

संश्लेषित

ORDINANCE NO. 63

Sec. 37(ii) and Sec. 39 (i)


Nomenclature of course: Certificate in Aerobics & Fitness

This ordinance contains the eligibility rules, criteria of admission, course structure and scheme of examination for Certificate in Aerobics & Fitness

1. Eligibility Rules

- 1.1. Only those candidates shall be eligible to apply for admission to this course who have successfully passed their graduation from Jiwaji University or any other Indian universities or foreign University, whose courses of graduation are equivalent to the graduation course of Jiwaji University and are recognized by competent body of Jiwaji University Gwalior.
- 1.2. The applicant should have secured minimum of 40% marks in graduation examination, which shall be considered as the minimum educational qualification for admission in the Certificate in Aerobics & Fitness. A relaxation of 5 % marks shall be given to those applicants who have represented India at International level competitions or should have won Gold medal, silver medal or Bronze medal at national or All India Interuniversity level respectively in any game or sports dully recognized by Indian Olympic Association (IOA) or Association of Indian Universities, Delhi.
- 1.3. The Applicant should be medically fit and must submit a medical fitness certificate certifying that the candidate is medically fit to undergone vigorous physical training and is not suffering from any major disease. The certificate should be issued by the registered medical practitioner at the time of submission of application.
- 1.4. The reservation for SC, ST, OBC, and Women candidates and candidates belonging to freedom fighter category shall be in accordance with prevailing rules of Govt. of Madhya Pradesh from time to time.

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- 1.5. The married women shall be also eligible for admission to this course, but if a woman candidates admitted to this course reaches the stage of pregnancy during the academic session, she will have to discontinue her studies for that particular session and shall be allowed to continue her studies next year.
- 1.6. Candidates expelled from any college or dismissed from GOVT. service on disciplinary grounds and those who are known to have been involved in acts of crime and gross indisciplinatory or misbehavior will not be eligible for admission.
- 1.7. The admissions shall be granted to the candidates on their own risk and responsibility as per details furnished by them in the application form. If it is noticed that admission has been obtained by any candidates by giving incorrect or false or concealing of information or oversight, the admission granted will be cancelled and the candidates shall be asked to leave the course immediately after of settlement of the accounts.

2. Criteria of Admission

The criteria of admission shall include the following tests.

- 2.1. **Written test of sport general knowledge:** - Max. 100 Marks.
The written test is to test the ability and aptitude of a candidate in sports general knowledge about sports and physical education. The test shall be objective and shall be of one hour duration. In the written test, the candidate shall be required to score a minimum of 40% marks.
- 2.2. **Motor Fitness test:** - Max. 100 Marks.
Each candidate shall be required to give his or her performance in the following motor fitness test items. The Motor Fitness Test shall be conducted and evaluated by five member's core committee of experts in physical education. Each item shall be of maximum 20 marks.

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Sr. No	Level of participation	Allocation marks
1	Gold medalist of International sports competition	30 marks
2	Silver medalist of International sports competition	25 marks
3	Bronze medalist of International sports competition	20 marks
4	Participation at international sports competition as member of Indian team	15 marks
5	Gold medalist of national sports championship	14 marks
6	Silver medalist of national championship	12 marks
7	Bronze medalist of National championship	10 marks
8	Participation at national championship or Gold medalist of All India Inter university level	10 marks
9	Silver medalist at all India Inter university level	8 marks
10	Bronze medalist at all India Inter university level	6 marks
11	Participation at all India interuniversity or zonal intervarsity championship.	5 marks
12	Gold medalist of inter collegiate championship of any university	3 marks

2.7 **Medical fitness test: -**

All the candidates who have qualified in all the admission tests as mentioned below and whose names are in the merit list shall be required to undergo the medical fitness test to be conducted by Jiwaji University medical doctor or by a medical board constituted by university for the said purpose if any candidate not found medically fit shall not be eligible to join the course.

