



राष्ट्रीय खेल विश्वविद्यालय, मणिपुर
युवा कार्यक्रम एवं खेल मंत्रालय, भारत सरकार
(केन्द्रीय विश्वविद्यालय)

NATIONAL SPORTS UNIVERSITY

Ministry of Youth Affairs and Sports, Government of India
(A Central University)



PROSPECTUS 2024-25

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VICE-CHANCELLOR'S MESSAGE



Dear Prospective Students,

I am delighted to extend a warm welcome to you on behalf of the National Sports University (NSU). As the Vice Chancellor, I take immense pride in leading an institution that stands as a beacon of excellence in sports education, research, and training in our nation. NSU holds a unique distinction as the sole dedicated sports university in India, offering a holistic approach to nurturing sports talents alongside academic prowess. Our commitment to fostering a culture of sports excellence is unwavering, and we are steadfast in our mission to provide unparalleled opportunities for aspiring athletes and sports enthusiasts alike.

At NSU, we envision our campus as a national hub for training elite athletes across select sports disciplines. With state-of-the-art facilities including high-tech laboratories, specialized training areas, and cutting-edge performance analysis equipment, we provide our students and athletes with the tools and resources necessary to realize their full potential.

Our commitment to global excellence is exemplified through strategic partnerships with esteemed institutions such as the Universities of Canberra and Victoria. These collaborations open doors to international expertise, exchange programs, and global

competitions, enriching the academic and athletic experiences of our students.

Our motto, "Sports Excellence through Education, Research, and Training," encapsulates our dedication to holistic development in sports. Our vision is to lead the forefront of sports education, research, and training globally, setting new standards of excellence. We accomplish this through our mission of promoting sports education in various domains while serving as the national training center for select sports disciplines, adopting the best international practices.

At NSU, we go beyond conventional education by organizing various national and international-level workshops, seminars, and events. Our recent endeavors include collaborations with prestigious institutions and organizations to celebrate occasions like the International Day of Yoga and International Women's Day.

Moreover, our Placement Cell is dedicated to ensuring the future success of our students by providing comprehensive training in personality development, interview skills, and personal presentation, preparing them for rewarding career opportunities.

The vibrant cultural and literary landscape of NSU enriches the overall student experience. From celebrating cultural festivals to

participating in national-level competitions and tournaments, our students showcase their talents and uphold the spirit of unity in diversity.

Intramural competitions at NSU blend tradition with innovation, fostering camaraderie and healthy competition among students. We continuously expand our offerings, introducing traditional Indian sports and games alongside contemporary activities, ensuring a well-rounded experience for all.

The remarkable achievements of our student-athletes in various national and international platforms are a testament to their dedication and the comprehensive support system

provided by NSU. From securing medals in prestigious championships to representing India on global stages, our students continue to make us proud.

As you embark on your academic journey, I invite you to join us at National Sports University, where excellence knows no bounds, and every achievement is celebrated with.



Prof. Usha S. Nair
Vice-Chancellor (O)

1. NATIONAL SPORTS UNIVERSITY AT A GLANCE

1.1 INTRODUCTION

National Sports University (NSU), a Central University is the first of its kind in India located in Manipur. The University was established by an Act of Parliament in the year 2018. Hon'ble Prime Minister of India Shri Narendra Modi laid the foundation stone of National Sports University on 16th March 2018. NSU is envisioned with the aim to promote Sports Education in the area of Sports Sciences, Sports Technology, Sports Management and Sports Coaching besides functioning as the National Training Center for selected sports disciplines by adopting best international practices. Presently, the University is functioning from a temporary campus at Khuman Lampak Sports Complex, Imphal, while the permanent campus is under construction at Imphal West spreading over an area of 325.90 acres of land.

Although in nascent stage, the University is moving forward in the direction of becoming a world-class university. NSU has also collaborated with other foreign Universities – viz. University of Canberra, Australia, Victoria University, Australia and Russian International Olympic University, Russia to fulfill the growing requirement of human resources, facilitate advance research in the field of sports education, research and training.

The National Sports University has the flexibility of opening new Schools / Departments in accordance with the advancement and developments in sports sciences, sports medicine, and other allied areas.



1.2 VISION

National Sports University aims to become the pioneering university in country to prepare world-class athletes, sports scientists, sports managers, sports architects, sports journalists, and physical educationalists with the help of path-breaking research and diverse programs that inspire leadership, teamwork, and resilience among its students, thereby profoundly impacting our society in meaningful ways.

1.3 MISSION

Achieving excellence in sports through education, research and training.

1.4 OBJECTIVES

To promote sports education in the areas of sports sciences, sports technology, sports management and sports coaching besides functioning as the national training center for selected sports disciplines by adopting best international practices.

1.5 KEY FUNCTIONS

The National Sports University has distinctive approach to academics, research, sports performance and extension services, which sets the university apart from the other universities or institutions of higher education in the field of Sports.

i) **Academics:** National Sports University imparts Undergraduate and Postgraduate programmes in Sports Coaching, Sports Sciences and Physical Education. The University has started Doctoral programmes in sports coaching, physical education, exercise and sports psychology and sports nutrition. The University shall also impart programmes in Sports Medicine, Sports Management & Technology, Sports Sociology, Language, Peace and Development. Other specialized degree programmes in various disciplines of Sports Education and Coaching are also envisaged in the University's Road map.

ii) **Research:** The University focuses on collaborating with leading researchers within and outside the country to undertake

pioneering research programmes and exchange information in various research areas, particularly in the field of Sports Sciences, Sports Coaching, Physical Education, Sports Management etc. for performance enhancement of athletes.

iii) **Performance:** One of the significant functions of the University is to serve as Centre of Excellence for the Elite and other talented sportspersons to enhance their performance and attain excellence in sports.

iv) **Serving the Community:** The University provides extension services to the local community with the objectives of improving their health and lifestyle besides giving impetus to traditional sports like Sagol Kangjei (polo), Thang- Ta (Manipuri Martial Art), Yubi Lakpi (rugby), Mukna Kangjai, Mallakhamb, Kabaddi, etc.

1.6 PARTNERS

NSU has established partnership with national and international institutions/universities to synergize its efforts and establish new benchmarks for enhancing quality. These partnerships shall secure inputs from a larger pool of expertise and provide better access to other resources which, in turn, may benefit NSU in the conduct of advanced research, imparting innovative education and introducing the latest training techniques in the field of sports coaching.

National Partners: The national partners of NSU viz. - Sports Authority of India, National Sports Federations, Sports Associations,

Sports Institutions, etc. is working closely to provide NSU robust inputs on various aspects of sports education, sports coaching and to develop the University into a Centre of Excellence.

International Partners: In addition to forging partnerships with National Institutions, partnerships shall be sought with more foreign Universities to bring in specific expertise and to ensure achievement of high performance in sports. The bilateral collaboration would enable NSU to expand beyond the geographical boundaries of India and have a global impact.





1.7 INFRASTRUCTURE

1.7.1 TEMPORARY CAMPUS

The National Sports University is currently functioning from Khuman Lampak Sports Complex, Imphal. The campus is about 10 kilometers away from the Imphal Airport and 1 kilometer away from the Imphal City and the ISBT. Our university provides students with a comprehensive and contemporary learning atmosphere by integrating advanced technology and inventive methods. Our campus boasts a wide array of facilities,

including spaces for indoor and outdoor sports, spacious classrooms, library, separate hostels for boys and girls, a well-equipped gym, swimming pool, multi-purpose hall, computer labs, Sports Psychology labs, Exercise Physiology, and Sports Nutrition Research Lab.

1.7.1.1 GYM

Our university gym is designed to support the health and wellness of our students, faculty and staffs. Our fully equipped gym offers a

comprehensive range of fitness machines and facilities to cater to all levels of fitness training and needs.



1.7.1.2 CLASSROOMS

Our spacious classrooms offer the journey of knowledge unfolding amidst modern comforts and cutting-edge technology. Each room is meticulously designed to foster an environment of learning and collaboration, with ample space for students to engage and interact. Equipped with state-of-the-art projectors, our classrooms transform into immersive learning hubs, where concepts come to life with vivid visuals and dynamic presentations. Here,

educators harness the power of multimedia to engage students, spark curiosity, and facilitate deeper understanding.



1.7.1.3 LIBRARY AND READING ROOM

Our library and reading room provide students and faculty alike a space to immerse themselves in a world of knowledge, with an

extensive collection of books, journals, and digital resources at their fingertips.



1.7.1.4 SWIMMING POOL

Dive into excellence at our swimming pool facility. Here, students can refine their strokes, compete in water polo, and perfect their

dives. Our state-of-the-art facilities cater to all levels, fostering a dynamic environment for aquatic achievement and enjoyment.



1.7.1.5 HOSTELS

Our campus hostels provide a serene sanctuary for students to thrive academically and immerse themselves in the beauty of nature. Two hostels cater exclusively to our male students, while a third offers a safe and comfortable haven for our female residents. Step outside any of our hostels, and you'll be greeted by the tranquil waters of the rowing canal. Whether it's a leisurely paddle on a lazy afternoon or an adventurous exploration of the surrounding landscape, students have the opportunity to unwind and connect with nature right at their doorstep.

As the sun casts its golden hues over the Western Hill Range, residents gather at our mess facilities to enjoy delicious meals

prepared with care and attention. Our culinary team prides itself on serving nutritious and flavorful dishes that fuel both body and mind, fostering a sense of community and belonging among students.

From the comfort of their hostel rooms, students are treated to breathtaking views of the Baruni Hill Range, providing a constant reminder of the natural beauty that surrounds them. Whether studying late into the night or simply unwinding after a long day, the serene vista serves as a source of inspiration and tranquility.



1.7.1.6 MULTIPURPOSE HALL

The Multipurpose Hall is the heart of athletic excellence at our university. Here, we merge state-of-the-art facilities with a passion for sports and fitness, offering students a holistic environment to excel in their athletic pursuits. Within these walls, you'll find a world-class gymnasium equipped with cutting-edge equipment for strength and conditioning. Adjacent to it lies our weight training center, designed to sculpt champions.

