate         | 12    |
| 25 to 33                | 13 to 20                  | Advanced beginner    | 08    |
| 0 to 24                 | 0 to 12                   | Beginner             | 04    |

**Courtesy:** Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122.

### Standing Vertical Jump

| College Men<br>Cms | Performance level    | College Women<br>Cms | Marks |
|--------------------|----------------------|----------------------|-------|
| 66 and above       | Advanced             | 49 and above         | 20    |
| 53 to 65           | Advance intermediate | 37 to 48             | 16    |
| 34 to 52           | Intermediate         | 21 to 36             | 12    |
| 25 to 33           | Advanced beginner    | 13 to 20             | 08    |
| 0 to 24            | Beginner             | 0 to 12              | 04    |

**Reference:** Harold T. Frierhood, 'volleyball skill contest for Olympic development' in United States Volleyball Rules and Reference guide of the U.S. Volleyball Association, Berne, Ind.: USVBA printer, 1967, pp 134-135.

**Note:** After completion of all the test items the achieved score should be divided by three for final score

- **Yoga : Test for Administration – (Maximum 20 Marks)**  
**Sit and Reach Test**

| Men (in Cms.)                        | Women (in Cms.)                      | Level                 | Marks |
|--------------------------------------|--------------------------------------|-----------------------|-------|
| 23 $\frac{3}{4}$ and above           | 25 $\frac{3}{4}$ and above           | Advanced              | 20    |
| 21 $\frac{1}{4}$ to 23 $\frac{1}{2}$ | 22 $\frac{1}{2}$ to 25 $\frac{1}{2}$ | Advanced Intermediate | 16    |
| 18 $\frac{3}{4}$ to 21               | 20 to 22 $\frac{1}{4}$               | Intermediate          | 12    |
| 17 to 18 $\frac{1}{2}$               | 18 to 19 $\frac{3}{4}$               | Advanced Beginner     | 08    |
| Below 16 $\frac{3}{4}$               | Below 17 $\frac{3}{4}$               | Beginner              | 04    |

### TEAM EVENTS

- **Basketball : Test for Administration - Johnson's Basketball Test**  
**(Maximum 20 Marks)**

| Scoring  | Marking  |
|----------|----------|
| 3 points | 20 Marks |
| 2 points | 13 Marks |
| 1 point  | 07 Marks |

- **Football : Test for Administration - Mc Donald's Soccer Skill Test**  
**(Maximum 20 Marks)**

| Scoring    | Marking        |
|------------|----------------|
| 30 Seconds | 1 Mark per hit |



- **Hockey : Test for Administration – SAI Hockey Skill Test (Maximum 20 Marks)**

| Age Group (years) | Shooting Target (Accurate hits) |       | Balancing Ball (seconds) |           | Moving with the ball (seconds) |             | Score | Marks |
|-------------------|---------------------------------|-------|--------------------------|-----------|--------------------------------|-------------|-------|-------|
|                   | Boys                            | Girls | Boys                     | Girls     | Boys                           | Girls       |       |       |
| 14 years & above  | 11                              | 10    | 25 & more                | 20 & more | 4.20 & less                    | 5.00 & less | 3     | 20    |
|                   | 10                              | 9     | 20-24                    | 15-19     | 4.21-4.29                      | 5.10-5.10   | 2     | 13    |
|                   | 9                               | 8     | 15-19                    | 10-14     | 4.30-4.37                      | 5.11-5.19   | 1     | 07    |

**Courtesy:** D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 369-370

**Note: After completion of all the test items the achieved score should be divided by three for final score**

- **Kabaddi and Kho–Kho : Test for Administration - 6X10 Mts. Shuttle Run (Maximum 20 Marks)**

| Age            | Boys         |           |             | Girls        |           |             |
|----------------|--------------|-----------|-------------|--------------|-----------|-------------|
|                | Satisfactory | Good      | Very Good   | Satisfactory | Good      | Very Good   |
| 14 yrs & above | 16.3-15.8    | 15.7-15.0 | 14.9 & less | 16.4-16.0    | 15.9-15.5 | 15.4 & less |
| Marks          | 20           | 13        | 07          | 20           | 13        | 07          |

**Reference:** Prospectus of Andhra Pradesh Sports School, Hakim pet, Secunderabad, Page no. 10 and Sports medicine center, Pune.

