

# SPORTS & PHYSICAL EDUCATION

## CAREER GUIDE 2025



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BA / B.Com. / BBA / For students wishing to pursue Bachelor of Physical Education and Sports or B.Sc. in Sports related fields after 12th in India

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## Terms of Use

1. Utmost care has been taken to ensure the proper checking of the information and compilation. In case of any discrepancy, please write to us at [info@mohitmangal.com](mailto:info@mohitmangal.com) or WhatsApp us on the link given below.
2. For the latest updates, we strongly urge you to check and rely on the actual website of the College / Univ. or the test conducting body given in the Book.
3. The list of colleges provided for different courses are limited and not exhaustive. Few lists are ranked and other lists are in alphabetical order of the states.
4. The Ranking of colleges given in the book are based on the 20 Years of experience in the education sector of the Authors. The ranking given is the true understanding and view point of the authors and may differ with others.
5. The Compiled Content including degree nomenclatures, entrance exams details, website addresses etc. in the book has been gathered from various authentic sources like Ministry of Education (MoE), Higher Education Commission of India (HECI), University Grants Commission (UGC), All India Council for Technical Education (AICTE) and National Council for Teacher Education (NCTE), Individual College / University or Institution websites, etc. This data is being used for educational and information giving purpose. The author acknowledges all sources whether mentioned or otherwise.
6. Few abbreviations which are used in the Compilation: PI (Personal Interview), GD (Group Discussion), SA (Skill Assessment), WAT (Written Ability Test), MP (Micro Presentation), SOP (Statement of Purpose), RPT (Remote Proctored Test)
7. Please Note that the Dates mentioned are tentative according to current/previous Schedule of Entrance Exams. For detailed information on the same, kindly visit the mentioned website under every test.

## What is Physical Education & Sports?

A Physical Education and Sports Program is designed to provide students with a well-rounded education that focuses on skill development, teamwork, and physical fitness. It offers opportunities for students to engage in various activities, including lead-up games, team sports, and physical conditioning exercises. Through these activities, students learn the rules, techniques, and strategies associated with different sports, while also gaining exposure to individual sports that encourage lifelong physical activity.

The program emphasizes key values such as cooperation, leadership, fair play, and friendly competition, fostering both physical and social development. By participating in a diverse range of activities, students not only enhance their physical abilities but also cultivate important life skills that contribute to their overall well-being.

## Career Prospects after Physical Education & Sports

### TECHNICAL CAREERS

#### Athletic Trainer

Athletic trainers specialize in the prevention, diagnosis, and treatment of sports-related injuries. They work closely with athletes to manage injuries and ensure a safe return to physical activity, often working in schools, universities, and professional sports teams.

#### Athlete Development Specialist

An Athlete Development Specialist is a professional who focuses on guiding and supporting athletes in their overall development, both physically and mentally, to help them achieve peak performance. They work with athletes at various levels, from beginners to elite competitors, and assist in their training, performance enhancement, injury prevention, mental conditioning, and personal growth.

#### Athlete

An athlete is an individual who engages in physical activities or sports, typically as a profession or as part of a structured training regimen, to compete or improve their physical performance. Athletes participate in a wide variety of physical disciplines, from individual sports (like running, swimming, or gymnastics) to team sports (such as football, basketball, or soccer). They typically possess specific skills, physical attributes, and a commitment to training in order to excel in their chosen sport.

#### Biomechanist

Biomechanists study human movement, focusing on how the body moves during physical activity. They use advanced technology like motion analysis to assess and improve athletic performance, as well as prevent injuries by optimizing movement mechanics.

#### Coach

A coach in physical education is an individual who provides instruction, training, and guidance to students or athletes to help them improve their physical fitness, sports skills, and overall well-being. Coaches in physical education (PE) are typically responsible for teaching physical education classes, coaching sports teams, and fostering a positive, inclusive environment for students to develop physical and social skills.

### Exercise Instructor

Fitness trainers and instructors are professionals who leads and teaches physical activities to individuals or groups, helping them improve their fitness, strength, flexibility, and overall health. They may work in various settings such as schools, fitness centres, sports clubs, or private practice, guiding clients or students through structured exercise routines.

### Exercise Physiologist

Exercise physiologists study how the body responds to physical activity and use this knowledge to develop exercise programs. They often work in rehabilitation, helping individuals recover from injuries or chronic conditions, or in sports settings to optimize athletic performance.

### Physical Trainer

A personal trainer designs and implements exercise programs to help individuals or groups improve their physical fitness, strength, and overall health. They may work with athletes, students, or general fitness enthusiasts, guiding them through customized workout plans and providing education on maintaining a healthy lifestyle.

### Rehabilitation Specialist

Professionals in this field help athletes recover from injuries by using physical therapy techniques, exercise programs, and rehabilitation strategies to restore movement, strength, and flexibility.

### Sportsperson

A sportsperson is geared towards achieving as much success as possible within a particular sport or event. A great deal of talent is required in order to maintain a full-time career. Sportspeople compete at varying levels, from amateur, to semi-professional and professional.

### Sport scientist

Sports scientists apply principles of biology, physiology, and biomechanics to improve athletic performance. They analyse athletes' movement, provide advice on training techniques, and help prevent injuries.

### Sports Nutritionist/Dietitian

Nutritionists specializing in sports provide athletes with personalized dietary advice to optimize performance, aid recovery, and maintain health. They use their expertise in

sports science to design nutritional plans tailored to the needs of individual athletes or teams.

#### Sports Psychologist

Sports psychologists focus on the mental and emotional aspects of athletes' performance. They use psychological techniques to help athletes overcome performance anxiety, increase motivation, and enhance focus and mental resilience.

#### Sports Technologist

Sports technologists work with cutting-edge technology such as wearables, sensors, and data analytics to monitor athletes' performance. They may be involved in developing sports equipment, tracking systems, or software used for performance analysis.

#### Sports Equipment Designer/Engineer

Engineers specializing in sports equipment design work to develop innovative products that enhance performance and safety. This may include designing equipment such as shoes, clothing, protective gear, and high-tech performance tools.

#### Sports Data Analyst

Sports data analysts use data analytics and statistical methods to evaluate player performance, game strategies, and team dynamics. They work with sports teams and coaches to provide insights that can lead to improved strategies and outcomes.

#### Sports Officials

Umpires, referees, and other sports officials preside over competitive athletic or sporting events to help maintain standards of play. They detect infractions and decide penalties according to the rules of the game.

Sports officials are responsible for maintaining the integrity of sporting events by enforcing the rules, detecting infractions, and deciding penalties. They also promote healthy competition between teams and individuals

#### Strength and Conditioning Coach

Strength and conditioning coaches work with athletes to develop physical strength, speed, endurance, and overall fitness. They use exercise science principles to create effective workout plans and track the athlete's progress.

## MANAGERIAL CAREERS

### Athletic Director

The primary responsibility of an athletic director is to oversee all aspects of the athletic programs that are sponsored by a school or an institution. This includes the hiring of staff and coaches, ordering equipment for teams, promoting events, matches, and meets.

### Equipment Manager

Sports equipment managers are responsible for maintaining, ordering, and inventorying athletic equipment and apparel. They deal with everything from fitting football shoulder pads to sharpening hockey skates to doing the team's laundry.

### Event Coordinator

The Event Coordinator oversees all aspects of event planning and management, including internal and external events. Responsibilities for the Event Coordinator include meeting with clients to work out event details, plan with the client, scout and book locations, food, entertainment, staff and cleanup.