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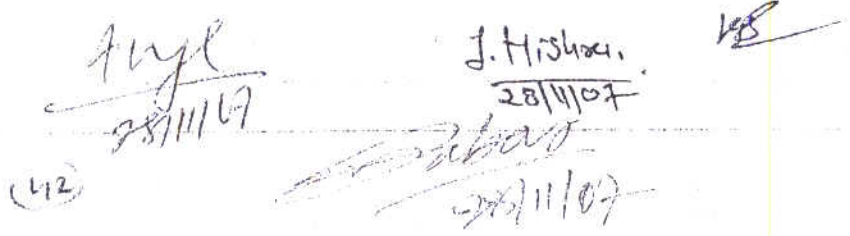
- 2.2.1. 50 M Run test.(Test of speed)
- 2.2.2. Shot-put throw with both hands in backward direction above head. (Test of explosive strength of shoulders and back)
- 2.2.3. Standing Board Jump test. (Test of explosive strength of legs)
- 2.2.4. Shuttle Run test of 4X10 M(Test of agility)
- 2.2.5. 600 M. Run and Walk test. (Test of cardiovascular endurance)

The candidate shall be required to score a minimum of 40% marks in this test.

2.3. **Group discussion:** - Max. 10 Marks.
 Each candidate shall be required to take part in group discussion on a topic randomly assigned by a panel of three experts of physical education. Each candidate shall be evaluated for his or her group discussion ability for a maximum of 10 marks. The average of three expert rating shall be taken as the score for group discussion.

2.5 **Personality test cum interview:** - Max. 10 Marks.
 Each candidate shall be required to face interview committee consisting a panel of three experts of physical education for personality test cum interview. The candidate shall be awarded marks out of maximum of ten marks. The average of three expert rating shall be taken as the score for personality test cum interview.

2.6 **Weightage for Personal sport achievements:** -
 The allocation of marks for personal sports achievements shall be on the basis of production of original sports merit certificate about the level of participation by the candidate in any of the games or sports which have been recognized by Indian Olympic Association (IOA) and Association of Indian Universities, Delhi. The candidate shall be awarded marks for highest sports participation or sports achievement only for one game or sports in which he or she has highest achievement. The marks shall be awarded on the basis of norms given below.



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3. Course structure for Certificate in Aerobics & Fitness :-

- 3.1 The course structure for C.A.F. shall be divided mainly into two parts ie.
Part A - Theory
Part B - Practical
- 3.2 The Certificate course in Aerobics & Fitness shall be of six month duration, consisting of one semester.
- 3.3 The semester shall be approximately of 100 days. A candidate shall be required to put up minimum of 85% attendance in each theory paper, practical paper, teaching ability paper & in sports specialization separately during the course. The attendance shall be reckoned in terms of working days. A candidate who does not fulfill 85% attendance shall not be eligible to appear in the annual examination.
- 3.4 There shall be two theory papers and one practical paper for this course. The subject and distribution of marks in each course contents shall be as follows:

Part A - Theory

Theory Papers

Course no.	Nomenclature of Subject Papers	Semester Examination Max. Marks	Internal Assessment Max. Marks	Grand total
AEROT01	Physiology of Aerobics & Fitness	80	20	100
AERO02	General Theory of	80	20	100

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	sports training & Measurement of Fitness and Aerobics			
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Part B - Practical
Practical Paper :-

Course no.	Nomenclature of Practical Paper	Semester Examination Max. Marks	Internal Assessment Max. Marks	Grand total
AEROP01	Practical Training in Aerobics and Fitness	160	40	200

4. SCHEME OF EXAMINATION

- 4.1 The scheme of examination shall be based on internal assessment as well as on external examination i.e. University semester Exam.
- 4.2 For each theory subject paper/course in semester, there shall be three internal assessment tests to be conducted by the respective teachers teaching respective subjects. The two best test of the internal assessment out of three, shall be considered for internal assessment. Each test shall be of 10marks each.
- 4.3 The Candidate shall be required to secure a minimum of 40% marks in individual course / subject paper in order to pass in the internal assessment test.