- **Volleyball: Test for Administration – SAI Volleyball Skill Test (Maximum 20 Marks)**

| Age Group        | Accuracy of Services       |       | Wall Volley Test |       | Medicine Ball Throw |              | Points | Marks |
|------------------|----------------------------|-------|------------------|-------|---------------------|--------------|--------|-------|
|                  | Number of correct services |       | Number of Cycles |       | Meters              |              |        |       |
|                  | Boys                       | Girls | Boys             | Girls | Boys                | Girls        |        |       |
| 14 years & above | 10                         | 9     | 6                | 4.0   | 19.00 & more        | 16.00 & more | 3      | 20    |
|                  | 9                          | 8     | 5                | 3.0   | 17.00-18.90         | 14.00-15.90  | 2      | 13    |
|                  | 8                          | 7     | 4                | 2.0   | 15.00-16.90         | 12.00-13.90  | 1      | 07    |

**Courtesy:** D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 381-382

**Note: After completion of all the test items the achieved score should be divided by three for final score**

**Group B - Choices for Compulsory Activities and tests for its evaluation:** (Opt any three activities, out of which one from each selected parts i.e. Part A/B/C/D/)

\*

| PART   | EVENT                          | STUDENT            | TESTS FOR EVALUATION                                   |
|--------|--------------------------------|--------------------|--|
| Part A | 100 m. Run                     | (Male and Female)  | 50 yard dash (150 feet)                                |
|        | 400 m. Run                     | (Male and Female)  |  |
| Part B | High Jump or Pole Vault        | (Male and Female)  | Standing Vertical Jump                                 |
|        | Long Jump                      | (Male and Female)  |  |
|        | Triple Jump                    | (Male and Female)  |  |
| Part C | 12.5 Km. Cross Country         | (Male)             | Cooper's Test (12 minutes run and walk test)           |
|        | 5 Km. Cross Country            | (Female)           |  |
|        | 1500 m. Run                    | (Male)             |  |
| Part D | Rope Climbing                  | (Male)             | Medicine Ball put for male and Sit Ups test for female |
|        | Chin Ups/Flex Arm hang         | ( Male and Female) |  |
|        | Sit Ups                        | (Male and Female)  |  |
|        | Push Ups and Modified push ups | (Male and Female)  |  |

**Evaluation Scheme (Scoring Conversions)**

**50 meters Dash (Maximum 20 Marks)**

| Boys 17 yrs and above | Girls 17 yrs and above | Percentile        | Marks |
|-----------------------|------------------------|-------------------|-------|
| Seconds               | Seconds                |                   |       |
| 5.6                   | 6.4                    | 100 <sup>th</sup> | 20    |
| 6.0                   | 7.1                    | 95 <sup>th</sup>  | 19    |
| 6.0                   | 7.3                    | 90 <sup>th</sup>  | 18    |
| 6.1                   | 7.5                    | 85 <sup>th</sup>  | 17    |
| 6.2                   | 7.6                    | 80 <sup>th</sup>  | 16    |
| 6.3                   | 7.8                    | 75 <sup>th</sup>  | 15    |
| 6.3                   | 7.9                    | 70 <sup>th</sup>  | 14    |
| 6.4                   | 8.0                    | 65 <sup>th</sup>  | 13    |
| 6.5                   | 8.0                    | 60 <sup>th</sup>  | 12    |
| 6.5                   | 8.1                    | 55 <sup>th</sup>  | 11    |
| 6.6                   | 8.2                    | 50 <sup>th</sup>  | 10    |
| 6.7                   | 8.3                    | 45 <sup>th</sup>  | 09    |
| 6.7                   | 8.5                    | 40 <sup>th</sup>  | 08    |
| 6.8                   | 8.6                    | 35 <sup>th</sup>  | 07    |
| 6.9                   | 8.8                    | 30 <sup>th</sup>  | 06    |
| 7.0                   | 9.0                    | 25 <sup>th</sup>  | 05    |
| 7.0                   | 9.0                    | 20 <sup>th</sup>  | 04    |
| 7.1                   | 9.1                    | 15 <sup>th</sup>  | 03    |
| 7.3                   | 9.5                    | 10 <sup>th</sup>  | 02    |
| 7.7                   | 10.4                   | 5 <sup>th</sup>   | 01    |
| 10.6                  | 12.0                   | 0 <sup>th</sup>   | 00    |