But the excitement doesn't stop there. Step into the boxing ring, where determination meets discipline as fighters hone their craft under the guidance of expert trainers. And for those seeking balance and tranquility, our yoga studio offers a sanctuary for both body and mind. As you explore further, you'll discover our versatile courts for badminton and kabaddi, where athletes hone their skills and compete at the highest level.





1.7.1.7 SHOOTING RANGE

Our premier shooting range offers a comprehensive experience for marksmen of all levels, featuring dedicated lanes for 10-meter, 25-meter, and 50-meter shooting

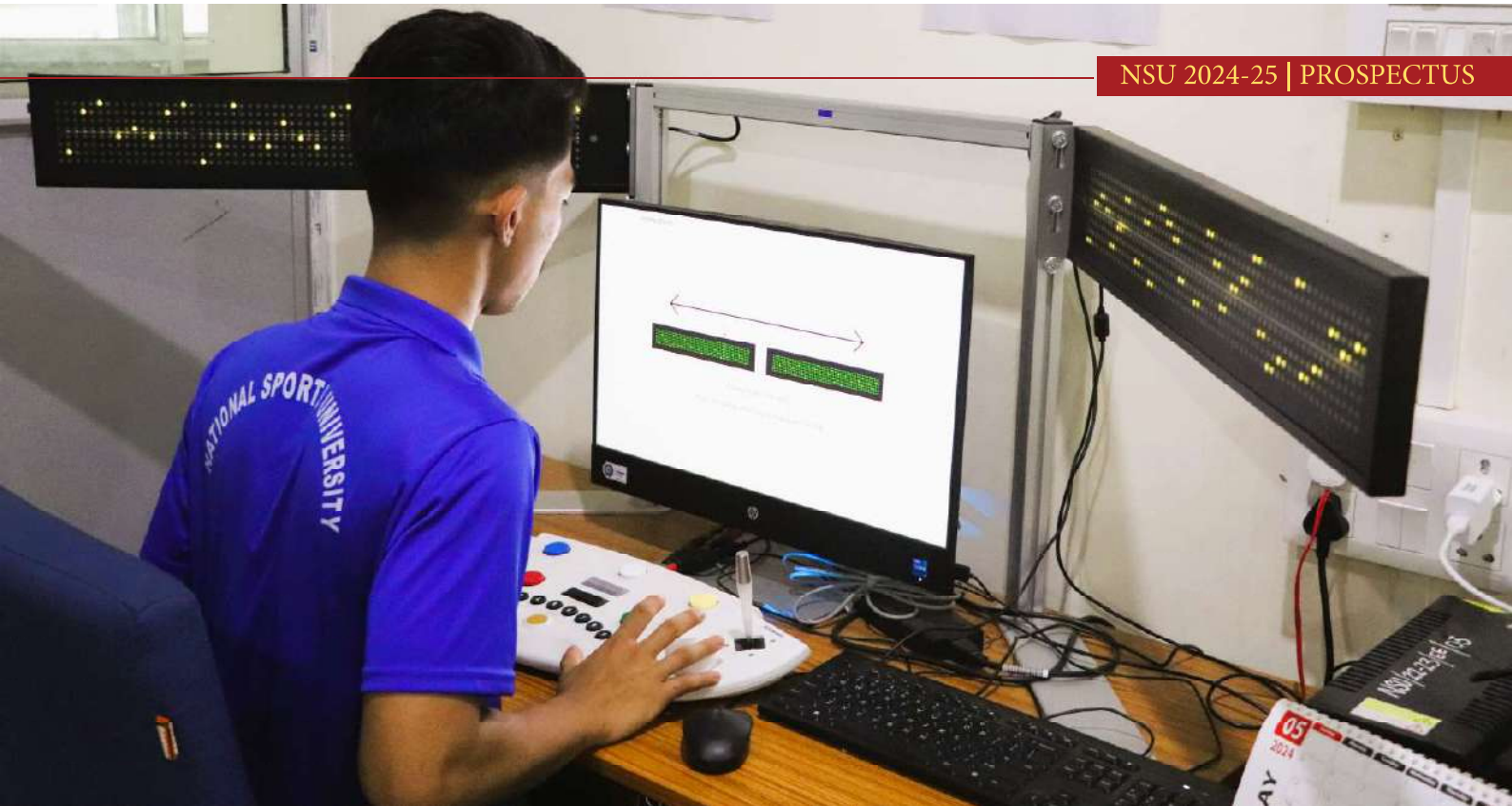
disciplines. With state-of-the-art equipment and excellent coaches, shooters can refine their skills and aim for the bullseye with confidence.



1.7.1.8 OUTDOOR FACILITIES

The vibrant outdoor arena of our campus offers running track, meticulously designed to international standards, helping our athletes to push their limits and stride towards greatness. Nearby, the football ground sets the stage for exhilarating matches, where the spirit of teamwork and competition thrives. The basketball court echoes with the sound of dribbles and swishes, offering enthusiasts a space to showcase their skills and passion for the game. Just next to the velodrome, we have our hand-ball ground, where agility and strategy intertwine in fast-paced games.

On another field, the hockey pitch beckons with its gleaming surface, where sticks clash and goals are scored in electrifying matches. But the outdoor adventure doesn't end there. From cricket nets resonating with the crack of the bat to volleyball courts alive with spirited rallies, our campus embraces a diverse array of sports and activities to cater to every interest and aspiration. So come, bask in the sunshine of athletic camaraderie and let the outdoors be your playground for growth, excellence, and endless excitement.



1.7.1.9 SPORTS PSYCHOLOGY LABORATORY

Our world-class sports psychology lab is a station where the mind meets the arena of sports. Designed to explore the intricate relationship between psychology and athletic performance, our lab offers state-of-the-art facilities and research opportunities. From studying the psychological factors influencing peak athletic performance to developing strategies for mental resilience and focus, our lab serves as a hub for understanding the inner workings of the athlete's mind

EQUIPMENT

VIENNA TEST SYSTEM

COGNIPLUS

BIO FEEDBACK SYSTEM

NEURO FEEDBACK SYSTEM

EYE TRACKER

VR-META QUEST PRO

VR-OCULUS-2

QUICK BOARD

ADVANCED NEURO TRACKER

COMPUTERISED SPORTS VISION TRAINER

HRV TRAINER

STRESS CONTROL SYSTEM

FIT LIGHT PSYCHO MOTOR TRAINING SYSTEM

BHATIA BATTERY

THREE PHYSIOLOGICAL SENSOR

NEURO BALANCE TRAINING

1.7.1.10 EXERCISE PHYSIOLOGY, & SPORTS NUTRITION RESEARCH LABORATORY

Our Exercise Physiology, & Sports Nutrition Research lab is where science meets athleticism. Here, cutting-edge technology and research methodologies are employed to understand the intricacies of human physiology

in the context of sports performance. From measuring physical attributes to analyzing nutritional needs, our lab equips athletes and coaches with invaluable insights to optimize training, recovery, and overall well-being.



EQUIPMENT

- » HIGH DENSITY SURFACE EMG: 8 CHANNEL
- » FORCE PLATES
- » BODY COMPOSITION ANALYSER
- » CARDIO PULMONARY EXERCISE TESTING UNIT K5
- » TREADMILL T170 COSMED
- » ANAEROBIC WINGATE EGROMETER BICYCLE
- » MODULAR EGROMETER
- » OSMOMETER
- » POLAR HEART RATE MONITORS
- » DIGITAL GRIP DYNAMOMETER
- » VERTIMAX TRAINING KIT
- » DRY SPIROMETERS
- » PORTABLE HAEMOGLOBIN METER
- » FLEXOMETER
- » PORTABLE STADIOMETER
- » POCKET REFRACTOMETER
- » REMI DEEP FREEZER ULT-90 LCD
- » iSEN STT SYSTEM
- » PEDOMETER ACT i LIFE & ACT i GRAPH
- » HANDHELD STRENGTH DYNAMOMETER & ROM
- » MICRO FET 2
- » D-WALL TECHNOBODY
- » FOAM PLYOMETRIC BOXES
- » HYDRO VEST
- » AQUA BALL
- » SKINFOLD CALLIPER
- » PORTABLE WBGT HEAT STRESS MONITOR
- » DIGITAL SIT AND REACH BOX
- » DIGITAL GONIOMETER

1.7.2 PERMANENT CAMPUS

The permanent campus of National Sports University has a sprawling area of 325.90 acres of land. It is located at Imphal West which is about 21 kilometers from the Imphal City and Imphal Airport while 22 kilometers away from ISBT. The campus will have world-class sporting facilities designed to nurture champions and enthusiasts alike. With a total of 12 courts catering to various sports, an Olympic-sized swimming pool accompanied by a diving pool, and comprehensive support facilities, athletes have the perfect environment to hone their skills and excel.

For strength and conditioning, our gymnasium will provide state-of-the-art equipment, while the shooting range will offer precision

training for marksmen. The campus will also feature an international-standard synthetic hockey field and a synthetic athletic track for competitive events.

In addition, our outdoor facilities will include two basketball courts, three tennis courts, and two volleyball courts, providing ample opportunities for students to participate in a wide range of sports and activities.

With its picturesque surroundings and top-notch amenities, our campus will not just be a place for training but a hub for excellence and inspiration in the world of sports. The construction work in the permanent campus is in full swing and will soon be functional.



HOSTEL BUILDINGS

1.8 SCHOLARSHIPS

National Sports University award scholarships to meritorious undergraduate and postgraduate students to promote and recognize academic and sports excellence. Scholarships shall be awarded based on the recommendation of the University Scholarship Committee (USC) and on approval of the Vice-Chancellor.

The following University scholarships are available for eligible students.

1. University Merit Scholarship (UMS).
 2. University Merit-cum-Means Scholarships (UMcMS).
 3. University Sports Merit Scholarships (USMS).
- For further details, please check the University website <https://nsu.ac.in/>

1.9 CO-CURRICULAR ACTIVITIES

Our campus buzzes with a vibrant range of co-curricular activities, celebrating a rich tapestry of cultural and social events throughout the year. From the joyous splashes of color during Holi to the serene reverence of Saraswati Puja, our students partake in festive celebrations that honor tradition and community spirit. The campus comes alive with the sights, sounds, and flavors of regional festivals like Onam and Bihu, where students immerse themselves in cultural heritage and unity.

