

there, including reference books related to all courses of study, readings and literature related with the approaches delineated in the M.Ed. programme; educational encyclopedias, electronic publications (CD-ROMs) including online resources, and minimum five professional referred research journals of which at least one shall be an international publication. Library resources shall include books and journals published by NCTE, NCERT and other educational institutions. There shall also be provision of space for reading and reference section in the library. At least a hundred quality books will be added to the library every year. The library shall have photocopying facility and computer with Internet facility for the use of faculty and students.

(b) **Resource Centre**

An exclusive Resource Centre shall serve the purpose of a resource centre-cum-department library. It shall provide access to a variety of resources and materials to design and choose activities for teaching and learning; of relevant texts, copies of policy documents and commission reports; relevant curriculum documents such as the NCF, NCFTE, research reports, reports of surveys (national and state level), district and state level data; teachers' handbooks; books and journals relevant for course readings; field reports and reports of research seminars undertaken by students, Audio-visual equipments - TV, DVD Player, LCD Projector, films (documentaries, children's films, other films of social concerns/ issues of conflict, films on education); camera and other recording devices; and desirably ROT (satellite receive only terminal) and SIT (satellite interactive terminal).

**Note:** The facilities mentioned at 7.1 and 7.2 above shall be in addition to the facilities the institution already possesses for other teacher education programmes.

7.3 **Other Amenities**

- (a) Functional and appropriate labs and furniture in required number for instructional and other purposes.
- (b) Arrangement may be made for parking of vehicles.
- (c) Access to safe drinking water be provided in the institution.
- (d) Effective arrangement be made for regular cleaning of campus, water and toilet facilities (separate for male and female students and teachers), repair and replacement of furniture and other equipments.

(**Note:** If more than one programme in teacher education are run by the same institution in the same campus, the facilities of playground, multipurpose hall, library and laboratory (with proportionate addition of books and equipments) and instructional space can be shared. The institution shall have one Principal for the entire institution and Heads for different teacher education programmes offered in the institution.)

8 **Managing Committee**

The institution shall have a Managing Committee comprised of members from the Sponsoring Society/ Managing Society/Trust, two Educationists, primary/elementary education experts, one faculty member, Heads of two institutions identified for field attachment by rotation.

**APPENDIX-6**

**Norms and Standards for diploma in physical education programme leading to Diploma in Physical Education (D.P.Ed.)**

1. **Preamble**

The Diploma in Physical Education (D.P.Ed.) programme is a professional programme meant for preparing physical education teachers for elementary stage of school education (Class I to VIII).

2. **Duration and Working Days**

2.1 **Duration**

The Diploma in Physical Education programme shall be of a duration of two academic years. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

2.2 **Working Days**

There shall be at least 200 working days exclusive of period of admission but inclusive of examination with at least 36 working hours in a week.

3. **Intake, Eligibility and Admission Procedure**

3.1 **Intake**

There shall be a basic unit of 50 students for each year.

3.2 **Eligibility**

Senior Secondary School (+2) or its equivalent examination passed with at least 50% marks.

However, 5% relaxation be given to those who have participated in International/ National/ SGI Sports Competition.

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

### 3.3 Admission Procedure

Admission shall be made on merit on the basis of marks obtained in the entrance examination (sports proficiency test, physical fitness test, and marks obtained in qualifying examination) or any other selection process as per the policy of the State Government.

### 3.4 Fees

The institution shall charge only such fee as prescribed by the affiliating body / State Govt concerned in accordance with provisions of National Council for Teacher Education (NCTE) (Guidelines for regulations of tuition fees and other fees chargeable by unaided teacher education institutions) Regulations, 2002, as amended from time to time.

## 4. Curriculum, Programme Implementation and Assessment

### 4.1 Curriculum

The D.P.Ed. programme is designed to integrate the study of childhood, social context of education, subject knowledge, pedagogical knowledge, aims of education and communication skills. The programme comprises of compulsory and optional theory courses, and compulsory school internship. The theory and practical courses shall be assigned a weightage in the proportion as determined by the affiliating body. It shall be in broad alignment with the curriculum framework suggested by NCTE (revised from time to time) while contextualizing it for the State or region concerned.

Information and Communication Technology (ICT), gender, yoga education, and disability inclusive education shall form an integral part of DPED curriculum.

#### (a) Theory Courses

The theory courses comprise of courses on perspectives in physical education, curriculum and sports pedagogy and child psychology. Theory courses in first year include : History and Principles of Physical Education; Foundations of Physical Education; Basic Anatomy and Physiology; Yoga Education; Methods of Physical Education; Organisation and Administration of Physical Education; Recreation; Health Education; Environmental Studies; Value Education; and in second year include : Sports Training; Child Psychology; Sociology; Information Technology in Physical Education; Education Technology; Test and Measurement in Physical Education; Sports Injuries and Rehabilitation; Youth Leadership and Social Welfare; Nutrition; and Naturopathy.