### Facilities Manager

A facilities manager is a job role that is responsible for making sure that buildings and their services meet the needs of the people that work in them. Facilities managers are accountable for services such as cleaning, security and parking, to make sure the surrounding environment is in a suitable condition to work.

### Fitness Manager

Fitness managers are responsible for seeing that the administration and organization of a fitness club goes smoothly, from scheduling personal trainers to keeping up with and demonstrating continuing education.

### Sport Agent

A sports agent is a legal representative for professional sports figures such as athletes and coaches. They procure and negotiate employment and endorsement contracts for the athlete or coach whom they represent.

### Sport Scout

Athletic scouts work for sports teams as talent evaluators. They watch athletes perform at



the high school, college and professional levels to determine the talent, potential and style of the players.

#### Sports Manager

Sports managers handle the basic organization and scheduling of their clients. Both individual athletes and entire organizations hire sports managers to see that everything off the field goes smoothly.

#### Sports Event Manager

Event managers specializing in sports organize and manage sporting events, from local competitions to large international tournaments. They oversee logistics, operations, and technical aspects to ensure a smooth, well-executed event.

#### Stadium Manager

The Stadium Manager has full responsibility for all Stadium departments including; Operations, Facilities, Maintenance, Stewarding, Security, Pitch, Event Management and Millennium Stadium Tours.

### ALLIED CAREERS

#### Business Development Coordinator

Business Development Coordinators are responsible for maintaining good relationships with current clients while simultaneously building new client relationships and generating fresh sales.

#### Contract Administrator

Contract Administrator responsibilities include Preparing sales and purchase contracts, negotiating contract terms with internal and external partners, Reviewing and updating existing contracts.

#### Contract Negotiation Manager

Responsibilities of the Contracts manager include the financial monitoring and control of the contracts, ensuring Health, Safety, and Foreseeing if Environmental and Quality compliance is maintained and the Company's procedures and objectives are achieved.

#### Marketing Consultant

Sports Marketing Professionals work to promote sporting events, teams, and players, as well as a variety of services and products connected to those teams.

#### Public Relation Manager

PR managers create and maintain a favorable public image for their employer or client by communicating programs, accomplishments and/or points of view.

#### Sports Commentator

In sports broadcasting, a sports commentator (also known as sports announcer, sports caster or play-by-play announcer) gives a running commentary of a game or event in real time, usually during a live broadcast, traditionally delivered in the historical present tense.

A Sports Commentator is a professional who provides live commentary, analysis, and play-by-play descriptions of sports events for an audience, typically through television, radio, or digital platforms. Their role is to keep the audience informed and engaged by offering insights into the game, explaining the rules, analyzing players' performances, and providing background information about the teams, athletes, or sports in general.

#### Sports Lawyer

A sports lawyer's job is to act as both a Lawyer and an Agent, representing the legal and financial interests of clients, which include Players, Coaches, and teams.

A sports lawyer is a legal professional who specializes in representing athletes, sports teams, leagues, and other organizations within the sports industry. They handle a wide range of legal issues that arise in the world of sports, including:

Contract negotiation, Dispute resolution, Intellectual property, Image rights, Tax law, Anti-doping regulations, Agent regulations, Labor law

#### Manufacturing Sports Equipment

Start up with the manufacturing company of wide ranges of Athletics Equipment and Clothing. Deal with import and exports of Sports Equipment.

### **GOVERNMENT RELATED JOB OPPORTUNITIES**

#### Indian Civil Services

The Civil Services Examination is used for recruitment for many Indian administrative bodies. It has three stages – Civil Services Aptitude test (CSAT), a main exam, and an

interview.

### Indian Railways

Indian Railways stands to be the largest employers in the nation and recruitment is made by the Railway Recruitment Board (RRB).

### Indian Defense Forces

A graduate can join through the Combined Defense Services examination as a regular/short service commissioned officer. Training for regular commissioned officers is carried out at Indian Military Academy, Dehradun, known as the cradle of Military leadership. Those desirous of joining the Short Service Commission get trained at Officer's Training Academy at Chennai and serve for a period of five years. On completion of this term, he can either resign or opt for an extension for five years or a permanent commission.

## **Qualities required in the Candidate who wishes to pursue Agriculture and Allied Sciences**

High on Practical Orientation

Should be ready to handle crisis situation.

Should be disciplined and adventurous.

Good leadership skills.

Ability to follow directions.

Good at physical stamina and mental strength.

Extremely talented in respective sport.

Keen interest and dedication to learn and practice.

## Degrees Available in Sports and Physical Education

Degree Nomenclature	Level	Duration	General Eligibility
BA / BA (Hons.) (Bachelor of Arts/ (Hons.))	Bachelor	3/4 Year	10+2 any Stream
BBA / BBA (Hons.) (Bachelor of Business Administration/ (Hons.))	Bachelor	3/4 Year	10+2 any Stream
B Com. / B Com. (Hons.) (Bachelor of Commerce/ (Hons.))	Bachelor	3/4 Year	10+2 any Stream
B Sc. / B Sc. (Hons.) (Bachelor of Science/ (Hons.))	Bachelor	3/4 Year	10+2 with Science
BPES (Bachelor of Physical Education and Sports)	Bachelor	3/4 Year	10+2 any Stream
B.P.Ed. (Bachelor of Physical education)	Bachelor after Bachelor	2/3 Year	Bachelor
MA (Masters of Arts)	Master	2 Year	Bachelor
M.Sc. (Master of Science)	Master	2 Year	Bachelor
MPES (Master of Physical Education and Sports)	Bachelor	2 Year	Bachelor
M.P.Ed. (Master of Physical education)	Master after Master	1/2 Year	Master
M. Phil. (Master of Philosophy)	Pre Doctoral	1.5 Year	Master
Ph. D. / D. Phil. (Doctor of Philosophy)	Doctoral	3+ Years	Master
D. Sc. (Doctor of Science)	Post Doctoral	-----	Ph. D.

\* One of the major changes introduced by the National Education Policy 2020 was the discontinuation of the MPhil programme (Master of Philosophy) across India. Instead, emphasis has been placed on a four-year Bachelor's degree (undergraduate) and a research-intensive Master's degree (post-graduation). Till Implementation of the NEP 2020 completely, please check individual university websites to know the current status of their M.Phil. offering.

## Specializations available in Sports and Physical Education along with Course Description and Core Subjects of Study

### Specialization:

### **Physical Education**

### Description of Course:

Physical Education is a course of study that focuses on promoting physical fitness, health, and well-being through physical activities and sports. It encompasses a broad range of topics including exercise science, sports management, teaching methodologies, and the physiological and psychological effects of physical activity on the human body. Physical Education (PE) programs prepare students for careers in teaching, coaching, sports management, fitness training, and healthcare related to physical wellness.

### Core Subjects of study:

- Common Sports Injuries Prevention and Care
- Computer Applications in Sports
- Environmental Science
- Fundamentals of Biomechanics in Sports
- Health Education and Nutrition
- Human Anatomy and Physiology
- Kinesiology
- Languages
- Lesson Planning
- Organization and Administration of Physical Education
- Physical Education and Sports
- Remedial and Massage
- Sports Psychology
- Sports Sociology
- Sports Training and Coaching
- Test, Measurement & Evaluation

### Specialization:

### **Yoga**

### Description of Course:

Yoga is an ancient discipline that combines physical postures, breathing techniques, meditation, and philosophy to promote overall health and well-being. A Yoga course focuses on teaching students the principles and practices of yoga, including asanas (physical postures), pranayama (breathing techniques),

meditation, and the philosophical concepts underlying yoga, such as mindfulness, balance, and self-awareness. It aims to cultivate physical fitness, mental clarity, emotional stability, and spiritual growth.