**Reference:** Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 250 and 251.

**Vertical jump scoring table (in Cms)**

| <b>GENDER AND AGE</b> | <b>100</b> | <b>90</b> | <b>80</b> | <b>70</b> | <b>60</b> | <b>50</b> | <b>40</b> | <b>30</b> | <b>20</b> | <b>10</b> |
|-----------------------|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>Boys 15 to 17</b>  | 25         | 24        | 23        | 21        | 19        | 16        | 12        | 8         | 5         | 2         |
| <b>Girls 15 to 17</b> | 17         | 16        | 15        | 14        | 13        | 11        | 8         | 6         | 3         | 2         |
| <b>Men 18 to 34</b>   | 26         | 25        | 24        | 23        | 19        | 16        | 13        | 9         | 8         | 2         |
| <b>Women 18 to 34</b> | 14         | 13        | 13        | 12        | 10        | 8         | 6         | 4         | 2         | 1         |
| <b>Marks</b>          | 20         | 18        | 19        | 14        | 12        | 10        | 08        | 06        | 04        | 02        |

**Reference:** Harold T. Friermood, 'volleyball skill contest for Olympic development' in United States Volleyball Rules and Reference guide of the U.S. Volleyball Association, Berne, Ind.: USVBA printer, 1967, pp 134-135. Raw scores are located in the chart in accordance with age and sex, and percentile scores are located across the top.

**Cooper's Test (12 Minute Run and Walk) (1 mile = 1.609 Kms)**

| <b>Male</b>  |              | <b>Female</b> |              | <b>Fitness</b>   | <b>Marks</b> |
|--------------|--------------|---------------|--------------|------------------|--------------|
| 13-19        | 20-29        | 13-19         | 20-29        | <b>Class</b>     |              |
| 0-1.29 miles | 0-1.22 miles | 0.99 miles    | 0.95 miles   | <b>Very poor</b> | <b>00</b>    |
| 1.3-1.37     | 1.22-1.31    | 1.0-1.18      | 0.96-1.11    | <b>poor</b>      | <b>04</b>    |
| 1.38-1.56    | 1.32-1.49    | 1.19-1.29     | 1.12-1.22    | <b>fair</b>      | <b>08</b>    |
| 1.57-1.72    | 1.50-1.64    | 1.30-1.43     | 1.23-1.34    | <b>good</b>      | <b>12</b>    |
| 1.73-1.86    | 1.65-1.76    | 1.44-1.51     | 1.35-1.45    | <b>excellent</b> | <b>16</b>    |
| 1.87 & above | 1.77 & above | 1.52 & above  | 1.46 & above | <b>superior</b>  | <b>20</b>    |

**Courtesy:** The Aerobics Way by Kenneth H. Cooper, M. D. , M. P. H. copyright (c) 1977 Kenneth H. Cooper, inc., New York, New York 100017. Reprinted by permission

**Medicine ball of 1 kg for up to 10 years, 2 kg for 11 years and above for Boys**

**Reference:** Sports medicine centre, Pune, India.

| <b>Age</b>       | <b>Boys (Mts)</b>   |              |                  | <b>Girls (Mts)</b>  |              |                  |
|------------------|---------------------|--------------|------------------|---------------------|--------------|------------------|
|                  | <b>Satisfactory</b> | <b>Good</b>  | <b>Very Good</b> | <b>Satisfactory</b> | <b>Good</b>  | <b>Very Good</b> |
| 14 years & above | 3.19 to 3.80        | 3.81 to 4.41 | 4.42 or more     | 2.61 to 3.09        | 3.10 to 3.59 | 3.60 or more     |
| <b>Marks</b>     | <b>07</b>           | <b>13</b>    | <b>20</b>        | <b>07</b>           | <b>13</b>    | <b>20</b>        |

**Reference:** Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 208, 209

**Raw score norms for sit-ups (bent knees) for Girls (repetitions)**

| <b>College Men</b>  | <b>Performance level</b> | <b>College Women</b> |
|---------------------|--------------------------|----------------------|
| <b>66 and above</b> | Advanced                 | 49 and above         |
| <b>53 to 65</b>     | Advance intermediate     | 37 to 48             |
| <b>34 to 52</b>     | Intermediate             | 21 to 36             |
| <b>25 to 33</b>     | Advanced beginner        | 13 to 20             |
| <b>0 to 24</b>      | Beginner                 | 0 to 12              |

**Courtesy:** Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122

**References:**

1. Health and Physical Education; Manual cum Journal of Standard IX Navneet Publication;p-143
2. A Practical Approach to Test Measurement and Evaluation, D. K. Kansal, S S S Publications New Delhi, 2012
3. Manual for Physical Efficiency Drive Test, Savitribai Phule Pune University, 2015
4. Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.