#### (b) Practicum

The Practicum course is so designed as to give opportunity to acquire professional skills and capacities in various games, sports, physical activities and yogic exercises suitable to primary school children. The activities include Track & Field; Swimming (if possible); Gymnastics; Yoga; Aerobics; Racket Sports : Badminton, Table Tennis, Tennis, Squash; Team Games : Baseball, Basketball, Cricket, Football, Handball, Hockey, Netball, Softball, Shooting, Volleyball; Combative Sports : Boxing, Fencing, Judo, Karate, Malkhamb, Martial Arts, Taekwondo, Wrestling; Recreational/ Minor Games : Relay Games, Group Games, Minor Games, Lead-up Games; Indigenous Sports : Kabaddi, Kho-Kho; Activities of National Importance : Flag Hoisting, March Past, Ceremonies-Opening, Closing, Victory; Camping/ Picnic/ Hiking/ Trekking; Mass Demonstration Activities : Lezim, Dumb-bell, Umbrella, Tipri, Wand, Hoop or Any other Apparatus.

#### (c) School Internship

The D.P.Ed. programme provides for sustained field work with learners and the school, thereby creating congenial atmosphere. The programme includes teaching basic skills in sports and games and indigenous activities, giving exposure to teacher in the teaching-learning process.

School internship/ teaching practice also includes engagement with the community. The school internship/ teaching practice programme shall have the following components.

A minimum of 20 lessons in schools during the course of which 4 lessons would be dedicated to classroom observations etc. during the first year, and during the second year there will be minimum 10 lessons for the elementary classes.

### 4.2 Programme Implementation

The college/institute will have to undertake the following for implementation of the programme :

- (a) Prepare a calendar for all activities including school internship which shall be synchronized with the academic calendar of the school.
- (b) Make an arrangement with at least ten schools indicating their willingness to allow the internship as well as other school based activities of the programme. These schools shall form basic contact point for all practicum activities and related work during the course of the programme. The District/ Block office of the State Education Department may allot schools to different Teacher Education Institutions.
- (c) Initiate discourse on physical education and yoga education by periodically organizing seminars, debates, lectures and discussion groups for students and faculty.
- (d) Organise academic enrichment programmes including interactions with faculty from parent disciplines, encourage faculty members to participate in academic pursuit and pursue research, especially in elementary schools. Provisions of leave may be made for faculty to undertake research in University.
- (e) Adopt participatory teaching approach in the classroom to help students develop reflective thinking and critical questioning skills. Students shall maintain continuing and comprehensive evaluation reports and observation records, which provide opportunities for reflective thinking.
- (f) The development of resources for the school must be emphasized and a partnership between the Teacher Education Institution and the school must be fostered through both the curriculum and the running of the Teacher Education Institute of Physical Education.
- (g) There shall be mechanisms and provisions in the Institution for addressing complaints of the students and faculty, and for the grievance redressal.
- (h) For school internship, the Teacher Education Institutions and the participating schools shall set up a mutually agreed mechanism for mentoring, supervising, teaching and assessing the student-teachers.

#### 4.3 Assessment

For each theory course, at least 20% to 30% marks may be assigned for continuous internal assessment and 70% to 80% for term-end examination conducted by the examining body; and one fourth of the total marks shall be allocated to evaluating internship tasks including the assignments of practice teaching. The weightage for internal and external assessment shall be fixed by the affiliating body. Candidates must be internally assessed on the entire practicum course and not only on the project/ field work given to them as part of their units of study. The basis for assessment and criteria used ought to be transparent for students to benefit maximally out of professional feedback. Students shall be given information about their grades/ marks as part of professional feedback so that they get the opportunity to improve their performance. The bases of internal assessment may include individual or group assignments, observation records, diaries, reflective journals, etc.

### 5. Staff

#### 5.1 Academic Faculty

- (i) (For a basic unit of fifty students or less with combined strength of one hundred or less for the two year course).

|   |   |                  |
|---|---|------------------|
| 1. Principal /Head                                  | - | One              |
| 2. Lecturer   | - | Six              |
| 3. Librarian  | - | One              |
| 4. Physiotherapist                                  | - | One              |
| 5. Specialist part time faculty<br>(Sports Experts) | - | Four (Part Time) |
| 6. Dietician/ Nutrition Expert                      | - | One (Part Time)  |
| 7. ICT Instructor                                   | - | One (Part Time)  |

- (ii) For additional intake which will be in multiples of fifty students, the number of full time faculty shall be increased by six per additional unit. On each occasion additional intake of one basic unit shall be considered. Physical education teacher preparation courses can also be run in comprehensive or composite Institutions subject to fulfillment of norms and standards prescribed by NCTE.