Core Subjects of study:

- Environmental Science
- Ethical and Moral Values
- Languages
- Sareera Rachana and Kriya
- Upanishad Chanting
- Vaidik Physics
- Yoga Shastra
- Yoga Vigyana

Specialization:

**Sports Management**

Description of Course:

Sports Management is a multidisciplinary course that focuses on the business and organizational aspects of sports and recreational activities. It combines elements of management, marketing, finance, law, and event planning with a focus on the unique demands of the sports industry. The course is designed to provide students with the knowledge and skills needed to manage sports organizations, teams, events, and facilities, and to pursue careers in sports marketing, sports media, event management, and athletic administration.

Core Subjects of study:

- Applied Statistics and Analytics
- Brand Management and Endorsement
- Digital Media
- Practical Aspects of Sports Management
- Principles of Management
- Sports and Entertainment Marketing
- Sports Broadcasting and Journalism
- Sports Facility Management
- Sports Law
- Sports Management
- Sports Psychology
- Sports Science
- Sports Technology and Equipment
- Talent Identification and Scouting





## Sports Entrance Exams

Exams for Agricultural Sciences	Institute/s admitting students for Course/s	Website																								
<b>SMAT- UG</b> (Sports Management Admission Test)	For admission in 3 year Bachelor of Sports Management at International Institute of Sports Management	<a href="https://www.iismworld.com/">https://www.iismworld.com/</a>																								
<ul style="list-style-type: none"> <li>SMAT-UG is a Computer Based Test.</li> <li>The duration of the Exam will be 80 minutes (00:20 Hours)</li> <li>There will be No Negative Marking. Correct option marked will be given (1) mark.</li> </ul> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 60%;">Subject</th> <th style="width: 20%;">Questions</th> <th style="width: 20%;">Marks</th> </tr> </thead> <tbody> <tr> <td>Quantitative Analysis</td> <td>12</td> <td>12</td> </tr> <tr> <td>Data Interpretation</td> <td>12</td> <td>12</td> </tr> <tr> <td>Logical Reasoning</td> <td>12</td> <td>12</td> </tr> <tr> <td>Verbal Ability, Reasoning and Comprehension</td> <td>20</td> <td>20</td> </tr> <tr> <td>Sports Awareness</td> <td>24</td> <td>24</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>80</b></td> <td><b>80</b></td> </tr> </tbody> </table>			Subject	Questions	Marks	Quantitative Analysis	12	12	Data Interpretation	12	12	Logical Reasoning	12	12	Verbal Ability, Reasoning and Comprehension	20	20	Sports Awareness	24	24	<b>TOTAL</b>	<b>80</b>	<b>80</b>			
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<b>NSUEE</b> (NSU Entrance Exam)	For admission in B.Sc. (Sports Coaching) and BPES Programs at National Sports University, Manipur.	<a href="https://nsu.nta.ac.in/">https://nsu.nta.ac.in/</a>																								
<ul style="list-style-type: none"> <li>NSUEE is a Computer Based Test.</li> <li>The duration of the Exam will be 120 minutes (02:00 Hours)</li> <li>There will be No Negative Marking. Correct option marked will be given (1) mark.</li> </ul> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 30%;">Subject</th> <th style="width: 35%;">Questions</th> <th style="width: 35%;">Marks</th> </tr> </thead> <tbody> <tr> <td>General Aptitude</td> <td rowspan="5" style="vertical-align: middle;">100</td> <td rowspan="5" style="vertical-align: middle;">100</td> </tr> <tr> <td>Logical Reasoning</td> </tr> <tr> <td>Current Affairs</td> </tr> <tr> <td>English Proficiency</td> </tr> <tr> <td>General Knowledge</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Physical Fitness and Game</li> <li>Proficiency Test to follow. Sports achievement/participation certificates to be taken in consideration.</li> </ul>			Subject	Questions	Marks	General Aptitude	100	100	Logical Reasoning	Current Affairs	English Proficiency	General Knowledge														
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<b>BSc YOGA-CET (117)</b>	For admission to 3 year B.Sc. (Yoga) program at GGSIPU, Delhi & its affiliated Colleges	<a href="http://www.ipu.ac.in/">http://www.ipu.ac.in/</a>																								
<ul style="list-style-type: none"> <li>BSc YOGA-CET is a Computer Based Test.</li> <li>The duration of the Exam will be 150 minutes (02:30 Hours)</li> <li>There will be Negative Marking. Correct option marked will be given (4) marks while there will be negative marking of (-1) marks for incorrect answers.</li> </ul> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 60%;">Subject</th> <th style="width: 20%;">Questions</th> <th style="width: 20%;">Marks</th> </tr> </thead> <tbody> <tr> <td>Physics</td> <td>30</td> <td>120</td> </tr> <tr> <td>Chemistry</td> <td>30</td> <td>120</td> </tr> <tr> <td>Biology / Biotechnology</td> <td>30</td> <td>120</td> </tr> <tr> <td>Mathematics</td> <td>30</td> <td>120</td> </tr> <tr> <td>General Awareness</td> <td>15</td> <td>60</td> </tr> <tr> <td>English Language &amp; Comprehension</td> <td>15</td> <td>60</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>150</b></td> <td><b>600</b></td> </tr> </tbody> </table>			Subject	Questions	Marks	Physics	30	120	Chemistry	30	120	Biology / Biotechnology	30	120	Mathematics	30	120	General Awareness	15	60	English Language & Comprehension	15	60	<b>TOTAL</b>	<b>150</b>	<b>600</b>
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<b>KEA-CET</b> (Karnataka Examination Authority Common Entrance Test)	For admission in B.Sc. Naturopathy and Yoga Course in all Govt. & Affiliated Colleges in Karnataka	<a href="https://cetonline.karnataka.gov.in/kea/">https://cetonline.karnataka.gov.in/kea/</a>																		
<ul style="list-style-type: none"> <li>• KEA-CET is a Pen and Paper based Test.</li> <li>• The duration of the Exam will be 240 minutes (04:00 Hours – 80 minutes for each section)</li> <li>• There will be No Negative Marking. Correct option marked will be given (1) mark.</li> </ul> <table border="1" data-bbox="416 600 1150 757"> <thead> <tr> <th>Subject</th> <th>Questions</th> <th>Marks</th> </tr> </thead> <tbody> <tr> <td>Biology</td> <td>60</td> <td>60</td> </tr> <tr> <td>Physics</td> <td>60</td> <td>60</td> </tr> <tr> <td>Chemistry</td> <td>60</td> <td>60</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>180</b></td> <td><b>180</b></td> </tr> </tbody> </table>			Subject	Questions	Marks	Biology	60	60	Physics	60	60	Chemistry	60	60	<b>TOTAL</b>	<b>180</b>	<b>180</b>			
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<b>UG-JET</b> (Jain Entrance Test)	For admission in BBA Sports Management Program at Jain University, Bangalore	<a href="https://www.jainuniversity.ac.in/">https://www.jainuniversity.ac.in/</a>																		
<ul style="list-style-type: none"> <li>• UG-JET is a Computer based Test.</li> <li>• The duration of the Exam will be 120 minutes (02:00 Hours)</li> <li>• There will be No Negative Marking. Correct option marked will be given (1) mark.</li> </ul> <table border="1" data-bbox="416 1016 1150 1205"> <thead> <tr> <th>Subject</th> <th>Questions</th> <th>Marks</th> </tr> </thead> <tbody> <tr> <td>Reading Comprehension</td> <td>20</td> <td>20</td> </tr> <tr> <td>Subject based</td> <td>20</td> <td>20</td> </tr> <tr> <td>Basic Mathematics</td> <td>20</td> <td>20</td> </tr> <tr> <td>GK and Current Affairs</td> <td>40</td> <td>40</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>100</b></td> <td><b>100</b></td> </tr> </tbody> </table>			Subject	Questions	Marks	Reading Comprehension	20	20	Subject based	20	20	Basic Mathematics	20	20	GK and Current Affairs	40	40	<b>TOTAL</b>	<b>100</b>	<b>100</b>
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<b>MET</b> (Manipal Entrance Test)	For admission in B.Sc. Exercise and Sports Sciences at MAHE, Multicampus	<a href="https://manipal.edu/">https://manipal.edu/</a> <a href="https://apply.manipal.edu/">https://apply.manipal.edu/</a>																		
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English	20	80
<b>TOTAL</b>	<b>100</b>	<b>400</b>