### **Evaluation of student's performance in Optional and Compulsory Physical Activities:**

- **Record of Student Achievement:** The student's achievement in a particular activity shall be noted in the prescribed achievement card (App. I).
- **Grades:** The grades shall be given according to the achievement of the students.
- **Chances for appearance:** A student may, if he/she so desires to complete the tests during the first term so as to be able to concentrate on another activity during the second term. He/she shall, however, have to do so with the consent of the teacher in charge. However, till the end of the year he or she will have to complete all the tests for achieving grades.
- **Conditional and Motor Ability exercises:** In order to improve the standard of attainment of students, they should be given conditioning exercises. The teacher in charge of the activities is advised to select for this purpose suitable lead up activities and physical training exercises. Such exercises shall enable students to acquire adequate skill and motor abilities necessary for the activity selected. The conditioning exercises shall pertain to motor abilities.
- **Achievement card:** A copy of the achievement card should be given to students to record their performance and know their achievements in different activities during the course of the year. Yearly records should be noted by the teachers concerned and the cards should be signed by student and teacher both. (Specimen of the Achievement card App. I)
- **Records:** The record of the Student's achievement should be maintained and the copy of the same should be handed over to the student after the final exam.
- **Operation of the scheme:** The activities of the session shall be conducted as per the convenience of the teacher and time table of the same should be made according to the convenience of the college and College Director Physical Education in consultation with the head of the institution.
- **Examination:** The examination will be conducted for compulsory as well as for optional activities and the same will be conducted as per the convenience of the college. The grades will be given after the end of the Academic year.

### **Allocation of Marks:**

- **Optional Event: Total 40 Marks.**

Out of which 20 marks each for Team and Individual event opted by the candidate. The marks will be recorded on the basis of the performance given by the candidate in the prescribed tests.

- **Compulsory activities: Total 60 Marks.**

Out of which 20 marks will be given for any of the three selected Part A/B/C/D.

i) The maximum marks to be awarded will not be more than 100. The distribution of these marks would be as under:

The student obtaining the prescribed standard will be awarded maximum 40 marks (20x2=40) for optional activity and maximum 20 marks for each of the three compulsory activities (20x3 =60) and these marks will be converted in to Grade and added to the mark list of the student obtained by him/her in the final examination.

ii) The grading of marks will be given by adding the performances of optional and compulsory activities as follows:

| <b>Grade</b> | <b>Marks</b> | <b>Remarks</b> |
|--------------|--------------|----------------|
| O            | 100          | Outstanding    |
| A+           | 90           | Excellent      |
| A            | 80           | Very Good      |
| B+           | 70           | Good           |
| B            | 60           | Above Average  |
| C            | 50           | Average        |
| P            | 40           | Pass           |
| F            | Below 40     | Fail           |
| Ex           | 0            | Exempted       |
| Ab           | 0            | Absent         |

- **Medically unfit/ Differently able students** : Medically unfit/ Differently able students will have to forego the benefit of grades, if they seek the exemption from the practice and tests in the Physical education subject. This is not depriving them from the equality of opportunity with other students. Though the grades obtained by the physically fit students are to be added to their final mark lists every year. The subject of Physical education is not a separate head of passing.

## **Organizational Guidelines**

### **1) Staff:**

The colleges are expected to have qualified teachers in Physical Education and Sports. The scheme can be managed with the help of other teachers also but the regular teacher in-charge of sports and physical education will have to be appointed to streamline the working of the department.

The colleges those have not appointed College Director of Physical Education may appoint contributory staff for the smooth implementation of the scheme.

For facilitating the smooth working of the scheme, every class should be divided in to different groups, and should be placed under a leader who should help the staff member in the organization of the work of physical education and sports. Orientation course/s for leaders should be organized in the college.

The evaluation of students should be done by Director of Physical Education and External Expert.

### **2) Facilities and Equipment:**

#### **a) Playground:**

The sports facilities available at the college should be maintained for the regular practices and should be made available to conduct the tests.