- (iii) Appointment of teachers shall be so distributed as to ensure the required nature and level of expertise for teaching courses/subjects and activities related to physical education.

Faculty can be utilized for teaching in a flexible manner so as to optimize academic expertise available.

**(iv) Qualifications**

**A. Principal/ Head of the Department/ Teacher-in-charge**

- (i) Academic and Professional Qualifications will be as prescribed for the post of Lecturer.  
 (ii) At least five years of experience as a Lecturer in a physical education teacher training institution

**B. Lecturer**

- (i) M.P.Ed. or equivalent degree with at least fifty five percent marks.  
 (ii) B.P.Ed. with at least 50% marks and eight years experience as Physical Training Instructor/ Physical Education Teacher at school level.

**C. Librarian**

Post graduation degree in library and information science.

**D. Physiotherapist**

Post graduate degree in physiotherapy with specialization in sports physiotherapy.

**E. Specialist part time Faculty (Sports Experts)**

Bachelors'/Masters' degree in physical education with specialization in one game/sport/  
 Bachelor's degree in physical education with Diploma in Coaching in specialized sport in at least one game/ sport

**F. Dietician/ Nutrition Expert - One (Part Time)**

Post graduate degree in nutrition sciences.

**G. ICT Instructor -One (Part Time)**

Post graduate degree in information practices / information sciences.

[Note: In case of composite institution, the Principal and academic, administrative and technical staff shall be shared.]

**5.2 Technical Support and Administrative Staff**

|    |  |   |                 |
|----|--|---|-----------------|
| 1. | Ground-Staff<br>(With knowledge of marking grounds and maintaining sports fields)      | - | Two             |
| 2. | Technical Assistant  | - | One (Part Time) |
| 3. | Office Assistant<br>(With knowledge of working with computers and accounting software) | - | One             |
| 4. | Store Keeper<br>(With knowledge of handling stores)                                    | - | One             |
| 5. | Helpers / attendants   | - | Two             |

**Qualifications**

As prescribed by the concerned Government/ UT State Administration.

**5.3 Terms and Conditions of Service**

The terms and conditions of service of teaching and non-teaching staff including selection procedure, pay scales, age of superannuation and other benefits shall be as per the policy of the State Government/Affiliating body.

**6 Facilities**

**6.1 Infrastructure**

- (i) To provide these facilities, the Management/ Institution shall at the time of making application, have in its possession a minimum of five acre of exclusive well demarcated land either on ownership basis or on lease / from Govt. and building constructed thereupon.
- (ii) There shall be provision of two class rooms per unit of intake, one multi-purpose hall, one multi purpose laboratory, seminar/ tutorial rooms, separate rooms for the principal, faculty members, office for the administrative staff and a store. For every instructional room like classrooms, laboratory, library etc. space shall not be less than 10 sq.ft. (ten square feet) per student. Multi-Purpose Hall shall have the seating capacity for two hundred persons having a total area of 2000 sq.ft. (two thousand square feet).
- (iii) There shall be a multi-purpose field for outdoor sports, with at least two hundred meter track and a hall for gymnastic and indoor games and sports.
- (iv) Safeguard against fire hazard be provided in all parts of the building.
- (v) The institutional campus, building, furniture etc. should be disabled friendly.
- (vi) If necessary, separate hostel for boys and girls shall be provided. In addition, some residential quarters for faculty must be provided.

## 6.2 Instructional

- (i) The institution must have at least five acres of land with proper fencing which shall provide enough space for institutional building and for future expansion and open space for organizing games and sports. Built up area consisting of class rooms etc. shall not be less than 1200 sqm (one thousand two hundred square meter). This may be ensured even in Hilly Regions where the total land may be of less than the required five acres. Built up area for running other courses in combination with D.P.Ed. programme shall be as under-

|                                     |   |              |
|-------------------------------------|---|--------------|
| 1. Only D.P.Ed.                     | - | 1200 Sq.mts. |
| 2. D.P.Ed. plus B.P.Ed.             | - | 2700 Sq.mts. |
| 3. D.P.Ed. plus B.P.Ed. plus M.P.Ed | - | 3900 Sq.mts. |

Additional intake of one unit of D.P.Ed will require additional built up area of 500 sqm (five hundred square meters).