We pay tribute to the invaluable contributions of educators on Teachers' Day and commemorate the resilience and achievements of women on International Women's Day. World Health Day serves as a reminder of the importance of well-being, with activities promoting physical and mental

wellness. And on Independence Day, the campus resonates with patriotic fervor as we honor the spirit of freedom and unity.

In addition to their regular studies, students actively engage in a variety of co-curricular pursuits aimed at fostering teamwork, leadership skills, and holistic development. Through programs such as educational tours, leadership training camps, and outreach activities, students learn the importance of collaboration and community engagement, gaining valuable life skills along the way.

Through these diverse co-curricular activities, our students cultivate a deeper understanding of cultural diversity, social responsibility, and personal growth, enriching their educational journey beyond the classroom.



3RD JANJATIYA GAURAV DIWAS 2023

1.10 SPORTS ACHIEVEMENTS

Competitive sports form an integral part of the academic programme of the University. The students of the University have brought laurels in competitions at Inter-university, State, Zonal, National and International level. Some of the achievements (2023 - 2024) are given below:



INTERNATIONAL

55th Asian Body Building and Physique Sports Championship, Kathmandu, Nepal 2023: Participation

ICF 2023 Canoe Slalom World Championship, United Kingdom: Participation

14th World Body Building and Physique Sports Championship, South Korea, 2023: Participation

Navy Open Fencing Championship 2023, Thailand: Participation

14th WBPF Championships 2023, South Korea: 4th Place.

NATIONAL/ZONAL

18th NTPC Senior National Archery Championship Compound (M & W) 2023, Gujarat: Participation

10th North East Zonal Shooting Competition 2023, Shillong: Participation

37th National Games 2023, Goa, Wushu: 1 Gold

37th National Games 2023, Goa, Swimming: Participation

37th National Games 2023, Goa, Shooting: Participation

37th National Games 2023, Goa, Wrestling: Participation

37th National Games 2023, Goa, Fencing: Participation

37th National Games 2023, Goa, Canoe Shalom: Participation

37th National Games 2023, Goa, Fencing: Official

Open National Canoe Slalom Championship for Senior Men & Women 2023, Madhya Pradesh: 1 Bronze

Senior National Football Trial, Uttarkhand: Participation

66th National Shooting Championship Competition (Rifle Events), DKSSR, New Delhi: Participation

Yonex Sunrise All India Junior Ranking Badminton Tournament 2023, Rajasthan: Participation

73rd Junior National Basketball Championship 2024, Odisha: Participation

3rd Northeast Olympics 2024, Manipur: Participation

The Guwahati Marathon 2024, Assam: Participation

STATE

State Level Athletics Meet 2023, Manipur: Participation

22nd Senior State Level Volleyball Championship 2023, Manipur: Participation

PBBPTC Keishamthong Elangbam Leikai Community Hall 2023, Manipur, Powerlifting: 1 Bronze

26th Inter District and State Table Tennis Championship 2023, Nagaland: Participation

19th Governor's Cup State Level Fencing Championship 2023, Manipur: 1 Gold, 1 Bronze

24th Junior and 25th Senior State Weightlifting Championships 2023, Manipur: 1 Gold, 1 Silver, 2 Bronze

19th Governor's Cup State Level Fencing Championship 2023, Punjab: Participation

Meghalaya Games 2024, Shooting: 1 Gold, 2 Silver

14th AMFA Senior Women's Football League 2024, Manipur: Participation

ASSOCIATION OF INDIAN UNIVERSITIES (AIU)

All India Rope Skipping Championship 2023: 2 Gold, 3 Silver, 1 Bronze

All India, Kayaking & Canoeing Championship 2023: 1 Silver

All India, 2023, Taekwondo: 1 Bronze

Northeast Zone Football Men, 2023: Gold

All India Wushu Men and Women, 2023: 1 Silver, 1 Bronze

Northeast Zone Youth Festival, 2023, Mimicry: 1 Gold

Khelo India University Game, 2023, Swimming and

Fencing: Participate

1.11 PLACEMENT CELL

The Placement Cell at National Sports University oversees campus placements, aiming to offer a robust platform for student recruitment. Comprising five faculty members, the Placement Committee spearheads these efforts, ensuring students find suitable employment opportunities.

Equipped to facilitate campus recruitment, the Placement Cell's primary goal is to bridge the gap between education and employment, assisting students in securing jobs and helping employers connect with qualified candidates.

MEMORANDUM OF UNDERSTANDING (MOU) & COLLABORATION:

Organization	Website	City
Cult Fit	https://www.cult.fit/	Bengaluru
Lakshyan Academy of Sports Pvt Ltd	https://www.lakshyanacademyofsports.com/	Bengaluru
Sportz Village	https://www.sportzvillage.com/	Bengaluru
Triumph PE	https://www.triumphpe.com/	Hyderabad
Sanjeevini life care village	https://www.sanjeevinilifecarevillage.com/	Kerala
IISA	https://www.iisa.in/	Mumbai

DEPARTMENT WISE PLACEMENT STATISTICS

Name of the Department	Course	Total Students Passed out	Students presently working at different organizations	Students Pursuing higher degree
Department of Physical Education	BPES	109	13	76
	MPES	16	13	03
Department of Sports Coaching	B.Sc (SC)	78	13	47
	M.Sc (SC)	03	03	00
Department of Sports Psychology	MASP	28	17	06

2. ACADEMIC PROGRAMMES

DEPARTMENT	PROGRAMME	DURATION	SEMESTERS	NO. OF SEATS
Physical Education	Master of Physical Education and Sports (M.P.E.S)	2 years	4	30
	Bachelor of Physical Education and Sports (B.P.E.S.)	3 years	6	50
Sports Coaching	Master of Science in Sports Coaching (Archery, Athletics, Badminton, Boxing, Football, Shooting, Swimming and Weightlifting) [M.Sc. (SC)]	2 years	4	20
	Bachelor of Science in Sports Coaching (Archery, Athletics, Badminton, Boxing, Football, Shooting, Swimming and Weightlifting) [B.Sc. (SC)]	4 years	8	80
Sports Psychology	Master of Arts in Sports Psychology [M.A. (SP)]	2 years	4	15
Sports Physiology and Nutrition	Master of Science in Applied Sports Nutrition [M.Sc. (ASN)]	2 years	4	15



2. POSTGRADUATE PROGRAMMES

2.1.1 MASTER OF SCIENCE IN SPORTS COACHING [M.Sc. (SC)]

The postgraduate programme in Sports Coaching provides advanced training in coaching theory, methods, and ethics through both course work and independent research. It aims to provide students with an opportunity to learn and develop their coaching skills and prepare them for the world of professional coaching.

Duration: 2 years

Semester: 4 Semesters

Eligibility: **Essential:**

- » Any individual who possesses an Under-graduate Degree with PG Diploma/Diploma in Sports Coaching or B.P.Ed. / B.P.E.S. / B.Sc. (SC) (3 Years) with PG Diploma/ Diploma in Sports Coaching or B.Sc. (SC) (4 Years) or equivalent.
- » 50% marks in qualifying examination for Unreserved (UR), OBC (Non-Creamy Layer), Economically Weaker Sections (EWS) Kashmiri Migrants & Kashmiri Pandits/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley.
- » 45% marks in qualifying examination for SC/ST/PWD.

Desirable:

- » Sports Participation: National or All India Inter-University.

Sports Discipline Offered: **Athletics, Archery, Badminton, Boxing, Football, Shooting, Swimming, and Weightlifting.**

Career Outcome: There is high demand for innovative, qualified, and well-informed sports coaches, both in national and international sports sector. The career outcomes are:

- » Teachers/Assistant Professors in Sports Colleges/Universities/ Departments
- » High Performance Coaches
- » High Performance Managers
- » Coaches
- » Trainers
- » Fitness Centre Managers
- » Instructors
- » Strength and Conditioning Experts

2.1.2 MASTER OF ARTS IN SPORTS PSYCHOLOGY [M.A. (SP)]

The programme's philosophy aims to critically engage the students with a wide range of Sport Psychology perspectives by relying on a variety of research and applied approaches. The student will study on the influence of research and psychology theory on practical. The curriculum concentrates on important areas in the practical settings of sport, while giving a critical awareness of sports psychology with the goal of preparing students for practitioner or doctoral research and academic careers in sports psychology. The curriculum also focuses on the psychological factors that impact human performance, evaluation and intervention procedures that improve an individual's performance and personal development.



Duration: 2 years
Semester: 4 Semesters

Eligibility:

Essential:

- » Any individual who possesses B.P.Ed./B.A. (Honours) in Psychology/ B.P.E.S./B.Sc. (SC) or any other Under-graduate Degree with Psychology/Sports Psychology as one of the subjects.
- » 50% marks in qualifying examination for UR (Unreserved), OBC (Non-Creamy Layer), Economically Weaker Sections (EWS), Kashmiri Migrants & Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley.
- » 45% marks in qualifying examination for SC/ST/PWD.

Desirable:

- » Participation in any Sports or Games.

Career Outcome: Postgraduates of this programme can aspire to work as:

- » Sports Psychologist with National and/or international athletes.
- » Counsellor in sports and clinical fields.
- » Private practitioner in Sports Psychology.
- » Academician in different sports universities in India.
- » Sports Psychologist in Injury and Rehabilitation centres for athletes.

2.1.3 MASTER OF SCIENCE IN APPLIED SPORTS NUTRITION [M.Sc. (ASN)]

Sports Nutrition as an area of specialization in higher education has gained particular interest in India in recent times, and has since been recognized as an important part of achieving optimal athletic performance. This is a culmination of decades of sports science services and support rendered to Indian Athletes, with minimal capacity building in this super specialization. Hence, the two-year M.Sc. (Applied Sports Nutrition) is being initiated by the National Sports University, Manipur, under the aegis of MYAS to fill this gap. This course will be first of its kind and has been rigorously compiled to translate the existing scientific understanding of sports nutrition into on-field day-to-day monitoring of training and performance of athletes.

The M.Sc. (Applied Sports Nutrition) programme will follow the Choice Based Credit System as per the guidelines issued by the UGC and **the first-of-its programme to implement the National Education Policy, 2020 (NEP) with multiple entry-exit points and flexibility for inclusion of online courses and credit transfer options in the country.**

Duration: 2 years

Semester: 4 Semesters

Exit Option: Students have an option/ choice to exit the course after 1 Year (2-Semesters) with a PG Diploma in "Sports Nutrition".

