



Shri Jagdishprasad Jhabarmal Tibrewala University
Chudela, Jhunjhunu (Rajasthan) 333010

Estd: As per UGC Act, 1956 Vide Act No. F2 (5)Vidhi/2/2009 of 05.02.2009, Govt. of Rajasthan

B.P.Ed. Entrance Exam 2024-25

General instruction



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**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 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

a. Duration

The B.P.Ed. Programme shall be of duration of two academic years or of four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date admission to the programme.

b. Working Days

There shall be at least 200 working days per year exclusive of admission and examination etc. The institution shall work for a minimum of 36 hours in a week (five or six days a week.)

3. INTAKE, ELIGIBILITY AND ADMISSION PROCEDURE

3.1. Eligibility

(a) Bachelor's degree in any discipline with 50% marks and having at least participation in the Inter-college/ Inter-Zonal/ District/ School competition in sports and games as recognized by the ALU/IOA/SGFI/Govt. of India.

Or

(b) Bachelor's degree in physical education with 45% marks (B.P.E. Three year degree).

Or

(c) Bachelor's degree in any discipline with 45% marks and studied physical education as compulsory /elective subject.

Or

(d) Bachelor's degree with 45% marks and having participated in National/ Inter university/ State competitions or secured 1st, 2nd or 3rd position in Inter College/ Inter-Zonal/ District/ School competition in sports and games as recognized by the ALU/IOA/SGFI/Govt. of India.

Or

- (e) Bachelor's degree with participation in international competitions or secured 1st, 2nd or 3rd position in National / Inter-University competition in sports and games as recognized by respective federations/ ALU/IOA/SGFI/Govt. of India.

Or

- (f) Graduation with 45% marks and at least three years of teaching experience (for deputed in-service candidates i.e. trained physical education teachers/ coaches)

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

3.2. Admission Procedure

Admission shall be made on the basis of marks obtained in the entrance examination (physical fitness test and marks obtained in the qualifying examination).

3.3. Fees

The institution shall charge only such fee as prescribed by the affiliating body/ State Govt. concerned in accordance with provisions of NCTE (Guidelines for Regulations of tuition fees and other fees chargeable by unaided teacher education institutions) Regulations 2002, as amended from time to time and shall not charge donation, capitation fee etc. from the students.

3.4. Age

The basis of minimum and maximum age calculation for admission in B.P.Ed is 30th June 2024. As on June 30, 2024, minimum age is 18 years and maximum age for male (general category) is 28 Year, General Category Female, Scheduled Caste, Scheduled Tribe, Economically Weaker Section, Other Backward Class (Male and Female) 33 years, serving physical education teacher 45 years and ex-serviceman 40 years.

3.5. Students appeared in the final year can also apply (condition apply)

4. Curriculum, Programme Implementation and Assessment

4.1. Curriculum

The B.P.Ed. programme shall be designed to integrate the study of childhood, Social context of physical education, subject knowledge, pedagogical knowledge, aims of physical 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 determined by the affiliating

body. It shall be in broad alignment with the curriculum framework suggested by NCTE (revised from time to time) for the state or region concerned.

ICT, gender yoga education, and disability/inclusive education shall form an integral part of B.P.Ed. curriculum.

(a) Theory courses

The theory Courses shall comprise of courses on perspectives in Physical Education curriculum and sports and games pedagogy . The theory course in the 1st year shall include History, Principles and foundations of physical Education, Anatomy and physiology health education and environmental studies, yoga education educational technology and methods of teaching organization and administration sports training, computer applications, theory of sports and Game officiating and coaching and in the 2nd year shall include contemporary issues in physical education fitness, wellness, Olympic movement Nutrition and weight management sports psychology and sociology kinesiology and biomechanics sports medicine physiotherapy and rehabilitation measurement and evaluation sports management and curriculum design research and statistics and research project.

(b) Practicum

The practicum course shall be designed to give opportunity to acquire professional skills and capacities in various games sports and physical activities suitable to school children. it includes track and 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 like boxing fencing judo karate Markham martial arts taekwondo wrestling recreational/ Minot games like relay games group games minor games lead up games indigenous sports like kabaddi kho-kho activities of National importance like flag hoisting march past ceremonies opening closing victory camping picnic hiking trekking mass demonstration activities like lezim dumb-bell umbrella tapir wand hoop or any other apparatus.

(c) School Internship

The B.P.Ed. Programme provides for sustained field work with learners and the school thereby creating congenial atmosphere. the includes teaching basic skills and games and indigenous school internship / teaching practice incudes community engagement the school internship teaching practice programme shall have the following components.

- (a) A minimum of 30 lessons out of which 20 shall be in schools and 10 lessons shall be coaching in the college institution department itself.
- (b) The institution shall have easy access to sufficient of recognized elementary schools for field work and practice teaching related activities of student teachers it is desirable that it has an attached secondary school of its own the institution shall obtain undertaking from schools willing to provide facilities for practice teaching.