- (ii) There shall be a library equipped with minimum two thousand titles and reference books related to the prescribed courses of study, educational encyclopedias, year books, electronic publications (CD-ROMs) and at least five journals on physical education and related subjects. The library shall have photocopying facility and Computer with Internet facility for the use of faculty and students teachers.
- (iii) Laboratories
  - (a) Education Technology Laboratory Equipments
 

Hardware for projection ad duplication and educational software required for imparting ICT literacy; Public Address System; T.V.; LCD Projector; Display Boards (Three); Movie Camera in the minimum of ten with Internet Connectivity; Music System; Computer System – Two with Printer; Photocopy Machine; GOs/ DVDs/ ROM – Twenty for various Sports/ Games/ Skill Teaching; Smart Boards
  - (b) Anatomy, Physiology and Health Education Laboratory Equipments
 

Human Skeleton – Articulated (One), Disarticulated (Two); Electronic/ Digital/ Lever Based Weighing Machine – One; Anthropometric Kit – One set; Stadiometer – One; Growth Charts and Body System Charts – Ten; Desirable Weight and Height Tables – Two; Skinfold Calipers – Two; Measuring Tape (Steel) – Two; Peak Flow Meter – One; Grip Dynamometer – Two; Flexometer (Sit and Reach Apparatus) – Two; B.P. Apparatus (Sphygmomanometers, Stethoscopes & Stop Watches) – Two

## 6.3 Sports and Field Equipments

The Sports and Field equipments will be classified in following categories:

### (i) Athletics

Measuring Tape (Steel) – 15 m., 30 m., 50 m., 100 m.; Wire for arking the track (fifty meter) - One; Stop Watches – Four; Starting Clapper – One; Stands for judges at finish – Two; Flag poles – Six; Starting blocks – Six; Stop boards – Two; Take off boards – Two; Hurdles – Twenty; High jump

stands - One Pair; High Jump Cross bars - Six; Shot-put for Men & Women - Two each; Discus for men & women - Two each; Hammers for men & women - Two each; Javelin for Men & Women - Six each; Vaulting box for jumping - Two; Relay Batons - Six; Mattress, Weight Training Set (Mats), Landing for High Jump.

(ii) **Sports and Games**

Badminton - Posts, Nets, Racket, Shuttle Cocks; Basketball - Stand and Board, Net, Balls; Cricket - Batting pad, Batting Gloves, Abdominal Guard, Helmet, Wicket Keeping Gloves, Wicket Keepers leg guard, Stumps, Bails, Balls, Tennis Balls; Football - Goal-post, Net, Balls (Mini size 4 No.), Posts with flags; Gymnastics - Vaulting Table / Horse (Men & Women), Parallel Bar (Men), Horizontal Bar (Men), Balance Beam (Adjustable), Balance Beam (Adjustable), Gymnastics Mattresses; Handball - Goal posts, Nets, Balls; Hockey - Goal posts, Net, Balls, Sticks, Goal-keeping kit; Kho-Kho - Poles; Lawn Tennis - Posts, Nets, Balls, Rackets; Table Tennis - Table, Rackets, Balls; Volleyball - Posts, Nets, Balls, Antenna; Weight Training - Rods, Weight Plates 2.5 Kg, 5 Kg, 10 Kg, 15 Kg, 20 Kg, Collars, Benches, Weight Stand, Weight Belts and Weight Jackets; One Multi-gym or separate station wise (at least ten station) ; Judo/Taekwondo/ Wrestling - Mats

(iii) **Equipment for indigenous activities / mass demonstration**

Lezioms; Dumbbells; Flags; Hoops; Wands; Balls; Umbrellas; Skipping Ropes; Music System; Music - CDs/ Cassettes; Material like scarf drill, ribbon, placard etc. for mass display activities; Demonstration/ Display Equipment for martial arts.

**6.4 Cultural Activities**

Suitable and adequate instruments, as and when needed for various activities shall be provided.

**6.5 Miscellaneous**

Other equipment required for major games, minor games, recreational games, relays, combative games and yoga.

**6.6 Amenities**

- (i) Functional and appropriate furniture in required number for instructional and other purposes.
- (ii) The institution shall provide separate common rooms for male and female teacher educators/students-teachers.
- (iii) Sufficient number of toilets, separate for male and female, shall be made available for staff and students.
- (iv) Arrangement may be made for parking of vehicles.
- (v) Safe drinking water be provided in the institution.
- (vi) Effective arrangement be made for regular cleaning of campus, water and toilet facilities, repair and replacement of furniture and other equipments.

[Note: In case of composite institution, the facilities of multipurpose hall, playground, library and laboratory (with proportionate addition of books and equipments) and instructional space may be shared by various programmes.]

**7. Managing Committee**

The Institution shall have a Managing Committee constituted as per the rules of the affiliating University/Concerned State Government, if any. In the absence of such rules, the institution shall constitute the Managing Committee on its own. The committee shall comprise representatives of the sponsoring society/ trust, physical educationists, representatives of the affiliating university and of the staff.

**APPENDIX-7**

**Norms and standards for bachelor of physical education programme leading to Bachelor of Physical Education (B.P.Ed.) Degree**

**1. Preamble**

The Bachelor of Physical Education (B.P.Ed.) programme is a professional programme meant for preparing teachers for physical education in classes VI-X and for conducting physical education and sports activities in classes XI-XII.

**2. Duration and Working Days**

**2.1 Duration**