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4.4 For each practical subject paper/course, the internal assessment test shall be conducted by the respective teacher teaching respective subject paper. The evaluation of the practical paper by the internal examiner shall be based on the following criteria: -

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|--|----------|
| (a) Evaluation of Sports Skills/Techniques of the Game | 10 Marks |
| (b) Evaluation of Playing ability/Sports Performance | 10 Marks |
| (c) Evaluation of Knowledge of Rules of Game/Sports | 10 Marks |
| (d) Evaluation of Written Project Report (to be submitted by students) | 10 marks |

Total Marks 40

4.5 For each practical subject paper/course, the external examination shall also be conducted by the external examiner dully appointed by the University. The evaluation of the practical paper by the external examiner shall be based on the following criteria: -

- | | |
|---|----------|
| (a) Evaluation of Sports Skills/Techniques of the Game | 40 Marks |
| (b) Evaluation of playing ability/Sports Performance | 40 Marks |
| (c) Evaluation of Knowledge of Rules of Game/Sports | 40 Marks |
| (d) Evaluation of Written Project Report
(to be submitted by students) | 40 Marks |

Total Marks 160

4.6 The Candidate shall be required to secure a minimum of 40% marks in the practical subject paper/course in order to pass in the internal assessment as well as external examination.

4.7 A student failing in one theory or practical examination shall be eligible to appear in supplementary examination in the paper in which he/she has failed in the next academic year.

4.8 The result of C.A.F. examination shall be given separately in the Certificate under two separate Heads, i.e. Part A - Theory, and Part B - Practical.

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4.9 To pass in theory and practical a candidate must secure a minimum of 40% marks in each theory examination separately.

4.10 The first, second and third division and distinction shall be awarded to the successful candidate on the basis of percentage of marks one has obtained in examination of C.A.F. The criteria shall be as follows: -

- a) DISTINCTION - 75% Marks and above in the subject paper Concerned.
- b) FIRST DIVISION - 60% Marks and above of the aggregate, but Below 75% Marks
- c) SECOND DIVISION - 45% Marks and above of the aggregate, but Below 60% Marks
- d) THIRD DIVISION - 40% Marks and above of the aggregate, but Below 45% Marks

4.11 The overall division of C.A.F. Candidate shall be decided on the basis of the combined aggregate marks of theory and practical.

4.12 An Examinee, who fails by a total of not more than three marks in any one subject paper in the examination but secures more than the minimum aggregate of 40% marks required to pass in each paper, shall be eligible to get three grace marks to enable him to pass the examination. Anything not covered under this ordinance shall be in accordance with the decision of executive council of Jiwaji University.

5. No. of Seats in CAF

The number of seats in CAF in each Institute, SOS JU or college affiliated to Jiwaji University, Gwalior shall be in accordance with the norms of NCTE or Department of Higher Education, Govt. of Madhya Pradesh or Executive Council of Jiwaji University, Gwalior, or any other regulatory body as created and maintained by govt. of India for this purpose.

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Ordinance No. 63 - Certificate course in Aerobice and
Fitness. (C.C.A.F.)

RULES OF ADMISSION FOR CERTIFICATE COURSE IN
AEROBICS AND FITNESS (CCAF)

Admission requirement and procedure for admission
in Certificate course in Aerbic and Fitness (6 months)
After graduation at School of Studies physical Education
and Sports Sciences shall be as follows :

1. ELIGIBILITY RULES

- 1.1 The applicant must be graduate of Jiwaji University or any other university of India whose courses are equivalent and are recognised by Jiwaji University shall be eligible to apply for admission to this course.
- 1.2 The applicant should have secured atleast 40% marks in graduation examination, which shall be considered as the minimum educational qualification for admission in the Certificate Course in Aerobic and Fitness. A relaxation of 5% marks shall be given to those applicants who have respresented India at International level Competitions duly recognised by Indian Olympic Association (I.O.A.).
- 1.3 Applicant must qualify the Medical test of this University before joining this course.