#### **b) Equipment:**

According to the playing facilities available in the college, the required equipment for the same needs to be made available to the students.

### **3) Financial Provision:**

a) **Fees** : For the conduct of this scheme fees of Rs. 20/- (per student) should be collected by college and the amount collected thereof should be strictly utilized for the conduct of these activities.

b) **Remuneration to External Examiner** : The external examiner shall be paid according to the University guidelines given from time to time for conducting the exam.

c) **Supporting Staff** : College may appoint at least 2 supporting staff to assists the College Director of Physical Education to conduct of test. The remuneration should be paid from the fees collected.

### **General Guidelines to implement the scheme**

1. **Appointment of Student Leaders:** To run the program throughout the year effectively, every college shall appoint student leaders amongst the students as per their requirement.
2. **Number of Student leaders:** Normally after every 25 students, the college may appoint 01 student leader who shall extend his/her help to conduct the program under the supervision or as per the guidelines given by the college Director of Physical Education.
3. **Training to Student Leaders:** The College Director of Physical Education at the beginning of the academic session selects the student leaders as per his/her requirement and shall train them to conduct the decided program. Normally, following training shall be given to the student leaders.
  - Method of taking attendance
  - Preparation of weekly program
  - Record keeping
  - Preparation of test sheets
  - Marking of play grounds
  - Checking of equipment specifications
  - Class Controlling
- **Program and Activities to be arranged during orientation of Student Leaders :**
  - Warming up Exercises
  - Conditioning Exercises
  - Introduction of scheme
  - Demonstration of Various Tests
  - Imparting of training schedule
  - Group dynamics
  - Various methods of testing
  - Introduction and operational use of the equipments
  - Method of extension of help during the tests
4. **Requirement of financial assistance to conduct the student leaders' orientation program:** The head of the institution shall make available the required financial assistance to the College Director of Physical Education to conduct the student leaders' orientation program.
5. **Submission of Budget for orientation of Student leaders program:** Every year at the beginning of the session the College Director of Physical Education shall submit the required budget to the Head of the College. The expenditure on the same shall be incurred from the fees collected for this program.



6. **Information about the Scheme:** The College Director of Physical Education at the beginning of the academic session shall inform and explain the program to the admitted students.
7. **Application form:** The College Director of Physical Education at the beginning of the academic session shall issue and collect the duly filled prescribed application form from the students admitted to First year of the Courses. (Appendix –II)
8. **Sorting of the received Applications:** The College Director of Physical Education at the beginning of the academic session shall sort the duly filled in application forms and accordingly make the required arrangements.
9. **Student Leaders Orientation Program:** The College Director of Physical Education at the beginning of the academic session shall organize at least three days orientation program for the selected student leaders. It is expected that the entire scheme related important responsibilities shall be conveyed to the student leaders, if possible with the required demonstrations.
10. **Administration in absentia:** The College Director of Physical Education normally shall have to supervise, guide, control and has to visit various places during the conduct of intercollegiate programs. Hence, in his/her absence the student leaders shall conduct the decided programs as per the guidelines issued by the Director from time to time.
11. **Appointment of External Examiner:** The College will appoint the External Examiner for the conduct of semester wise test in consultation with the approved teachers from the nearby affiliated colleges. The remuneration and other allowances shall be paid to them in accordance with the latest norms adopted by the University from time to time.
12. **Classes of the Activities:** Minimum one period per day of the decided time shall be conducted either by the College Director of Physical Education or by the Student leader appointed. If the Director of the college has been shouldered with another responsibility by the college, in that case student leader shall conduct the classes as instructed by the College Director of Physical Education.
13. **Certificate to Students Leader:** Every year at the end of the academic year the director of Physical Education of the college shall award certificate to the student leader as per the appendix number III. The certificates will be provided by the university.

**Achievement Card for**  
**Group – A and Group - B**

Name of the Student .....