<b>KALSEE</b> (Kalinga Scholastic Entrance Examination)	For admission in B.Sc. Yoga Program at Kalinga University, Chhattisgarh	<a href="https://kalingauniversity.ac.in/">https://kalingauniversity.ac.in/</a>
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- KALSEE is a Computer based Test.
- The duration of the Exam will be 90 minutes (01:30 Hours)
- There will be No Negative Marking. Correct option marked will be given (1) mark.

Subject	Questions	Marks
English Communication	25	25
Logical Reasoning	25	25
Quantitative Aptitude	20	20
General Aptitude	20	20
<b>TOTAL</b>	<b>90</b>	<b>90</b>

<b>CUET (UG)</b> (Common University Entrance Test)	For admission in BPES, BA Yoga, BBA Sports Management, B.Sc. (Physical Education, Health Education & Sports), (Yoga), (Sports & Exercise Science) courses at Central, Public and Private Universities who have opted to take UG admissions through CUET across India	<a href="https://cuet.samarth.ac.in/">https://cuet.samarth.ac.in/</a>
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- CUET (UG) is a Computer based Test.
- The duration of the Exam will be 195 minutes (03:15 hours) for the first slot, 225 minutes (03:45 hours) for the second slot.
- There will be Negative Marking. Correct option marked will be given (5) marks. Incorrect option marked will be given (1) mark.

Section	Subject	Questions	Marks
IA	Choose any 1 of 13 languages	40/50	200
IB	Choose any 1 of 20 languages other than IA		
II	Choose maximum 6 of 27 domain specific subjects as desired for particular course by applicable University	40/50	200
III	General Aptitude Test	60/75	300
<b>TOTAL</b>		<b>140/175</b>	<b>700</b>

## State wise list of 83 Sports and Physical Education Colleges / Universities in India

#	Institute	Admission Process	Website
<b>Andhra Pradesh</b>			
1	<b>National Sanskrit University, Tirupati, Andhra Pradesh</b> Av. Sp.: B.Sc. (Yoga)	CUET-UG	<a href="https://nsktu.ac.in/">https://nsktu.ac.in/</a>
<b>Arunachal Pradesh</b>			
2	<b>Arunachal University of Studies, Namsai, Arunachal Pradesh</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET - UG	<a href="https://www.arunachaluniversity.ac.in/">https://www.arunachaluniversity.ac.in/</a>
3	<b>Indira Gandhi Technological and Medical Sciences University, Ziro, Arunachal Pradesh</b> Av. Sp.: BA (Physical Education)	Based on 10+2 Marks	<a href="https://www.igtamsu.ac.in/">https://www.igtamsu.ac.in/</a>
<b>Chhattisgarh</b>			
4	<b>Dr. C.V. Raman University, Bilaspur, Chhattisgarh</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Based on 10+2 Marks	<a href="https://cvru.ac.in/">https://cvru.ac.in/</a>
5	<b>Kalinga University, Raipur, Chhattisgarh</b> Av. Sp.: BA (Physical Education)	Kalinga Scholastic Entrance Examination (KALSEE).	<a href="https://kalingauniversity.ac.in/">https://kalingauniversity.ac.in/</a>
<b>Delhi</b>			
6	<b>IIMT University, Greater Noida, Delhi NCR</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET-UG and Fitness Test	<a href="https://iimtu.edu.in/">https://iimtu.edu.in/</a>
7	<b>Indira Gandhi Institute of Physical Education and Sports Sciences, Delhi</b> Av. Sp.: B.Sc. (Physical Education, Health Education and Sports)	CUET-UG and Performance -based test.	<a href="http://igipess.du.ac.in/">http://igipess.du.ac.in/</a>
8	<b>SLBSNS University, New Delhi</b> Av. Sp.: BA (Yoga)	CUET-UG	<a href="https://www.slbsrsv.ac.in/">https://www.slbsrsv.ac.in/</a>
<b>Gujarat</b>			
9	<b>Gujarat Vidyapith, Ahmedabad, Gujarat</b> Av. Sp.:	CUET - UG	<a href="https://www.gujaratvidyapith.org/">https://www.gujaratvidyapith.org/</a>

	BPEs (Bachelor of Physical Education & Sports)		
10	<b>Karnavati University, Gandhinagar, Gujarat</b> Av. Sp.: BBA (Sports Management)	KUAT	<a href="https://karnavatiuniversity.edu.in/">https://karnavatiuniversity.edu.in/</a>
11	<b>Lakulish Yoga University, Ahmedabad, Gujarat</b> Av. Sp.: B.Sc. (Yoga Education)	Based on 10+2 Marks	<a href="https://www.lyu.ac.in/">https://www.lyu.ac.in/</a>
12	<b>LJ Institute of Sports and Event Management, Ahmedabad, Gujarat</b> Av. Sp.: BBA (Sports Management)	Based on 10+2 Marks	<a href="https://www.ljisem.com/">https://www.ljisem.com/</a>
13	<b>Parul University, Vadodara, Gujarat</b> Av. Sp.: BBA (Sports Management)	Based on 10+2 Marks	<a href="https://paruluniversity.ac.in/">https://paruluniversity.ac.in/</a>
14	<b>Swarnim Gujarat Sports University, Gandhinagar, Gujarat</b> Av. Sp.: BBA (Sports Management), BPEs (Bachelor of Physical Education & Sports)	Written Test & Interview	<a href="https://sgsu.gujarat.gov.in/">https://sgsu.gujarat.gov.in/</a>
15	<b>Team Lease Skills University, Ahmedabad, Gujarat</b> Av. Sp.: BBA (Sports Management)	Based on 10+2 Marks	<a href="https://www.teamleaseuniversity.ac.in/">https://www.teamleaseuniversity.ac.in/</a>
16	<b>TransStadia Institute, Ahmedabad, Gujarat</b> Av. Sp.: B.Sc. (Sports Management)	TransStadia Institute Admission Test (TIAT)	<a href="https://transstadiainstitute.in/">https://transstadiainstitute.in/</a>
17	<b>Maharaja Sayajirao University, Baroda, Gujarat</b> Av. Sp.: BPEs (Bachelor of Physical Education & Sports)	Based on 12th Marks	<a href="https://www.msubaroda.ac.in/">https://www.msubaroda.ac.in/</a>
	<b>Himachal Pradesh</b>		
18	<b>Shoolini University, Solan, Himachal Pradesh</b> Av. Sp.: BA/B.Sc. (Yoga)	CUET-UG	<a href="https://shooliniuniversity.com/">https://shooliniuniversity.com/</a>
	<b>Jharkhand</b>		
19	<b>Manipal Academy of Higher Education, Jamshedpur, Jharkhand</b> Av. Sp.: B.Sc. (Exercise and Sports Sciences)	Own Test	<a href="https://manipal.edu/">https://manipal.edu/</a>
20	<b>YBN University, Ranchi, Jharkhand</b> Av. Sp.: BA (Yoga)	CUET-UG	<a href="https://www.ybnu.ac.in/">https://www.ybnu.ac.in/</a>
	<b>Karnataka</b>		
21	<b>Jain University, Bangalore, Karnataka</b> Av. Sp.:	JET, CUET-UG	<a href="https://www.jainuniversity.ac.in/">https://www.jainuniversity.ac.in/</a>