Eligibility: **Essential:**

- » Any individual who possesses an under-graduate degree in the following discipline(s):
 - Nutrition/ Food & Nutrition/ Applied Nutrition/Nutrition & Dietetics/Home Science/ Food Science/Applied Nutrition & Public Health, Clinical Nutrition & Dietetics, or an Equivalent Degree.
 - Sports Science/Exercise/Human or Medical Physiology/ Biochemistry/ Zoology.
 - Bachelor of Ayurvedic Medical Science (BAMS)
 - Bachelor of Physical Education and Sports (BPES) or Bachelor of Sports Coaching (BSC) with Sports Nutrition as one of the courses in the programme.
- » 50% marks in qualifying examination for UR (Unreserved), OBC (Non-Creamy Layer), Economically Weaker Sections (EWS), Kashmiri Migrants & Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley.
- » 45% marks in qualifying examination for SC/ST/PWD.

Career Outcome:

Postgraduates of this programme can aspire to work as:

- » Sports Nutritionist at High Performance Centers (HPC)
- » Sports Nutritionist in Government (Central and State)/Private owned sports academies/ agencies/federations.
- » Sports nutrition educators/counselors/diet planners/advisors/extension workers/policy.
- » Sports Nutrition Academicians/Researchers.
- » Sports Nutritionist in product/supplement industry.
- » Fitness and gymnasium entrepreneurs.

2.1.5 MASTER OF PHYSICAL EDUCATION AND SPORTS (M.P.E.S)

Duration: 2 years

Semester: 4 Semesters

Eligibility: **Essential:**

- » The candidate must have passed the Bachelor of Physical Education and Sports (B.P.E.S.) or any other equivalent examination recognized by the Government.
- » 50% marks in the qualifying examination for UR (Unreserved), OBC (Non-Creamy Layer), Economically Weaker Sections (EWS), Kashmiri Migrants & Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley.
- » 45% marks in the qualifying examination for SC/ST/PWD.

Career Outcome Postgraduates of this programme can aspire to work as:

- » Teachers/Assistant Professors in Sports Colleges/Universities/ Departments
- » Sports Administrator in Universities and Colleges
- » Sports Officers in Directorate of Youth Affairs and Sports
- » Fitness Centre Managers
- » Hospitality Industry
- » Health Clubs
- » Sports Teachers
- » Coaches
- » Instructors
- » Personal Trainers
- » Sports Therapists

The postgraduate programme in Physical Education and Sports is rigorously designed and intellectually demanding professional education. This course will also provide the advance knowledge and research training required for higher degrees of research such as doctoral programmes.

The programme helps to chalk out pathway to becoming an innovator in the exciting world of physical education and sports

2.2 UNDERGRADUATE PROGRAMMES

2.2.1 BACHELOR OF SCIENCE IN SPORTS COACHING [B.Sc. (SC)]

B.Sc. [SC] focuses on coaching methods and theories among other aspects like sports pedagogy, sports sciences, skills technique, tactics, etc. The programme will help the students develop a unique combination of skills, knowledge, and expertise in Sports Coaching.

Duration: 4 years
Semester: 8 Semesters

Eligibility: Essential:

- » The Candidate must have passed 12th standard or any other equivalent examination recognized by the Government.
- » 45% marks in the qualifying examination for UR (Unreserved), Economically Weaker Section (EWS), OBC (Non-Creamy Layer), Kashmiri Migrants & Kashmiri Pandit/ Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley.
- » 40% marks in the qualifying examination for SC/ST/PWD.
- » The candidate must have participated in District level competitions organized by District Sports Association/ School Games Federation of India (SGFI)/ State Associations/ National Sports Federations recognized by Indian Olympic Association in the sports disciplines offered by NSU.

Sports Discipline Offered: Archery, Athletics, Badminton, Boxing, Football, Shooting, Swimming and Weightlifting.
 Note: The sports discipline of the candidate will be fixed based on his/her sports achievements.

A candidate shall choose a game/sports he/she intend to specialize from the sports discipline and shall not be permitted to change the game/sports once s/he is admitted.

Career Outcome Career opportunities to the graduates of this programme include options to work as:

- » Sports Coach
- » Private sport coaching consultant
- » Personal trainer

2.2.2 BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S)

B.P.E.S is designed for students to gain specialized knowledge in the areas of physical education and sports. The programme helps the candidate chalk out pathways to become an innovator in the exciting world of physical education and sports.

Duration: 3 years
Semester: 6 Semesters

Eligibility: **Essential:**

- » The Candidate must have passed the 12th standard scheme of examination or any other equivalent examination recognized by the Government.
- » 45% marks in the qualifying examination for UR (Unreserved), Economically Weaker Sections (EWS), OBC (Non-creamy layer), Kashmiri Migrants & Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley.
- » 40% marks in the qualifying examination for SC/ST/PWD.

Career Outcome Graduates in Physical Education and Sports can aspire to work in:

- » Sports administration
- » Fitness club
- » Health clubs
- » Hospitality industry
- » Educational institutions



3. ADMISSION SCHEDULE

Admission Schedule: The admission schedule for Undergraduate and Postgraduate courses shall be as follows:

Admission Timeline	Tentative Dates
Commencement of Registration & Online Application	27th May 2024
Last Date for Submission of Online Application	27th June 2024
Date of National Sports University Entrance Examination (NSUEE)	9th July 2024
Date of Physical Fitness & Game Proficiency Test	10th-12th July 2024
Date of Viva Voce for PG courses (MASP & M.Sc. ASN)	10th-12th July 2024
Result Declaration	20th July 2024
Reporting Date for Verification of Original Documents and Medical Fitness Test at NSU, Imphal	29th-31st July 2024
Date of Registration & Payment of Fees	29th-31st July 2024
Commencement of Classes	1st August 2024

Dates mentioned above are tentative and subject to change. For any changes, the details will be uploaded on the University website.



4. ADMISSION RULES

4.1 The Admission Rules as framed by the University from time to time and shall be applicable for all admissions. All decisions taken by the University in this regard shall be final. The candidates are advised to go through the instructions given in the 'Admission Application Form' as well as in the Prospectus before submission of application.

4.2 Minimum of 5 students is required for the commencement of any Undergraduate and Postgraduate programmes. Any programme will not be offered in the absence of 5 students. Fee taken from any students for the programme will be refunded to the student.

4.3 Age Limit:

- i. The minimum age limit for B.Sc. (SC) and B.P.E.S. programme is 17 years as of 1st July 2024.
- ii. The upper age limit for seeking admission to B. Sc. (SC) is 25 years and BPES is 23 years as of 1st July 2024.
- iii. Relaxation in age shall be as per the Government of India Rules.
- iv. The Competent Authority may relax the minimum age criterion at his/her discretion.
- v. There is no age bar for Postgraduate programme.

4.4 Medical Fitness Certificate: Candidate must produce a Medical Fitness Certificate, as per the ANNEXURE-G, approved by a Government Medical Officer to undergo Physical Fitness Test at the test centres.

4.5 Merely appearing in National Sports University NSUEE does not confer any right to the candidate for admission to the University. Selection and admission to NSU are subject to fulfilling the Admission Criteria, Eligibility, Rank in Merit List, Medical Fitness, Verification of Original Documents and such other criteria as may be prescribed by the University.



4.6 RESERVATION POLICY

For admission to any programme offered by NSU, the reservation policy given below as per the Reservation Policy of the Government of India shall be applicable.

RESERVATION OF SEATS	
CATEGORY	PERCENTAGE OF RESERVATION
Scheduled Caste	15 %
Scheduled Tribe	7.5 %
Other Backward Classes	27 %
The wards of Kashmiri Migrants and Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley (Supernumerary)	UG Courses – 2 seats each PG Courses – 1 seat each
Economically Weaker Section (EWS)	10 %
Person with Disability (PWD) (Horizontal)	05%

- i. The benefit of reservation for admission to National Sports University shall be as per Govt. of India Reservation Policies and on production of the relevant documents at the time of verification of documents.
- ii. Other Backward Classes - Non-Creamy Layer (OBC-NCL) are as per the Central list of Other Backward Class available on National Commission for Backward Classes (NCBC), Government of India website (www.ncbc.nic.in) are eligible for reservation under this category.
- iii. Economically Weaker Section (EWS) - This provision would be regulated as per the OM No.20013/01/2018-BC-II dated 17 January 2019 issued by the Ministry of Social Justice and Empowerment and the OM No. 12-4/2019-U1 dated 17.01.2019 and Letters No 35-2/2019-T.S.I dated 21/01/2019, 01/02/2019, 04/02/2019 and 15/02/2019 of Ministry of Education, Department of Higher Education.
- iv. One seat each for Postgraduate Programmes (supernumerary) and two seats for Undergraduate Programmes (supernumerary) are provided for registered Kashmiri Migrants. Candidates registered with different State Government should produce proof of registration in original at the time of Counselling to NSU.
- v. If a candidate claims that he/she belongs to a reserved category in the Admission Application Form but fails to submit documents supporting the claim to the satisfaction of the University at the time of admission, then his/her Provisional Selection to that category shall stand cancelled automatically.
- vi. The Medical and PWD committee of National Sports University will take the final decision before selecting the candidate through PWD category.

4.7 WOMEN CANDIDATES

- i. 30% of seats are reserved for women candidates, however if the seats do not get filled, male students would be admitted.
- ii. Married girl is eligible for admission.
- iii. In the case of married student conceiving during the course shall render her discontinuation from the course for at least one academic year.
- iv. She may re-join the same course afresh from the beginning of the semester she had discontinued her studies, provided the University guidelines pertaining to the maximum duration of the course is adhered to.
- v. Under no circumstances she will be permitted to keep the infant along with her in the Hostel.