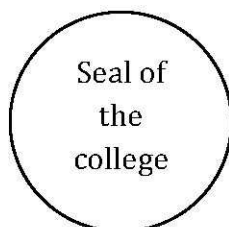
College .....

| NAME OF ACTIVITY     |                     | MAXIMUM MARKS | PERFORMANCE | MARKS | GRADE |
|----------------------|---------------------|---------------|-------------|-------|-------|
| Optional Group - A   | 1 Team Game -       | 20            |             |       |       |
|                      | 2 Individual Game - | 20            |             |       |       |
| Compulsory Group - B | 1                   | 20            |             |       |       |
|                      | 2                   | 20            |             |       |       |
|                      | 3                   | 20            |             |       |       |
|                      | TOTAL               | 100           |             |       |       |

Signature of the student

Signature of teacher in- charge .....

Signature of Principal .....



**Application Form  
Physical Education Scheme**

Paste latest  
passport size  
photograph

|                                   |                      |
|-----------------------------------|----------------------|
| <b>Name of Student</b>            |                      |
| <b>Address for Correspondence</b> |                      |
| <b>Class</b>                      |                      |
| <b>Section</b>                    |                      |
| <b>Sex</b>                        | <b>Male / Female</b> |
| <b>Date of Birth</b>              |                      |
| <b>Age</b>                        |                      |
| <b>Blood Group</b>                |                      |
| <b>Height</b>                     |                      |
| <b>Weight</b>                     |                      |

**Group A - Optional Activities: (Both for Male and Female)**

| <b>Team Event for Male/ Female</b> | <b>Select and (√) any one</b> | <b>Individual Event for Male/ Female</b> | <b>Select and (√) any one</b> |
|------------------------------------|-------------------------------|--|-------------------------------|
| Basketball                         |                               | Athletics                                |                               |
| Football                           |                               | Badminton                                |                               |
| Hockey                             |                               | Gymnastics                               |                               |
| Kabaddi                            |                               | Mallkhamb / Rope Mallkhamb               |                               |
| Kho -Kho                           |                               | Swimming                                 |                               |
| Volleyball                         |                               | Weight Lifting and Power Lifting         |                               |
|                                    |                               | Wrestling                                |                               |
|                                    |                               | Yoga                                     |                               |
|                                    |                               | Judo                                     |                               |
|                                    |                               | Table Tennis                             |                               |
|                                    |                               | Tennis                                   |                               |

**Group B - Choices for Compulsory Activities and tests for its evaluation:** (Any three parts , one from each selected part)

\*

| <b>PART</b>   | <b>EVENT</b>                   | <b>STUDENT</b>     | Please (√) the selected event |
|---------------|--------------------------------|--------------------|-------------------------------|
| <b>Part A</b> | 100 m. Run                     | (Male and Female)  |                               |
|               | 400 m. Run                     | (Male and Female)  |                               |
| <b>Part B</b> | High Jump or Pole Vault        | (Male and Female)  |                               |
|               | Long Jump                      | (Male and Female)  |                               |
|               | Triple Jump                    | (Male and Female)  |                               |
| <b>Part C</b> | 12.5 Km. Cross Country         | (Male)             |                               |
|               | 5 Km. Cross Country            | (Female)           |                               |
|               | 1500 m. Run                    | (Male)             |                               |
| <b>Part D</b> | Rope Climbing                  | (Male)             |                               |
|               | Chin Ups/Flex Arm hang         | ( Male and Female) |                               |
|               | Sit Ups                        | (Male and Female)  |                               |
|               | Push Ups and Modified push ups | (Male and Female)  |                               |
|               | Chin Ups/Flex Arm hang         | ( Male and Female) |                               |

\*\* The Student shall have to choose the events as per the availability of the infrastructure and equipments in the college. For his/her convenience they may consult the College Director of Physical Education.

I, the undersigned declare that, I shall practice the selected events as per the instructions given by the College Director of Physical Education and abide by the rules made thereof. Further, I certify that, I shall not change or switch over to any other event in the mid of the session and appear the final test in the events selected under this form.

-----

Signature of the Student

Date :-----

Place :-----

**Important Note:** Every student shall have to submit medical fitness certificate at the time of admission from the registered doctors else he/she will not be allowed to participate.

**APPENDIX – III**

***Certificate of Appreciation***

This is to certify that Shri/ Smt/ Kum. \_\_\_\_\_

Of \_\_\_\_\_

Has successfully rendered his/her valuable services for the smooth conduct of the physical education scheme designed by the University for the Academic Year \_\_\_\_\_

Date:

| <b>Director of Physical Education of the College</b> | <b>Principal of the College</b> | <b>Director Sports of the University</b> |
|--|---------------------------------|--|
|  |                                 |  |