	B PES, B.Sc. (Sports Science)		
22	<b>Mount Carmel College, Bangalore Karnataka</b> Av. Sp.: BA (Sports Management)	Based on 12th Marks	<a href="https://mccblr.edu.in/">https://mccblr.edu.in/</a>
23	<b>PES University, Bangalore, Karnataka</b> Av. Sp.: BBA (Sports Management)	PESSAT Test	<a href="https://pes.edu/">https://pes.edu/</a>
24	<b>Yenepoya University, Mangalore, Karnataka</b> Av. Sp.: BBA or BA (Hons.)/(Hons. with Research) (Sports Management), BA (Sports Studies)	CUET - UG	<a href="https://yenepoya.edu.in/">https://yenepoya.edu.in/</a>
	<b>Madhya Pradesh</b>		-
25	<b>Barkatullah Vishwavidyalaya, Bhopal, Madhya Pradesh</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET - UG	<a href="http://www.bubhopal.ac.in/">http://www.bubhopal.ac.in/</a>
26	<b>ITM University, Gwalior, Madhya Pradesh</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Based on 10+2 Marks	<a href="http://itmuniversity.ac.in/">http://itmuniversity.ac.in/</a>
27	<b>Jagran Lakecity University, Bhopal, Madhya Pradesh</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Based on 10+2 Marks	<a href="https://jlu.edu.in/">https://jlu.edu.in/</a>
28	<b>Jyotiba College of Physical Education, Bhopal, Madhya Pradesh</b> Av. Sp.: B.Sc. (Health and Physical Education)	Based on 10+2 Marks	<a href="https://jcpe.ltjss.net/">https://jcpe.ltjss.net/</a>
29	<b>Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh</b> Av. Sp.: Integrated BPEd., BA (Sports)	Based on 10+2 Marks	<a href="http://www.lnipe.edu.in/">http://www.lnipe.edu.in/</a>
30	<b>Rabindranath Tagore University, Bhopal, Madhya Pradesh</b> Av. Sp.: B.Sc. (Yoga)	CUET-UG	<a href="https://rntu.ac.in/">https://rntu.ac.in/</a>
31	<b>Vikram University, Ujjain, Madhya Pradesh</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET - UG	<a href="http://vikramuniv.ac.in/">http://vikramuniv.ac.in/</a>
	<b>Maharashtra</b>		-
32	<b>Ajeenkya DY Patil University, Pune, Maharashtra</b> Av. Sp.: BBA (Sports Management)	Based on 10+2 Marks	<a href="https://adypu.edu.in/">https://adypu.edu.in/</a>
33	<b>BK Birla College of Arts, Science and Commerce, Kalyan, Maharashtra</b> Av. Sp.:	Own Test	<a href="https://www.bkbirlacollegekalyan.com/">https://www.bkbirlacollegekalyan.com/</a>

	BMS (Hons.) (Sports Management)		
34	<b>College of Physical Education, Pune, Maharashtra</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Based on 12th Marks	<a href="https://copepune.bharativedyapeeth.edu/">https://copepune.bharativedyapeeth.edu/</a>
35	<b>Institute of Sports Science &amp; Technology, Pune, Maharashtra</b> Av. Sp.: BBA (Sports Management)	Based on 12th Marks	<a href="https://www.isst.co.in/">https://www.isst.co.in/</a>
36	<b>International Institute of Sports Management, Mumbai, Maharashtra</b> Av. Sp.: BBA (Sports Management)	SMAT Test	<a href="https://www.iismworld.com/">https://www.iismworld.com/</a>
37	<b>Kaivalyadhama, Lonavala, Maharashtra</b> Av. Sp.: BA (Yogshatra)	Based on 10+2 Marks	<a href="https://kdham.com/">https://kdham.com/</a>
38	<b>KC College of Arts, Commerce and Science, Mumbai, Maharashtra</b> Av. Sp.: B.Sc. (Yoga)	Based on 10+2 Marks	<a href="https://kccollege.edu.in/">https://kccollege.edu.in/</a>
39	<b>Nagindas Khandwala College, Mumbai, Maharashtra</b> Av. Sp.: BBA (Hons.) (Sports Management)	Own Test	<a href="https://www.nkc.ac.in/">https://www.nkc.ac.in/</a>
40	<b>National Academy of Sports Management, Mumbai, Maharashtra</b> Av. Sp.: BMS (Sports Management)	Own Test	<a href="https://www.nasm.edu.in/">https://www.nasm.edu.in/</a>
41	<b>Sandip University, Nashik, Maharashtra</b> Av. Sp.: BBA (Sports Management)	Based on 10+2 Marks	<a href="https://www.sandipuniversity.edu.in/">https://www.sandipuniversity.edu.in/</a>
42	<b>Somaia Vidyavihar University, Mumbai</b> Av. Sp.: B.Sc. (Sport and Exercise Science), BA (Yogshatra)	CUET-UG	<a href="https://www.somaia.edu.in/">https://www.somaia.edu.in/</a>
43	<b>Symbiosis School of Sports Sciences, Pune, Maharashtra</b> Av. Sp.: B.Sc. (Sport and Exercise Science)	Personal Interaction and Written Ability Test	<a href="https://www.ssss.edu.in/">https://www.ssss.edu.in/</a>
44	<b>TransStadia Institute, Mumbai, Maharashtra</b> Av. Sp.: B.Sc. (Sports Management)	TransStadia Institute Admission Test (TIAT)	<a href="https://transstadiainstitute.in/">https://transstadiainstitute.in/</a>
45	<b>Whistling Woods International, Mumbai, Maharashtra</b> Av. Sp.: BBA (Sports & E-sports Management)	GAT, GD, SOP & PI	<a href="https://www.whistlingwoods.net/">https://www.whistlingwoods.net/</a>