4.8 DIRECT ADMISSION FOR INTERNATIONAL ATHLETES AND NATIONAL MEDALISTS

- i. International athletes are eligible for Direct Admission to all the Undergraduate and Postgraduate programmes offered by NSU provided that they have participated in Olympic Games, Asian Games, Commonwealth Games, South Asian Games, Youth Olympics, Commonwealth Youth Games, Asian Youth Games, World Championships, Asian Championships, and Commonwealth Championships in the disciplines included in Olympic Games, Asian Games, and Commonwealth Games, provided they fulfill the minimum educational eligibility criteria.
- ii. Medalists at Junior and Senior National Championships organized by National Sports Federations recognized by MYAS, IOA are eligible for direct admission to all the UG and PG programmes provided they fulfill the minimum educational eligibility criteria.
- iii. All such candidates who wish to be considered for direct admission shall mandatorily fill the application form available at www.nsu.ac.in and upload all the documents along with the Sports Participation Certificate.
- iv. Selected candidates shall represent NSU in the game in which he/she has received direct admission.

4.9 FOREIGN NATIONALS AND NRI CANDIDATES

Foreign candidates should apply through Proper Channels / Diplomatic Channels i.e. through the concerned Embassy or Indian Council for Cultural Relations. Admission would be on the basis of their credentials; eligibility, attainment of minimum qualifying marks in admission test, Rank in Merit List, Medical Fitness, Verification of Original Documents and such other criteria as may be prescribed by the University. At the time of admission NOC from the respective Embassy should be submitted.

4.10 FEE STRUCTURE

Fee structure for Indian and foreign students for Undergraduate programme and Postgraduate programme is given from Annexure – I to L.

5. ADMISSION PROCESS

5.1 APPLICATION FOR ADMISSION

5.1.1 Application Form: Application for the admission shall be available online on the website of NSU, www.nsu.ac.in. Candidates may apply for NSUEE 2024 in “Online” Mode ONLY by accessing the NSU website www.nsu.ac.in. Application Form other than the online mode would not be accepted.

5.1.2 Multiple Applications: If any candidate is applying for more than one Course, they should register separately using a separate E-mail ID & phone number and submit the application form.

- a. Candidates applying for B.Sc. (SC) and BPES will have a common entrance examination.
- b. Candidates applying for PG courses will have to appear for separate examination for the courses which he/she has applied for.

5.1.3 Eligibility to Apply: A candidate, who wishes to apply for any of the programmes offered by NSU, should read the eligibility criteria and general conditions for admission and satisfy himself / herself about his / her eligibility to apply. Eligibility criteria for each course are given in the points 2.1.1, 2.1.2, 2.1.3, 2.2.1 and 2.2.2 of the Prospectus.

5.1.4 Provisional Application: If the candidate is appearing in a qualifying examination and the result thereof is awaited, he/she can apply. However, admission will be subject to meeting the eligibility criteria on the date of admission.

5.1.5 Online Application Fee: The online application fee is Rs. 1000/- per course. However, if the candidate desires to apply for another programme (provided the required eligibility criteria are fulfilled), he/she should pay the fee separately for the new programme and submit separate Application Form. The Online Application Fee shall not be reimbursed under any circumstances.

5.1.6 Queries: For any queries, regarding admission form, please contact 0385-2421004 or write to nsuadmissionsoff@gmail.com and contact persons for course-related queries (10:00 am to 5:00 pm):

- » B.Sc. (Sports Coaching): Mr. K. Ravi Shankar, Assistant Professor (Sports Coaching)
Mobile No. +919863010030
- M.Sc. (Sports Coaching): Mr. Hito Swo, Assistant Professor (Sports Coaching)
Mobile No. +917758002278
- » B.P.E.S.: Dr. M. Surchand Singh, Assistant Professor (Physical Education)
Mobile No: +919691055066
- » M.P.E.S.: Dr. S. Premananda Singh, Assistant Professor (Physical Education)
Mobile No: +918787307764
- » M.A. Sports Psychology: Dr. N. Debala Chanu, Assistant Professor (Sports Psychology)
Mobile No. +919402732888
- » M.Sc. (ASN): Dr. Keren Harish Tiwari, Assistant Professor (Sports Nutrition)
Mobile No. +919121001280

5.2 GENERAL INSTRUCTIONS FOR APPLYING ONLINE

Candidates should follow the steps given below to Apply Online:

Step-1: Register online using your own E-mail ID and Mobile No. Candidates are advised to register using their valid E-mail Id and to check their E-mail regularly including the Spam folder. Candidates will NOT be sent Admit Card for the NSUEE 2024 by post. All communications from the University will be made via the candidate's registered E-mail ID and notification on University website.

Step-2: Fill the Online Application Form and Upload clear scanned images of –

- a) A recent passport photograph (in jpg/jpeg file size: less than 200 kb, either in color or black & white with 80% face (without mask) visible including ears against a white background.
- b) Candidate's signature (file size: less than 20kb).
- c) Certificate of the qualifying examination. (file size: less than 20kb)
- d) Proof of Identity (Aadhaar/Identity Card)- (file size: less than 20kb)
- e) Proof of Date of Birth (Matriculation/Birth Certificate). (file size: less than 20kb)
- f) Reserved Category Certificate, if applicable (file size: less than 200 kb).
- g) Sports Participation/Achievement Certificate in the last five years, if applicable (file size: less than 200 kb).

Step-3: Click on Submit.

Step-4: Pay the Fee of Rs 1000/- using the Payment Gateway(s) integrated to the Online Application through Net Banking / Debit / Credit Card / UPI / Wallet/ Paytm and keep proof of fee paid.

Note: All 4 Steps can be done together or at separate timing.

Step-5: After successful completion of **Step - 4**, the Confirmation Page of the Application Form, should be downloaded, and a printout of the same may be retained for future reference. The Confirmation Page of the online Application Form could be generated only after successful payment of fees by the Candidate.

If the Confirmation Page is not generated after paying the prescribed fee, the Candidate should approach the concerned Bank/Payment Gateway integrator to ensure successful payment. In spite of the above, if a successful transaction is not reflected on the Portal, the Candidate may contact NSU at 0385-2421004 or nsuadmissionsoff@gmail.com.

However, any duplicate payment received from the Candidate by NSU in the degree programme of said transactions will be refunded through the same payment mode through which the duplicate payment is received, after fee reconciliation by NSU.

Note The final submission of Online Application Form will remain incomplete if Step-3 and Step-4 are not complete. Such forms will stand rejected and no correspondence on this account will be entertained.

6. ADMISSION TEST FOR POSTGRADUATE PROGRAMMES

6.1 MASTERS OF SCIENCE IN SPORTS COACHING [M.Sc. (SC)]

- 6.1.1** The Admission Tests for M.Sc. (SC) consists of five segments, viz., NSUEE, Physical Fitness (ANNEXURE – A (I - IV), Game Proficiency, Weightage of Sports Achievement (ANNEXURE - B) and Viva-Voce.
- 6.1.2** Appearance in Written Examination, Physical Fitness, & Game Proficiency is mandatory in order to be eligible for consideration for admission.
- 6.1.3** To be eligible for admission, a candidate should score minimum 45% marks in written examination and 50% marks in physical fitness and game proficiency.
- 6.1.4** Admission shall be made on merit basis. Merit list will be prepared as per the total marks obtained in above mentioned 6.1.1.

6.1.5 ADMISSION CRITERIA:

SL. NO.	COMPONENTS OF ADMISSION TEST	MARKS	REMARKS	PASS MARKS
i	NSUEE: » General Awareness -10 marks » Aptitude -10 marks » Sports Science - 40 marks » Specialized Sport (opted by candidate - 40 marks)	100 Marks	Multiple Choice Question Duration – 2 hours	45 Marks
ii	Physical Fitness: » 50 Meter Sprint » Standing Broad Jump » Overhead Back Throw » 1000 Meter Run / Walk	20 Marks	Refer ANNEXURE A (I-IV)	35 Marks
iii	Game Proficiency: » Skill Test » Playing Ability	50 Marks		
iv	Sports Achievement	30 Marks	Refer ANNEXURE -B	-
TOTAL		200 Marks		

- 6.1.6** Syllabus for NSUEE for M.Sc. Sports Coaching is given in ANNEXURE – M.

6.2 MASTERS OF ARTS IN SPORTS PSYCHOLOGY [M.A. (SP)]

- 6.2.1** The Admission Tests for M.A. (SP) consists of three segments, viz., NSUEE, Weightage in Sports Achievement (as given in ANNEXURE - B) and Viva-Voce. While applying for admissions, candidate should read the General Instructions for Applying Online given at Point 5.2.
- 6.2.2** Appearance in the NSUEE and Viva Voce is mandatory in order to be eligible for consideration for admission.
- 6.2.3** Admission shall be made on merit basis. Merit list will be prepared as per the total marks obtained in three segments mentioned in the Admission Criteria.

6.2.4 ADMISSION CRITERIA:

SL.NO.	COMPONENTS OF ADMISSION TEST	MARKS	REMARKS	PASS MARKS
i	NSUEE: » Sports Awareness -10 marks » Reasoning -10 marks » Aptitude - 10 marks » Introduction to Psychology/Sports Psychology - 70 marks	100 Marks	Multiple Choice Question Duration - 2 hours	45 Marks
ii	Sports Achievement	30 Marks	Refer ANNEXURE - B	-
iii	Viva-Voce	20 Marks	Subject Knowledge and Communication Skills	-
TOTAL		150 Marks		

- 6.2.5** Syllabus for NSUEE for M.A. Sports Psychology is given in ANNEXURE - N.

6.3 MASTERS OF PHYSICAL EDUCATION AND SPORTS (M.P.E.S)

6.3.1 The Admission Tests for M.P.E.S. consists of five segments, viz., NSUEE, Physical Fitness (ANNEXURE A (I-IV)), Game Proficiency, & Sports Achievements (ANNEXURE- B).

6.3.2 Appearance in NSUEE, Physical Fitness (ANNEXURE- A (I-IV)), & Game Proficiency is mandatory in order to be eligible for consideration for admission.

6.3.3 Admission shall be made on merit basis. Merit list will be prepared as per the total marks obtained in four segments mentioned in the admission criteria.