In case of inservice candidates, the age limit shall be relaxable upto 35 years. Inservice candidates have to obtain necessary permission from the competent authority and have to take leave from the parent Deptt. to complete the course. The no objection certificate has to be submitted before the Entrance Examination.

1.5 There shall be 30 seats only in each CCAF and BPED course, which may be increased on the recommendation of Vice-Chancellor.

1.6 Reservation for SC/ST candidates and candidates belonging to Freedom fighter category shall be in accordance with the rules prevailing in the University from time to time. However, if the candidates in these categories are not available, the vacancies shall be filled with General candidates who have qualified in the admission test and are in merit.

1.7 Married women are also eligible for admission to both the courses, but if a woman candidate admitted to these courses reaches the stage of expectancy during the course, she will have to discontinue her studies for that particular session and shall be allowed to continue her studies next year.

1.8 Candidates expelled from any other college 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 misbehaviour will not be eligible for admission.

1.9 Admission is granted to the candidates on their own risk and responsibility as per details furnished by them. If any time, it is noticed that admission has been obtained by any candidate by giving incorrect or false or concealing information or oversight, the admission granted will be cancelled and the candidate shall be asked to leave the dept. forth with after testing the accounts.

2. CRITERIA OF ADMISSION

2.1 MEDICAL FITNESS TEST

Each candidate will be medically examined by the University Medical officer and only those found fit will be admitted to these courses.

2.2 WRITTEN TEST OF SPORTS GENERAL KNOWLEDGE Total 75 Marks

In the written test, a candidate should score a minimum of 40% marks. The written test is to test the ability and aptitude of a candidate in general knowledge about Sports, Aerobics and Phy. Edu. The test shall be of one hour duration.

5.	Gold medalist at National Championship	20 Marks
6.	Silver medalist at National Championship	15 Marks
7.	Bronze medalist at National Championship	10 Marks
8.	Participation at National Championship or Gold Medalist at/All India/Interversity.	05 Marks
9.	Silver Medalist at/All India/Interversity	04 Marks.
10.	Bronze Medalist at/All India/Interversity	03 Marks
11.	Participation at/All India/West Zone Interversity Championship - First place of the team	02 Marks
12.	Gold Medalist of Inter collegiate Championship of any University	01 Marks

IMPORTANT NOTE :

1. The marking for practical Motor fitness test shall be done in accordance with the norms developed and revised by the School of Studies from time to time.
2. For personal sport achievement, the candidate shall be awarded marks only for the highest performance in any one of the game he has played.

ADMISSION LIST

The lists of candidates qualified [N 30] on the basis of merit to be admitted to these courses will be put up on the notice board soon after the completion of admission tests. Candidates therefore should come fully prepared to join the course if selected. Admission will be confirmed only on payment of tuition fees and other dues, within 3 days of admission in cash or in the form of crossed bank draft in favour of Registrar, Jiwaji University, Gwalior payable at Central Bank of India, Jiwaji University, Gwalior. Non payment of fees or failure to report on prescribed dates will automatically cancel the admission.

If some vacancies arise later on, the order of merit will be strictly followed from the remaining candidates and only those who have obtained atleast 40% of marks will be considered for admission.

Admission to these course will close on the 14th August, 1995 for those who are to be admitted from the waiting list. No admission will be made after this date.

COURSE STRUCTURE FOR CERTIFICATE IN AEROBICS & FITNESS

The Certificate course in Aerobics and fitness shall be of six month duration, consisting of one Semester.

The Semester shall be approximately of 90 working days.

There shall be two theory and one practical papers for this course. The Subjects and distribution of marks in each course contents shall be as follows :-

COURSE	COURSE TITLE	INTERNAL ASSESMENT	FINAL EXAM.	GRAND TOTAL
AERO 01	Physiology of Aerobic & fitness	60	140	200
AERO 02	General theory of sports Training and Tests & Measurement of fitness and Aerobics.	60	140	200
Practical Course.				
AERO 03	Practical Training in Aerobics and fitness.	120	280	400

IMPORTANT RULES :-

The School of Studies can make any change in the scheme, particularly in respect of the courses prescribed in view of the changing dynamics of Phy. Education and sports on one hand and keeping in mind the requirements of the jobs on the other.