<b>Manipur</b>			
			-
46	<b>Dhanamanjuri College of Science, Imphal, Manipur</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Own Test	<a href="https://dmcsceince.ac.in/">https://dmcsceince.ac.in/</a>
47	<b>Manipur University, Imphal, Manipur</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET - UG	<a href="https://www.manipuruniv.ac.in/">https://www.manipuruniv.ac.in/</a>
48	<b>National Sports University, Imphal, Manipur</b> Av. Sp.: B.Sc. (Sports Coaching), BPES	Based on 12th Marks	<a href="https://www.nsu.ac.in/">https://www.nsu.ac.in/</a>
<b>Nagaland</b>			
			-
49	<b>The Global Open University, Dimapur, Nagaland</b> Av. Sp.: BA (Physical Education)	Based on 10+2 Marks	<a href="http://nagaland.net.in/">http://nagaland.net.in/</a>
<b>Odisha</b>			
			-
50	<b>Sri Sri University, Cuttack</b> Av. Sp.: B.Sc. (Sports and Exercise Physiology)	Based on 10+2 Marks	<a href="https://srisriuniversity.edu.in/">https://srisriuniversity.edu.in/</a>
<b>Punjab</b>			
			-
51	<b>CT University, Ludhiana, Punjab</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET - UG	<a href="https://ctuniversity.in/">https://ctuniversity.in/</a>
52	<b>Lovely Professional University, Phagwara, Punjab</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports), B.Sc. (Health and Physical Education)	LPUPET	<a href="https://www.lpu.in/">https://www.lpu.in/</a>
53	<b>RIMT University, Gobindgrah, Punjab</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Based on 10+2 Marks	<a href="https://rimt.ac.in/">https://rimt.ac.in/</a>
54	<b>The Maharaja Bhupinder Singh Punjab Sports University, Patiala, Punjab</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Physical Fitness Test (PFT)	<a href="http://mbspsu.ac.in/">http://mbspsu.ac.in/</a>
<b>Rajasthan</b>			
			-
55	<b>Apex University, Jaipur, Rajasthan</b> Av. Sp.: BA/B.Sc. (Yoga Sciences)	CUET-UG	<a href="https://www.apexuniversity.co.in/">https://www.apexuniversity.co.in/</a>
56	<b>Bhagwant University, Ajmer, Rajasthan</b> Av. Sp.: BBA (Sports Management)	CUET-UG	<a href="https://bhagwantuniversity.ac.in/">https://bhagwantuniversity.ac.in/</a>
57	<b>Manipal University, Jaipur, Rajasthan</b> Av. Sp.: BPES	Personal Interview	<a href="https://jaipur.manipal.edu/">https://jaipur.manipal.edu/</a>
58	<b>Mewar University, Chittorgarh, Rajasthan</b>	CUET - UG	<a href="https://www.mewaruniversity">https://www.mewaruniversity</a>



	Av. Sp.: BPES (Bachelor of Physical Education & Sports), BA (Yoga)		<a href="#">.org/</a>
59	<b>Nirwan University, Jaipur, Rajasthan</b> Av. Sp.: BA (Yoga)	CUET-UG	<a href="https://www.nirwanuniversity.ac.in/">https://www.nirwanuniversity.ac.in/</a>
60	<b>OPJS University, Churu, Rajasthan</b> Av. Sp.: BA (Yoga)	CUET-UG	<a href="https://opjsuniversity.edu.in/">https://opjsuniversity.edu.in/</a>
61	<b>Shri Khushal Das University, Hanumangarh, Rajasthan</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET - UG	<a href="https://www.skduniversity.com/">https://www.skduniversity.com/</a>
62	<b>Singhania University, Jhunjhunu, Rajasthan</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Based on 10+2 Marks	<a href="https://singhaniauniversity.co.in/">https://singhaniauniversity.co.in/</a>
63	<b>University of Technology, Jaipur, Rajasthan</b> Av. Sp.: BA/B.Sc. (Yoga)	CUET-UG	<a href="https://www.universityoftechnology.edu.in/">https://www.universityoftechnology.edu.in/</a>
64	<b>Vivekanand Global University, Jaipur, Rajasthan</b> Av. Sp.: BBA (Sports & Event Management)	Based on 10+2 Marks	<a href="https://vgu.ac.in/">https://vgu.ac.in/</a>
	<b>Tamil Nadu</b>		-
65	<b>Centre for Sports Science, Chennai, Tamil Nadu</b> Av. Sp.: B.Sc. (Hons.) (Sports & Exercise Sciences)	Based on 12th Marks	<a href="https://www.csstrucoach.in/">https://www.csstrucoach.in/</a>
66	<b>Dr. M.G.R. Educational and Research Institute, Chennai, Tamil Nadu</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Based on 10+2 Marks	<a href="https://www.drmgrdu.ac.in/">https://www.drmgrdu.ac.in/</a>
67	<b>Hindustan Institute of Technology and Science, Kelambakkam, Tamil Nadu</b> Av. Sp.: BBA (Sports Management)	CUET - UG	<a href="https://hindustanuniv.ac.in/">https://hindustanuniv.ac.in/</a>
68	<b>Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu</b> Av. Sp.: BBA (Sports Management), BPES (Bachelor of Physical Education & Sports)	Based on 10+2 Marks	<a href="https://www.tnpesu.org/">https://www.tnpesu.org/</a>
69	<b>Vinayaka Missions Research Foundation, Salem-Tamil Nadu</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	Selection Trail	<a href="https://vmrfdu.edu.in/">https://vmrfdu.edu.in/</a>
70	<b>Ramakrishna Mission Vidyamandira, Coimbatore-Tamil Nadu</b>	Admission Test	<a href="http://www.vidyamandira.ac.in/">http://www.vidyamandira.ac.in/</a>

	Av. Sp.: B.Sc. (Health and Physical Education)		
	<b>Uttar Pradesh</b>		-
71	<b>Amity University, Noida, Uttar Pradesh</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports), B.Sc. (Yoga)	CUET - UG	<a href="https://www.amity.edu/">https://www.amity.edu/</a>
72	<b>Teerthanker Mahaveer University, Moradabad, Uttar Pradesh</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET - UG	<a href="https://www.tmu.ac.in/">https://www.tmu.ac.in/</a>
73	<b>University of Lucknow, Janakipuram ,Uttar Pradesh</b> Av. Sp.: BA/B.Sc. (Yoga)	Based on 10+2 Marks	<a href="https://udrc.lkouniv.ac.in/">https://udrc.lkouniv.ac.in/</a>
74	<b>Swami Vivekanand Subharti University, Meerut, Uttar Pradesh</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET-UG	<a href="https://subharti.org/">https://subharti.org/</a>
	<b>Uttarakhand</b>		-
75	<b>Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand</b> Av. Sp.: B.Sc. (Yogic Science)	Based on 10+2 Marks	<a href="https://www.dsvv.ac.in/">https://www.dsvv.ac.in/</a>
76	<b>Gurukula Kangri University, Kangri,Haridwar ,Uttarakhand</b> Av. Sp.: BPES (Bachelor of Physical Education & Sports)	CUET - UG	<a href="https://www.gkv.ac.in/">https://www.gkv.ac.in/</a>
77	<b>Institute of Technology &amp; Management, Dehradun, Uttarakhand</b> Av. Sp.: BA (Yoga)	Based on 10+2 Marks	<a href="https://itmddn.in/">https://itmddn.in/</a>
78	<b>Swami Rama Himalayan University, Dehradun Uttarakhand</b> Av. Sp.: BA/B.Sc. (Yoga Science and Holistic Health)	Based on 10+2 Marks	<a href="https://srhu.edu.in/">https://srhu.edu.in/</a>
	<b>West Bengal</b>		-
79	<b>George Group of Colleges, Kolkata, West Bengal</b> Av. Sp.: BMS (Sports Management)	WBUT Test	<a href="https://www.georgecollege.org/">https://www.georgecollege.org/</a>
80	<b>Maulana Abdul Kalam Azad University of Technology, Kolkata, West Bengal</b> Av. Sp.:	CET	<a href="https://makautwb.ac.in/">https://makautwb.ac.in/</a>

	BBA (Sports Management)		
81	<b>NSHM Kolkata West Bengal</b> Av. Sp.: BBA (Sports Management)	Based on 10+2 Marks	<a href="https://www.nshm.com/">https://www.nshm.com/</a>
82	<b>Sister Nivedita University, Kolkata West Bengal</b> Av. Sp.: BBA (Sports Management)	Based on 10+2 Marks	<a href="https://snuniv.ac.in/">https://snuniv.ac.in/</a>
83	<b>Visva Bharati University, Shantiniketan- West Bengal</b> Av. Sp.: B.Sc. (Yoga)	CUET-UG	<a href="https://www.visvabharati.ac.in/">https://www.visvabharati.ac.in/</a>

## Frequently Asked Questions (FAQs)

### Question: What is the scope for Sports and Physical Education in India?

**Answer:** With the National Education Policy (NEP) 2020, for the first time the mention of sport became pervasive and intentional, where it was seen as being integral to experiential learning to develop skills like “collaboration, self-initiative, self-direction, self-discipline, teamwork, responsibility, citizenship, etc.”. The NEP 2020 further states that sports-integrated learning would “help students adopt fitness, develop life skills, promote physical and psychological well-being while also enhancing cognitive abilities”.