6.3.4 ADMISSION CRITERIA:

SL.NO.	COMPONENTS OF ADMISSION TEST	MARKS	REMARKS	PASS MARKS
i	NSUEE: » General Awareness -10 marks » Aptitude -10 marks » Subject Knowledge - 60 marks » Sports Knowledge - 20 marks	100 Marks	Multiple Choice Question Duration - 2 hours	45 Marks
ii	Physical Fitness: » 50 Meter Sprint » Standing Broad Jump » Overhead Back Throw » 1000 Meter Run / Walk	20 Marks	Refer ANNEXURE A (I-IV)	35 Marks
iii	Game Proficiency: » Skill Test » Playing Ability	50 Marks		
iv	Sports Achievement	30 Marks	Refer ANNEXURE -B	
TOTAL		200 Marks		

6.3.5 Syllabus for NSUEE for M.P.E.S is given in ANNEXURE - Q.

6.3.6 Game Proficiency will be tested on anyone of the following sports: Athletics, Archery, Badminton, Basketball, Best Physique, Boxing, Canoeing, Cricket, Cycling, Diving, Football, Fencing, Gymnastics, Handball, Hockey, Judo, Kabaddi, Kayaking, Kho-Kho, Lawn Tennis, Power Lifting, Squash Rackets, Softball, Swimming, Water Polo, Table Tennis, Track & Field, Volleyball, Weight-Lifting, Wrestling, Yoga, Wushu, Fencing, Taekwondo and other games & sports which are approved and funded by MYAS/IOA.

6.4 MASTERS OF SCIENCE IN APPLIED SPORTS NUTRITION [M.Sc. (ASN)]

6.4.1 The Admission Tests for M.Sc. (Applied Sports Nutrition) consists of three segments, viz., NSUEE, Weightage in Sports Achievement (as given in ANNEXURE - B) and Viva-Voce. While applying for admissions, candidate should read the General Instructions for Applying Online given in prospectus.

6.4.2 Appearance in NSUEE, and Viva Voce is mandatory in order to be eligible for consideration for admission.

6.4.3 Admission shall be made on merit basis. Merit list will be prepared as per the total marks obtained in three segments mentioned in the admission criteria.

6.3.4 ADMISSION CRITERIA:

SL.NO.	COMPONENTS OF ADMISSION TEST	MARKS	STRUCTURE OF EXAM
i	NSUEE: » General and Sports Awareness, Aptitude and Reasoning – 20 marks » Physiology – 20 marks » Biochemistry – 20 marks » Nutrition and Sports Nutrition – 40 marks	100 Marks	Multiple Choice Questions Duration – 2 hours
ii	Sports Participation/ Working experience in Sports	30 Marks	Refer ANNEXURE – B for Sports Participation Working experience of a year will be awarded 10 marks, 20 marks for 2-years and 30 marks for above 2-years.
iii	Viva-Voce	20 Marks	Subject Knowledge and Communication Skills
Total		150 Marks	

6.4.5 Syllabus for NSUEE for M.P.E.S is given in ANNEXURE – P.

7. ADMISSION TEST FOR UNDERGRADUATE PROGRAMMES

7.1 BACHELOR OF SCIENCE IN SPORTS COACHING [B.Sc. (SC)] & BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S)

- 7.1.1** Details of Admission Tests: The Admission Tests for B.Sc. (SC) and B.P.E.S of four segments, viz., NSUEE, Physical Fitness (ANNEXURE – A (I-IV)), Game Proficiency and Sports Achievements (ANNEXURE-B).
- 7.1.2** Admission shall be made on merit basis Merit list will be prepared as per the total marks obtained in four segments mentioned in the admission criteria.
- 7.1.3** Appearance in the NSUEE, Physical Fitness and Game Proficiency is mandatory in order to be eligible for consideration for admission.

7.1.4 ADMISSION CRITERIA:

SL.NO.	COMPONENTS OF ADMISSION TEST	MARKS	REMARKS	PASS MARKS
i	NSUEE: » General Aptitude, Logical Reasoning & Current Affairs - 40 marks » English Proficiency – 30 marks » General Knowledge (Sports) – 30 marks	100 Marks	Multiple Choice Question / Descriptive (English Proficiency) Duration – 2 hours	45 Marks
ii	Physical Fitness: » 50 Meter Sprint » Standing Broad Jump » Overhead Back Throw » 1000 Meter Run/Walk	40 Marks	Refer ANNEXURE A (I-IV)	35 Marks
iii	Game Proficiency: » Skill Test » Playing Ability	30 Marks		
iv	Sports Achievement	30 Marks	Refer ANNEXURE -B	
TOTAL		200 Marks		

- 7.1.5** Syllabus for NSUEE for B.Sc. (S.C) and B.P.E.S. is given in ANNEXURE – Q.

8. GENERAL INFORMATION FOR ADMISSION TEST

The candidates appearing for Admission Tests to Undergraduate and Postgraduate programmes shall keep the following points in mind:

- 8.1 Admit Card:** Admit Card is issued provisionally to the candidates, subject to satisfying the eligibility conditions. Admit Card will not be sent by post. Candidate should download the Admit Card from the NSU website and appear for the Examination on Date, timing, and as per the instructions given in the Admit Card. The candidates are advised to read the instructions given in the Admit Card carefully in advance and follow the instructions during the examination. In case a candidate is unable to download Admit Card from the website, he/she may approach the Helpline number 0385-2421004 between **10:00 A.M.** and **5:00 P.M.** or write to NSU at nsuadmissionsoff@gmail.com.

In case of any discrepancy in the particulars of the candidate or his/her photograph or signatures shown in the admit card and confirmation page, the candidate may approach the Helpline numbers 0385-2421004 between **10:00 A.M.** and **5:00 P.M.** in advance before the schedule date of examination. In such cases candidates would appear in the Examination with the already downloaded Admit Card.

Note:

- i. Candidate may please note that Admit Cards will not be sent by post.
 - ii. Candidate must not mutilate the Admit Card or change any entry made therein.
 - iii. Candidates are advised to preserve their Admit Cards in good condition for future reference.
 - iv. Admit Card shall be issued only to the eligible candidates.
 - v. Issue of Admit Cards, however, shall not necessarily mean acceptance of admission.
- 8.2** Information such as his/her name, contact details/address, category, educational qualification details, date of birth, etc., provided by the candidate in the Online Application Form will be treated as final and any request for change will not be entertained.
- 8.3** NSU disclaims any liability that may be caused due to incorrect information provided by the candidate in his/her online Application Form.
- 8.4** **Candidates are advised to visit the University Website <http://nsu.ac.in/> regularly for the latest updates on the entrance examination.**
- 8.5** The entire application process for NSUEE 2024 is online, including uploading of scanned images, payment of fees, and printing of confirmation page, admit card, etc. Therefore, candidates are not required to send/submit any hard copy of the document(s) to NSU through Post/Fax/WhatsApp/ Email/by Hand.
- 8.6** In case it is found at any time in future that the candidate has used/uploaded the photograph and signature of someone else in his/ her Application Form/Admit Card or he/she has tampered his/her Admit Card/result, these acts of the candidate shall be treated as Unfair Means (UFM) practices on his/ her part and he/she shall be proceeded with the actions as decided by the Admission Committee.

8.7 Declaration of Results for NSUEE 2024

The result of NSUEE 2024 will be announced in the University website <http://nsu.ac.in/>.

- i. After the declaration of results, the University will conduct Medical Fitness Test and Counselling at Imphal Centre for admission to Undergraduate and Postgraduate Programmes.
- ii. There is no provision for rechecking/re-evaluation/re-totaling of the result/score, and no query in this regard will be entertained.

8.8 Merit List

All India merit lists shall be prepared on the basis of the following:

8.8.1 Undergraduate Programmes:

Merit list will be based on the score obtained in written examination, physical fitness test, game proficiency, sports achievement/participation certificates.

8.8.2 Postgraduate Programmes:

i. **M.Sc. (SC) and M.P.E.S.** Merit list will be based on the score obtained in written examination, physical fitness test, game proficiency, and sports achievement/participation certificate.

ii. **M.A. (SP).** Merit list will be based on the score obtained in the written examination, sports achievement/participation certificate and viva-voce.

iii. **M.Sc. (ASN).** Merit list be based on the score obtained in the written examination, sports achievement/working experience in sports and viva-voce.

Note: NSU reserves the right to change the minimum qualifying marks on the recommendation of the Admission Committee.

8.9 Medical Fitness Test: After the result of the Admission Test is declared, the selected candidates shall undergo a detailed Medical Fitness Test conducted by a board of medical doctors constituted by NSU at Imphal.

8.10 Counselling: Selected candidates based on merit list and Medical Fitness Test will be called for original document verification and counselling. Candidates must bring all the original documents along with one set of photocopies to NSU, Imphal for verification.

8.11 Payment of Fees: Selected candidate shall pay tuition and hostel fee through online mode only after they are notified.

9. TEST CENTRES

The test centres for NSUEE, Physical Fitness Test, Game Proficiency Test, Viva-Voce and Document Verification shall be as follows:

TEST CENTRES	ADDRESS	SPORTS
Gwalior (Madhya Pradesh)	Lakshmibai National Institute of Physical Education (LNIPE) Shaktinagar, Racecourse Road, Gwalior, Madhya Pradesh 474002	Athletics, Archery, Badminton, Boxing, Football, Shooting, Swimming, Weightlifting
Kolkata (West Bengal)	Netaji Subhas Eastern Center (NSEC), Salt Lake City, Sector No.3, Kolkata- 700091 (West Bengal)	Athletics, Archery, Badminton, Boxing, Football, Shooting, Swimming, Weightlifting
Varanasi (Uttar Pradesh)	Banaras Hindu University, Ajagara, Varanasi, Uttar Pradesh, 221005	Athletics, Archery, Badminton, Boxing, Football, Shooting, Swimming, Weightlifting
Thiruvananthapuram (Kerala)	Lakshmibai National College of Physical Education (LNCPE) Kariavattam P.O, Thiruvananthapuram-695581 Kerala, India	Athletics, Archery, Badminton, Boxing, Football, Shooting, Swimming, Weightlifting
Delhi	Indira Gandhi Institute of Physical Education & Sports Sciences, Shaheed Rajguru Marg, A-Block, Vikaspuri, New Delhi 110018	Athletics, Archery, Badminton, Boxing, Football, Shooting, Swimming, Weightlifting
Guwahati (Assam)	Lakshmibai National Institute of Physical Education (LNIPE). Tepesia Sports Complex, Sonapur, Guwahati-782402, Assam	Athletics, Archery, Badminton, Boxing, Football, Shooting, Swimming, Weightlifting
Imphal (Manipur)	National Sports University, Khuman Lampak Sports Complex, Imphal, Manipur, 795001	Athletics, Archery, Badminton, Boxing, Football, Shooting, Swimming, Weightlifting

Note:

- i. Candidate applying for M.Sc. (SC), and B.Sc. (SC) must choose the centre according to his/her game/sport and nearest to him/her. Candidate applying for M.P.E.S., M.A. (SP) and B.P.E.S. can choose any centre nearest to him/her. However, NSU reserves the right to allocate any centre to the candidates.
- ii. If the number of applicants at a particular centre is less than 10, candidates for that centre will be allocated to the neighboring centre.
- iii. NSU reserves the right to add or cancel test centres.