The Jiwaji University reserves the right to run or not to run any of the course as advertised and proposed.

MEDIUM OF INSTRUCTION AND EXAMINATION

The medium of instruction shall be English however the medium of examination for courses shall be both English and Hindi.

ATTENDANCE AND EXAMINATIONS

These course are purely professional in nature and each student is expected to put in 100% attendance separately in theory and practicals. Any absence without prior permission or in absence of valid reasons will amount to an act of indiscipline. However, leave may be sanctioned on account of illness, injury or other similar reasons which should not exceed 15% of total classes. The Deptt. of Phy. Education has about 18 working days in a year. If student remains absent in more than 12 classes in each subject/activity his/her name will be removed from the rolls of the course. Such students will have to keep fresh term at the beginning of the respective class in the next academic year. Attendance will be counted from commencement of the session irrespective of the dates of admission of individual student.

CONDUCT AND DISCIPLINE

Students are expected to maintain excellent conduct both inside and outside the Deptt. of Phy Edu., Jiwaji University and hostels. They will be supplied with a copy of Rules on admission of the Deptt. of Phy. Edu., Breach of Deptt/University. Rules result in disciplinary action including expulsion or rystication from the University. The University reserves the right to make any change in these rules at any time which will be notified to the students for compliance.

SCHEME OF EXAMINATION

The Scheme of Examination shall be based on internal assessment as well as on external examination University Semester exams. The Scheme of internal assessment is as follow -

- [i] In each semester and for each theory subject/course there shall be three internal assessment test to be conducted by the teachers teaching respective subject.
- [ii] Two best class tests of three test shall be considered for internal assessment.
- [iii] Candidate shall be required to secure atleast a minimum of 70 marks in individual course/subject in order to pass the internal assessment.
- [iv] In case of practical papers the Examination shall be conducted by the respective teacher in which practical test and playing ability shall be of 70 marks and written test shall be of 30 marks.
- [v] A candidate must put in each semester a minimum of 85% of attendance on theory and practical classes separately and the attendance shall be reckoned in terms of working days, lectures and practical attended by the candidate separately.
- [vi] In order to get promotion to the next Semester, candidates will have to clear at least 50% courses out of the courses of the concerning Semester. The remaining courses [back papers] have to be cleared by him/her in the next Semester alongwith Second Semester Examination.
- [vii] An Examinee who has failed in more than two papers in main Examination or in internal assessment test shall be required to register himself/herself for doing the seasonal work/university examination at the school of studies on payment of a fresh fees of Rs. 100/- for each subject for Examination.

The internal assessment awards of a candidate who fails in University Examination shall be carried forward to the next year Examination.

In case a candidate fails in any of the Semester examinations shall be allowed one attempt more to clear the course. However if a candidate fails to pass in semester examination even after one additional attempt other than the original one, he/she will be required to leave the course.

The result of the examination shall be given separately in the Degree certificate under three Heads i.e. part A-Theory, part B - Practical and part C- Project work.

To pass in Theory, practical and project work, a candidate must secure at least 40% marks in each theory, practical and project work separately.

The division shall be awarded to the successful candidates on the following criteria :

- a) DISTINCTION - 75% and above in the paper concerned.
- b) FIRST DIVISION - 60% & above of the aggregate marks, but below 75%
- c) SECOND DIVISION - 45% and above but below 60%
- d) THIRD DIVISION - Above 40% but below 45%

An Examinee, who fails by a total of not more than three marks in any one paper in any of the semester examination but secures more than the minimum aggregate 40% marks required including sessional marks in each paper, shall be given three grace marks to enable him to pass the examination. Private candidates shall not be allowed to appear at the BPE and CCAP examination. The candidates who appear at these examinations and fails shall however be permitted to appear at semester Examinations as ex-student.