This inclusion of sport as an integral aspect of school curriculum is an important signal to educators around the role sport can play in the lives of young people, especially those coming from adversity.

### Question: What is the fees for a degree in Sports and Physical Education in India?

**Answer:** The average tuition fee charged by colleges or universities for this course in India lies anywhere between INR 20,000 and 5,00,000 per annum. The fee varies as per the type of the institution.

### Question: Do I need to play a sport to be eligible for a degree in Sports and Physical Education?

**Answer:** While it is not necessary to play a sport, it is recommended to have interest in some sports or physical activity. Check the eligibility requirement of the institute where you plan to apply.

### Question: I play sports and have done so at a district / state / national / international level. Will it help me in my education?

**Answer:** Awards won in sports at any level could be an added advantage when it comes to gaining admission in an institute. Check the admission policy of the institute where you plan to apply.

### Question: How do I prepare for the entrance exam for Physical Education courses?

**Answer:** Preparing for the entrance exam typically involves:

- Studying the **physical fitness** and **sports knowledge** sections.
- Practicing for physical fitness tests that may include running, long jump, shot put, etc.
- Understanding basic **sports rules**, history, and techniques.
- Practicing physical endurance and strength exercises to meet the required fitness levels.
- Reviewing the **general knowledge** and **aptitude** sections, which are common in many entrance exams.

### Question: Is Physical Education a compulsory subject in schools in India?

- **Answer:** Physical Education is not always a compulsory subject in all schools in India. However, many schools include it in their curriculum, especially in government and sports-focused

institutions. In some schools, PE is a mandatory subject, while in others, it may be optional or offered as part of extracurricular activities.

**Question: What are the benefits of Physical Education for students?**

- **Answer:** Physical Education offers numerous benefits for students, including:
  - **Improved physical health:** Regular physical activity helps in building strength, endurance, and preventing diseases like obesity and diabetes.
  - **Mental well-being:** Exercise reduces stress, anxiety, and depression.
  - **Skill development:** Develops leadership, teamwork, discipline, and communication skills.
  - **Academic enhancement:** Studies have shown that physical activity can improve concentration and academic performance.
  - **Confidence building:** Sports can increase self-esteem and confidence.

**Question: Can I pursue Physical Education even if I am not good at sports?**

- **Answer:** Yes, you can pursue Physical Education even if you're not exceptionally good at sports. Physical Education involves a variety of activities such as fitness, health education, and sports management, not just playing sports. The focus is on learning about physical fitness, health benefits, and the importance of sports, which everyone can benefit from regardless of athletic skill level.

**Question: What are the government initiatives to promote sports and Physical Education in India?**

- **Answer:** The Indian government promotes sports and Physical Education through various schemes like:
  - **Khelo India Scheme:** A nationwide initiative to identify and nurture young talent across various sports.
  - **Sports Authority of India (SAI):** Provides coaching, infrastructure, and training to athletes.
  - **National Sports Development Fund (NSDF):** Supports athletes and coaches with funding and resources.
  - **Rajiv Gandhi Khel Abhiyan:** Aimed at improving sports infrastructure and increasing sports participation.
  - **Fit India Movement:** Launched to promote physical activity and fitness across India.

**Question: How can I become a professional athlete in India?**

- **Answer:** To become a professional athlete in India, follow these steps:
  - **Start early:** Begin training in your chosen sport at a young age and join local clubs or academies.
  - **Focus on fitness:** Physical conditioning and regular practice are essential to improve your skills.
  - **Seek professional coaching:** Enroll in sports academies or training programs with expert coaches.
  - **Compete in local, national, and international tournaments** to gain exposure.

- **Get support:** Participate in government schemes like Khelo India, which provides financial aid and coaching to young athletes.
- **Stay disciplined and persistent:** Consistency, hard work, and perseverance are key to achieving professional success.

**Question: If I won any medal in any sports does it will help me in taking admission in college or any school in India**

In India, winning a medal in sports can certainly help you in the college or school admission process, though the extent of its impact varies depending on the institution and the specific circumstances. Here are some key ways a sports medal can be beneficial in India:

### **1. Sports Quota in College Admissions:**

Many colleges in India offer **sports quotas** for admission. This allows students who have excelled in sports to gain a place in the college through a special category, sometimes with relaxed admission criteria. These quotas are especially common in government and some private colleges.

- **Relaxed Marks Requirement:** If you have a medal or significant achievement in sports, it might allow you to get admission with slightly lower marks than the cut-off for regular applicants.
- **Government and University Colleges:** Several universities, like Delhi University (DU), Banaras Hindu University (BHU), and other state universities, have a certain percentage of seats reserved for students who are outstanding athletes.

**Example:** In universities like Delhi University, athletes can apply under the sports quota and may get preference in admission to various undergraduate programs based on their achievements in sports.

### **2. Specialized Sports Schools:**

In India, there are also schools that focus specifically on sports. Winning a medal or being recognized for your athletic achievements could improve your chances of admission to such institutions, where they offer both academic education and professional sports training.

### **3. Scholarships Based on Sports Achievements:**

Some Indian universities and private institutions offer **sports scholarships** to encourage young talent in various sports. These scholarships can cover tuition fees, living expenses, or other educational costs. Winning a medal can make you eligible for such scholarships.

- **Private Universities:** Many private universities in India (like Ashoka University, Shiv Nadar University, etc.) offer sports scholarships. These are often based on achievements at the national or international level.
- **State and National Level Recognition:** Medals won at state, national, or international levels are more likely to be recognized, giving you an edge in getting a scholarship.

#### 4. Improved Overall Profile for College Admission:

For general college admissions, a medal in sports can enhance your **extra-curricular profile**, which is important for many institutions. Even though sports may not directly influence the academic cut-off, it may add value to your application, especially for institutions that give weight to overall well-rounded students.

#### 5. Sports-Related Career Pathways:

Some institutions in India also offer programs or specializations in sports management, coaching, or sports-related fields. If you excel in sports, you may be able to apply to these specialized courses, which could be beneficial for pursuing a career in sports.

#### 6. State and National Level Recognition:

- **National Sports Day & State Awards:** Some sports events and medals, especially at the state or national level, can get you recognition from the government or sports organizations, which may further enhance your chances of admission or scholarships.
- **Sports Tournaments:** Participation in well-known tournaments (e.g., Khelo India, National School Games, etc.) can increase your visibility and strengthen your application to institutions that have a sports-oriented admission process.

#### Question: What are the eligibility criteria to pursue a Sports and Physical Education degree?

**Answer:** Generally, students must have completed their **12th grade** (higher secondary school) with a minimum percentage (usually 50-60%) from a recognized board. For some courses, physical fitness tests or an entrance exam may also be required.