10. GENERAL CONDITIONS FOR ADMISSION

Any candidate who wishes to get admitted in any programmes offered by the University shall familiarize himself/herself with the general conditions enumerated herein.

- 10.1 Medium of NSUEE:** The medium of NSUEE shall be English for all the courses.
- 10.2 Character of the Candidate:** Candidates expelled from any other Board/Institute/University 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 misconduct will not be eligible for admission. The University may approach the police for verification in this regard. After admission, at any time of the on-going programme, if a student is found guilty in this regard, his/her admission will be cancelled without any notice.
- 10.3 Furnishing False Information:** Admission will be granted to the candidates at their own risk and responsibility as per details furnished by them. If, at any time, it is noticed that the admission has been obtained by giving incorrect or false information or concealing information or oversight, the admission granted will be cancelled and the candidate shall be asked to leave the University.
- 10.4 Submission of Mandatory Documents:** Once the counselling is over and the candidate is selected for a programme, he/she shall, at the time of securing admission, within the time stipulated for the purpose, submit self-attested copies of the following mandatory documents along with the original documents for verification:
- i. Certificate/Marksheet of the qualifying examination.
 - ii. Proof of date of birth - Marksheet of Secondary / Senior Secondary Examination.
 - iii. Character/Conduct Certificate from the Institute/College/University last attended.
 - iv. Bonafide Certificate testifying the candidate's SC/ST/OBC status, if applicable, in the prescribed format as given in ANNEXURES- C & D.
 - v. Candidates claiming reservation in the OBC Category are to submit a Declaration regarding Non-creamy Layer in the prescribed format specified in ANNEXURE-E.
 - vi. Transfer Certificate & Migration Certificate from the Board/Institute/College/University last attended. If unavailable, Declaration to be submitted. Format is provided in ANNEXURE-F.
 - vii. Candidates claiming reservation in the EWS Category are to submit certificate in the prescribed format given in ANNEXURE - H.
 - viii. PWD Certificate as per the eligibility criteria set by the Medical and PWD committee of NSU.
- 10.5 Failure to Submit Mandatory Documents:** Candidates who fail to submit the mandatory documents mentioned in point no. 10.4 by the stipulated date, even after securing a position in the merit list among the provisionally selected candidates, shall not be eligible for admission.
- 10.6 Payment of Tuition, Uniform & Hostel Fees:** The selected candidates shall be required to pay the fee as mentioned in the fee structure for UG and PG students from ANNEXURE - I to L respectively. In case any selected candidate fails to deposit the fee within the stipulated period, his/her admission shall stand cancelled and candidates from the Waiting List shall be admitted through counselling.

10.7 Ragging:

- a. Ragging of any kind is strictly prohibited/banned in the University campus as per the government orders and existing laws. Anybody found indulging in ragging, will be strictly dealt with as per the existing laws.

As per the UGC Regulation on Curbing the Menace of Ragging in Higher Educational Institutions 2009, as amended from time to time, all the students enrolled in various courses must register for undertaking at <https://antiragging.in/>, download and submit the undertaking document to the University.

Note: The students should submit relevant documents after enrolment to the University.

10.8 Sports Equipment

All students are required to procure personal sport equipment as specified for various games/sports, on their own.

10.9 Clothing and Other Requirements

The summer temperature at Imphal, Manipur ranges from 32°C to 38°C, and from 1°C to 2°C in winter. The students are advised to bring appropriate clothing and bedding. The students are advised to bring one black formal pant and one white formal shirt and one white collar T shirt and black track pants.



ANNEXURE – A

ADMISSION TEST (2024-25) PHYSICAL FITNESS TEST**50 METER SPRINT**

Sprint or speed tests can be performed over varying distances, depending on the factors being tested and their relevance to the sport.

Purpose:

This test measure determines acceleration and speed.

Equipment:

Flat and clear surface of at least 70 meters.

Procedure:

This test involves running a single maximum sprint over 50 meters, with the time recorded. Start from a stationary standing position (hands cannot touch the ground), with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions “set” then “go.”. The tester should provide hints for maximizing speed (such as keeping low, and driving hard with the arms and legs) and the participant should be encouraged to not slow down before crossing the finish line.

Scoring:

The total time taken to complete the distance is recorded, to the nearest one-tenth of a second.

STANDING LONG JUMP TEST (BROAD JUMP)

The Standing long jump also called the Broad Jump, is a common and easy to administer test of explosive leg power.

Purpose:

This test measures the explosive power of the legs.

Equipment:

Tape measure to measure distance jumped, non-slip floor for takeoff, and soft-landing area preferred. The take-off line should be marked.

Procedure:

The candidate stands behind a line marked on the ground with feet slightly apart. A two-foot take-off and landing are used, with the swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backward. Three attempts are allowed.

Scoring:

The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts, in meters and centimeters.

OVERHEAD POWER BALL THROW (BACKWARD)

The test involves throwing a medicine ball for maximum distance.

Purpose:

This test measures core strength and total body power.

Equipment:

2 and 3 kg Medicine ball (3kg for boys and 2 kg for girls).

Procedure:

The candidate starts by standing facing away from the direction they are going to throw, with their heels at the start line. The starting position is with the ball in both hands, held above the head,

with arms extended. Keeping the arms extended, swing the ball down between your legs while flexing the knees. Then in one motion, the ball is flung up and back over the head. The athlete is permitted to fall backward over the line after the ball is released. Three attempts are allowed.

Scoring:

The distance from the starting line to where the ball first lands are recorded. The best result of three throws is recorded to the nearest, in meters and centimeters.

1000 METER RUN/WALK TEST

The 1 km (1000 mtrs) run test for males and females is one of the fitness tests used to measure cardiovascular endurance.

Purpose:

This test measures aerobic fitness.

Equipment:

Oval or running track.

Procedure:

This test aims to complete the required distance in the fastest possible time. On the signal, "ready," all participants line up behind the starting line. On the command 'Go!' the clock will start, and they will begin running at their own pace. Cheering or calling out the elapsed time is also permitted to encourage the participants. Walking is permitted but not encouraged.

Scoring:

The total time taken to complete the distance is recorded, in minutes and seconds.



ANNEXURE – A (I)

PERFORMANCE CONVERSION TABLE: 50 METER SPRINT

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
5.7 and Below	100	8.6	34	6.7 and Below	100	9.6	34
5.8	96	8.7	32	6.8	96	9.7	32
5.9	92	8.8	30	6.9	92	9.8	30
6.0	89	8.9	29	7.0	89	9.9	29
6.1	86	9.0	28	7.1	86	10.0	28
6.2	83	9.1	27	7.2	83	10.1	27
6.3	80	9.2	26	7.3	80	10.2	26
6.4	78	9.3	25	7.4	78	10.3	25
6.5	76	9.4	24	7.5	76	10.4	24
6.6	74	9.5	23	7.6	74	10.5	23
6.7	72	9.6	22	7.7	72	10.6	22
6.8	70	9.7	21	7.8	70	10.7	21
6.9	68	9.8	20	7.9	68	10.8	20
7.0	66	9.9	19	8.0	66	10.9	19
7.1	64	10.0	18	8.1	64	11.0	18
7.2	62	10.1	17	8.2	62	11.1	17
7.3	60	10.2	16	8.3	60	11.2	16
7.4	58	10.3	15	8.4	58	11.3	15
7.5	56	10.4	14	8.5	56	11.4	14
7.6	54	10.5	13	8.6	54	11.5	13
7.7	52	10.6	12	8.7	52	11.6	12
7.8	50	10.7	11	8.8	50	11.7	11
7.9	48	10.8	10	8.9	48	11.8	10
8.0	46	10.9	09	9.0	46	11.9	09
8.1	44	11.0	08	9.1	44	12.0	08
8.2	42	11.1	07	9.2	42	12.1	07
8.3	40	11.2	06	9.3	40	12.2	06
8.4	38	11.3 and above	05	9.4	38	12.3 and Above	05
8.5	36	-	-	9.5	36	-	-

ANNEXURE – A (II)

PERFORMANCE CONVERSION TABLE: STANDING BROAD JUMP

Men		Women	
Distance (Meters)	Points	Distance (Meters)	Points
2.85 and above	100	2.35 and above	100
2.80-2.84	95	2.30-2.34	95
2.75-2.79	91	2.25-2.29	91
2.70-2.74	87	2.20-2.24	87
2.65-2.69	84	2.15-2.19	84
2.60-2.64	81	2.10-2.14	81
2.55-2.59	78	2.05-2.09	78
2.50-2.54	75	2.00-2.04	75
2.45-2.49	72	1.95-1.99	72
2.40-2.44	69	1.90-1.94	69
2.35-2.39	66	1.85-1.89	66
2.30-2.34	63	1.80-1.84	63
2.25-2.29	60	1.75-1.79	60
2.20-2.24	57	1.70-1.74	57
2.15-2.19	54	1.65-1.69	54
2.10-2.14	51	1.60-1.64	51
2.05-2.09	48	1.55-1.59	48
2.00-2.04	45	1.50-1.54	45
1.95-1.99	43	1.45-1.49	43
1.90-1.94	41	1.40-1.44	41
1.85-1.89	39	1.35-1.39	39
1.80-1.84	37	1.30-1.34	37
1.75-1.79	35	1.25-1.29	35
1.70-1.74	33	1.20-1.24	33
1.65-1.69	31	1.15-1.19	31
1.60-1.64	29	1.10-1.14	29
1.55-1.59	27	1.05-1.09	27
1.50-1.54	25	1.00-1.04	25
1.45-1.49	24	0.95-0.99	24
1.40-1.44	23	0.90-0.94	23
1.35-1.39	22	0.85-0.89	22
1.30-1.34	21	0.80-0.84	21
1.25-1.29	20	0.75-0.79	20
1.20-1.24	19	0.70-0.74	19
1.15-1.19	18	0.65-0.69	18
1.10-1.14	17	0.60-0.64	17
1.05-1.09	16	0.55-0.59	16
1.00-1.04	15	0.50-0.54	15
0.99 and below	14	0.49 and below	14