4.2 Programme Implementation

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

- (c) Prepare a calendar for all activities including school internship the school internship and other school contact Programmes shall be synchronized with the academic calendar of the school.
- (d) 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 contract point for all practicum activities and related work during the course of the programme the district block office of the state education department mat allot schools to different ties.
- (e) Initiate discourse on physical education and yoga education by periodically organizing seminars seminars debates lectures and discussion groups for students and faculty.
- (f) organize academic enrichment programs including interactions with faculty from parent disciplines encourage faculty members to participate in academic pursuit and pursue research especially in elementary and secondary schools provisions of leave mat be made for faculty to undertake research/ teaching in universities and schools
- (g) Adopt participatory teaching approach in the classroom to help students develop reflective thinking and critical questioning skills students shall maintain condoning and comprehensive evaluation reports and observation records, which provide opportunities for reflective thinking.
- (h) The development of resources for the school must be emphasized and a partnership between the teacher Education institute and the school must be fostered through both the curriculum and the running of the of the teacher education institute of physical education.
- (i) There shall be mechanisms and provisions in the institution for addressing complaints of

the students and faculty and for the grievance education.

- (j) For school internship the tells 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 30% marks may be assigned for continuous internal assessment, 70% for tern-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 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. Reservation (As Per State Govt. Policy)

- 1- Candidates of Schedule Caste of Rajasthan – 16%
- 2- Candidates of Schedule Tribe of Rajasthan – 12%
- 3- Candidates of Other Backward Class of Rajasthan – 21%
- 4- Woman Candidates of Rajasthan – 20% (08% for Widow and 02% for Divorced)
- 5- In Service or Ex Service defense personal and their dependents – 05% (horizontal basis)
- 6- Candidates of Economic weaker section of unreserved category of Rajasthan – 10%
- 7- Candidates of Main backward class – 05%

Compulsory to Pass Physical Fitness Test or Canadian Test for B.P.Ed. Admission

PHYSICAL FITNESS TEST

Gender	Time	Distance
Male	12 minute	2200 meter
Female	12 minute	1800 meter

Or

CANADIAN TEST

Gender	Time	Distance	Events/ Activities in a sequence
Male	32 Second	75 meter	<ol style="list-style-type: none"> 1. 10 feet long jump. 2. Seven times crossing over the width of 5 feet river/pit. 3. Vaulting Horse of 4 feet 8 inches height. 4. Forward roll on mat. 5. Crossing over the hurdle of 3 feet height. 6. Carrying two buckets of sand upto finishing line 25 meters away.
Female	35 Second	70 meter	<ol style="list-style-type: none"> 1. 8 feet long jump. 2. Five times crossing over the width of 4 feet river/pit. 3. Vaulting Horse of 3 feet 2 inches height. 4. Forward roll on mat. 5. Crossing over the hurdle of 2 feet height. 6. Carrying two buckets of sand upto (2/3 filled) finishing line 20 meters away.

6. Merit will be based on 100 marks

- (a) Graduation Examination (60% of scored marks) – 60 marks
- (b) C.P.Ed. or one year coaching diploma in any game - 05 marks
- (c) Marks of sports certificate – 35 marks

Sr. No.	Level Of Sports Certificate	Marks
1	First position at the National level of All India Inter University/ School Games Federation of India (SGFI)	35
2	Second position at the National level of All India Inter University/ School Games Federation of India (SGFI)	30
3	Third position at the National level of All India Inter University/ School Games Federation of India (SGFI)	25
4	Participation at the National level of School Games Federation of India (SGFI)	20
5	First position at the National level of Inter Zonal Inter University/ School State Level/ KVS/ NVS/ IPS/CBSE	20
6	Second position at the National level of Inter Zonal Inter University/ School State Level/ KVS/ NVS/ IPS/CBSE	15
7	Third position at the National level of Inter Zonal Inter University/ School State Level/ KVS/ NVS/ IPS/CBSE	13
8	Participation at the National level of All India Inter University/ Inter Zonal Inter University/ School State Level/ KVS/ NVS/ IPS/CBSE	12
9	First Position at Inter College/ School District Level/ KVS/ NVS/ IPS/ CBSE (Regional or Cluster Level)	10

10	Second Position at Inter College/ School District Level/ KVS/ NVS/ IPS/ CBSE (Regional or Cluster Level)	08
11	Third Position at Inter College/ School District Level/ KVS/ NVS/ IPS/ CBSE (Regional or Cluster Level)	06
12	Participation at Inter College/ School District Level/ KVS/ NVS/ IPS/ CBSE (Regional or Cluster Level)	04

7. Schedule of Compulsory to pass Physical Fitness Test or Canadian Test for B.P.Ed. Admission; It comprises of two phases for 50+50 seats.

PHASE-I (50 SEATS)

Scrutiny of Admission Application Form	First week of May, 2024
Physical Fitness Test or Canadian Test	Second week of May, 2024
Merit List after result	Third week of May, 2024

PHASE-II (50 SEATS)

Scrutiny of Admission Application Form	First week of July, 2024
Physical Fitness Test or Canadian Test	Second week of July, 2024
Merit List after result	Third week of July, 2024