#### Question: What is the difference between a BPEd and a B.Sc. in Physical Education?

- **Answer:** Both are undergraduate courses in physical education, but the focus differs:
  - **BPEd (Bachelor of Physical Education)** focuses on preparing students to become physical education teachers or trainers. It includes a practical emphasis on physical activities and training methods.
  - **B.Sc. in Physical Education** has a more scientific approach, emphasizing physical education theory, sports science, anatomy, and physiology.

#### Question: Can I specialize in a particular sport or field in Sports and Physical Education?

**Answer:** Yes, many programs offer specialization options in areas such as:

- **Sports Coaching** (specific sports like football, cricket, etc.)
- **Sports Management and Administration**
- **Sports Psychology**
- **Fitness and Personal Training**
- **Yoga and Alternative Therapies**

**Question: What is the scope of sports management in India?**

- **Answer:** Sports management has a growing scope in India due to the increasing popularity of sports, the emergence of sports leagues like IPL and ISL, and a rising interest in fitness and wellness. Careers in sports marketing, event management, sponsorship, and sports media are in demand.

**Question: What is Kinesiology?**

Refers to the study of human movement, focusing on the biological, mechanical, and physiological aspects of physical activity. It combines knowledge from various fields like anatomy, physiology, biomechanics, psychology, and motor learning to understand how the body moves and functions.

**Question: What subjects should I select in Class 12 to pursue a Bachelor's degree in Sports and Physical Education? Is it necessary to choose a BSc for this field?**

To pursue a Bachelor's program in Sports and Physical Education, you do not necessarily need to take BSc (Bachelor of Science). The choice of degree can vary depending on the university or program (such as B.PEd, B.Sc in Physical Education, B.A., B.Com.), and there are multiple paths available.



## Thanks and Acknowledgement

I would thank all our Volunteers who have made this compilation possible. Especially I would like to thank Ms. Aishwarya Chhasatia who has been instrumental in assisting me to finish this compilation.

Also I would like to thank my co-authors Dr. Pallvi Mangal, Mr. N. Sathyanarayan and Mr. Vinod Jindal who have helped me in checking and correcting the compilation with care.

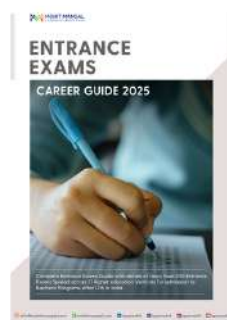
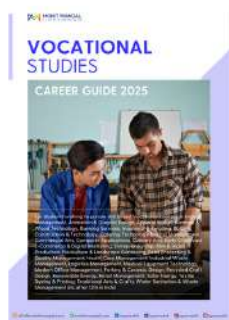
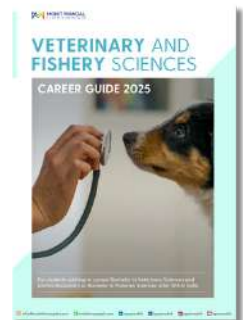
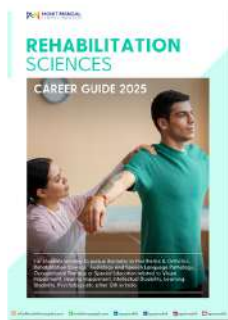
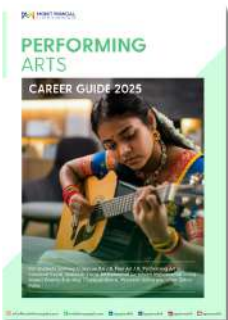
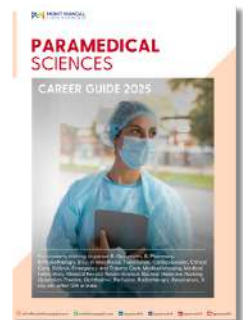
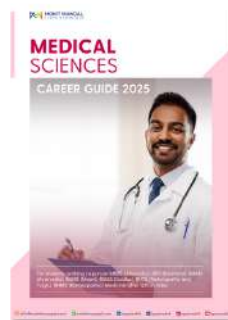
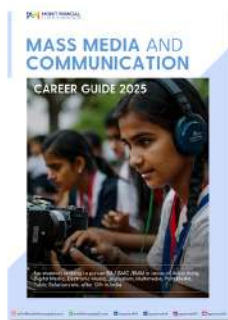
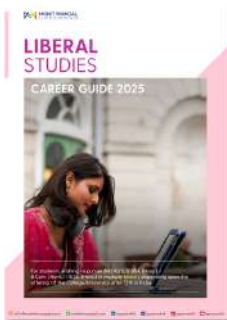
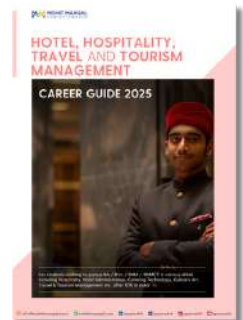
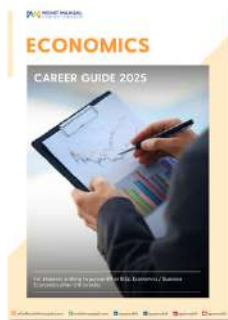
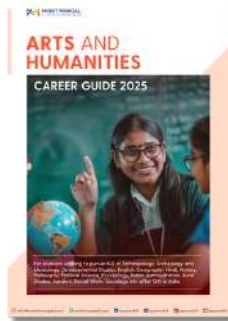


Mohit Mangal

Helping students find their true passion for more than 22+ yrs

Counselled 27k+ students | Delivered 1750+ talks

## OTHER BOOKS IN THE SERIES



## ABOUT THE AUTHORS

**Mr. Mohit Mangal** is a visionary Author and Career Counselor with over 22 years of experience in shaping the futures of India's youth. He has guided more than 7.5 lakh students through his Career Workshops across India and abroad, making him one of the most respected voices in career counselling today. Central to Mr. Mangal's approach are three key pillars: encouraging 'self-discovery', fostering 'holistic education', and promoting 'careers in India' among students. Mr. Mangal's sessions are designed to help students through self-discovery - identifying their unique strengths, values, and passions. He is also a strong advocate for holistic education, emphasizing the need to equip children with life skills, emotional intelligence, and a mindset for critical & design thinking. Recognizing the pressing issue of brain drain, he is deeply committed to promoting careers in India, helping students uncover the immense potential within India's rapidly growing economy. Mr. Mangal has authored more than 22 books including the most acclaimed Parents' Handbook of Careers After School in India. His publications have got appreciation by the Honourable Prime Minister of India, Shri Narendra Modi, among others. Mr. Mangal's influence extends beyond mentoring and counselling sessions; he has delivered over 1,750 inspiring talks, and given guest lectures at esteemed institutions like Mahmudabad, IIT Bombay, NID, and NIFT, among others. His upcoming initiative, the iQue Foundation, further underscores his vision of promoting career opportunities in India.

**Mr. N. Sathyanarayan**, a scholar of remarkable intellect and curiosity, has been a pivotal force in shaping the foundation of our efforts to build this. As a Computer Engineer and Masters of Business Administration from the Prestigious IIT-Madras, he brought unparalleled depth and insight to the process, lending his 17 years of academic excellence and practical wisdom to this initiative. An avid reader and traveller, his insatiable curiosity and commitment to knowledge have made him a rare educator who inspires both students and peers. His meticulous approach and passion for nurturing young minds have left an indelible mark on every page of these handbooks. Beyond his academic prowess, he is a thinker, a mentor, and a torchbearer for the value of holistic education. His contributions to this initiative have been nothing short of transformative, and his legacy will continue to guide countless students on their paths to success.

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