ANNEXURE – A (III)

PERFORMANCE CONVERSION TABLE: OVER HEAD BACK THROW

Men (3 Kg Medicine Ball)		Women (2 Kg Medicine Ball)	
Distance (in meters)	Points	Distance (in meters)	Points
15.00 and above	100	12.50 and above	100
14.50	95	12.00	95
14.00	90	11.50	90
13.50	85	11.00	85
13.00	80	10.50	80
12.50	76	10.00	76
12.00	72	9.50	72
11.50	68	9.00	68
11.00	64	8.50	64
10.50	60	8.00	60
10.00	56	7.50	56
9.50	52	7.00	52
9.00	48	6.50	48
8.50	44	6.00	44
8.00	40	5.50	40
7.50	37	5.00	37
7.00	34	4.50	34
6.50	31	4.00	31
6.00	28	3.50	28
5.50	25	3.00	25
5.00	23	2.50	23
4.50	21	2.00	21
4.00	19	1.50	19
3.50 and below	17	1.00 and below	17

ANNEXURE – A (IV)

PERFORMANCE CONVERSION TABLE: 1000 METER RUN/WALK

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
3:00 and below	100	3:41-3:42	59	4:00 and below	100	4:41-4:42	59
3:01	99	3:43-3:44	58	4:01	99	4:43-4:44	58
3:02	98	3:45-3:46	57	4:02	98	4:45-4:46	57
3:03	97	3:47-3:48	56	4:03	97	4:47-4:48	56
3:04	96	3:49-3:50	55	4:04	96	4:49-4:50	55
3:05	95	3:51-3:52	54	4:05	95	4:51-4:52	54
3:06	94	3:53-3:54	53	4:06	94	4:53-4:54	53
3:07	93	3:55-3:56	52	4:07	93	4:55-4:56	52
3:08	92	3:57-3:58	51	4:08	92	4:57-4:58	51
3:09	91	3:59-4:00	50	4:09	91	4:59-5:00	50
3:10	90	4:01-4:02	49	4:10	90	5:01-5:02	49
3:11	89	4:03-4:04	48	4:11	89	5:03-5:04	48
3:12	88	4:05-4:06	47	4:12	88	5:05-5:06	47
3:13	87	4:07-4:08	46	4:13	87	5:07-5:08	46
3:14	86	4:09-4:10	45	4:14	86	5:09-5:10	45
3:15	85	4:11-4:12	44	4:15	85	5:11-5:12	44
3:16	84	4:13-4:14	43	4:16	84	5:13-5:14	43
3:17	83	4:15-4:16	42	4:17	83	5:15-5:16	42
3:18	82	4:17-4:18	41	4:18	82	5:17-5:18	41
3:19	81	4:19-4:20	40	4:19	81	5:19-5:20	40
3:20	80	4:21-4:22	39	4:20	80	5:21-5:22	39
3:21	79	4:23-4:24	38	4:21	79	5:23-5:24	38
3:22	78	4:25-4:26	37	4:22	78	5:25-5:26	37
3:23	77	4:27-4:28	36	4:23	77	5:27-5:28	36
3:24	76	4:29-4:30	35	4:24	76	5:29-5:30	35
3:25	75	4:31-4:32	34	4:25	75	5:31-5:32	34
3:26	74	4:33-4:34	33	4:26	74	5:33-5:34	33
3:27	73	4:35-4:36	32	4:27	73	5:35-5:36	32
3:28	72	4:37-4:38	31	4:28	72	5:37-5:38	31
3:29	71	4:39-4:40	30	4:29	71	5:39-5:40	30
3:30	70	4:41-4:43	29	4:30	70	5:41-5:43	29
3:31	69	4:44-4:46	28	4:31	69	5:44-5:46	28
3:32	68	4:47-4:49	27	4:32	68	5:47-5:49	27
3:33	67	4:50-4:52	26	4:33	67	5:50-5:52	26
3:34	66	4:53-4:55	25	4:34	66	5:53-5:55	25
3:35	65	4:56-4:58	24	4:35	65	5:56-5:58	24
3:36	64	4:59-5:01	23	4:36	64	5:59-6:01	23
3:37	63	5:02-5:04	22	4:37	63	6:02-6:04	22
3:38	62	5:05-5:07	21	4:38	62	6:05-6:07	21
3:39	61	5:08-5:10	20	4:39	61	6:08-6:10	20
3:40	60	5:11 and above	19	4:40	60	6:11 and above	19

Note: The performance in four items will be converted into points on the basis of above tables and the required weightage of final points will be considered as the performance in Physical Fitness Test.

ANNEXURE - B

CRITERIA FOR AWARDING WEIGHTAGE ON THE BASIS OF SPORTS PARTICIPATION

The criteria for awarding weightage based on Sports Participation for granting admission to Undergraduate and Postgraduate Programmes for the academic session 2024-25 are given below:

SL.NO	LEVEL OF COMPETITION	CERTIFICATE ISSUING AUTHORITY	MAXIMUM MARKS OUT OF 30			
			1 st Pos	2 nd Pos	3 rd Pos	PARTICIPATION
1	Represented India in Olympic Games/World Championships/ World Cups/ Commonwealth Games/Asian Games/Asian Championships/ South Asian Federation Games/ World University/ International Youth/ Junior Competitions	IOC/ISFs/CGF/OCA/ SASC/IPC/ IOA/NSF recognised and/or funded by the Ministry of Youth Affairs & Sports (MYAS)	DIRECT ADMISSION			
2	Medalists in Junior and Senior National, Khelo India National Championships/ All India Inter-University /National Games/Federation Cup	National Sports Federations recognized by MYAS/ IOC	DIRECT ADMISSION			

3	Participation in National Games/ Federation Cup/ Senior National/ Junior National/ Inter-Zonal National/ Khelo India National Competition/ All India Inter-University	IOA/NSF recognised and funded by the Ministry of Youth Affairs & Sports (MYAS)/ Association of Indian Universities	30			
4	Position and/or Participation in National School Games Under 19/17, Khelo India National School Games Under 17/ Youth /Sub-Junior/ Cadet National Competition/ Zonal National Competition	Association of Indian Universities / University/School Games Federation of India (SGFI)/NSF recognised and/ or funded by Ministry of Youth Affairs & Sports (MYAS)	26	24	22	20
5	Position and/or Participation in State Competitions/ Inter-Zonal/ Inter-District/ CBSE National/ KVS National/IPSC National/ ICSE National/ DAV National/ NVS National/ Sainik School National/Vidya Bharti National Competitions/ Other School Board Competitions	State Sports Association, State Directorate of Education/School Boards	16	14	12	10

**NOTE:**

- i. Sports Certificate of Invitational/Memorial/Open/Prize Money League/Ranking Competitions will not be considered.
- ii. Merit/Participation Sports Certificate of preceding five years, i.e., from 1st May 2019 to 30th April 2024 will only be considered for the current academic session.
- iii. Applicants are required to upload self-attested copies of three Merit/Participation Sports Certificates.
- iv. Only the highest Merit/Participation Sports Certificate will be considered for granting weightage.
- v. Direct Admission is subject to submission of Sports Achievement Certificate and Medical Fitness Test.

APPROVED BY THE SCRUTINY COMMITTEE

CERTIFICATE FOR SCHEDULED CASTES AND SCHEDULED TRIBES

(The form of certificate to be produced by scheduled castes and scheduled tribes candidates applying for appointment to posts and for admission in educational institutes under Government of India)

1. This is to Certify that Shri/Smt/Kumari*
Son/ Daughter* of of Village/Town*

..... in District/Division* of the State/
Union Territory* belongs to the caste/tribe* which is
recognized as a Scheduled Caste/Scheduled Tribe* under :-

@ The Constitution (Scheduled Castes) Order, 1950

@ The Constitution (Scheduled Tribes) Order, 1950

@ The Constitution (Scheduled Castes) Union Territories Order, 1951

@ The Constitution (Scheduled Tribes) Union Territories Order, 1951

[As amended by the Scheduled Castes and Scheduled Tribes List (Modification) Order, 1956; the Bombay

Reorganization Act, 1960, the Punjab Reorganization Act, 1966, The State of Himachal Pradesh Act, 1970,

the North Eastern Areas (Reorganization) Act, 1971, The Scheduled Caste and Scheduled Tribes Order

(Amendment) Act, 1976, The State of Mizoram Act, 1986, the State of Arunachal Pradesh Act, 1986 and the

Goa, Daman and Diu (Reorganization) Act, 1987.]

@ The Constitution (Jammu & Kashmir) Scheduled Castes Order, 1956

@ The Constitution (Andaman and Nicobar Islands) Scheduled Tribes Order, 1959 as amended by the

Scheduled Castes and Scheduled Tribes Order (Amendment) Act, 1976.

@ The Constitution (Dadar and Nagar Haveli) Scheduled Castes Order, 1962

@ The Constitution (Dadar and Nagar Haveli) Scheduled Tribes Order, 1962

@ The Constitution (Pondicherry) Scheduled Castes Order, 1964

@ The Constitution (Uttar Pradesh) Scheduled Tribes Order, 1967

@ The Constitution (Goa, Daman and Diu) Scheduled Castes Order, 1968

@ The Constitution (Goa, Daman and Diu) Scheduled Tribes Order, 1968

@ The Constitution (Nagaland) Scheduled Tribes Order, 1970

@ The Constitution (Sikkim) Scheduled Castes Order, 1978

@ The Constitution (Sikkim) Scheduled Tribes Order, 1978

@ The Constitution (Jammu & Kashmir) Scheduled Tribes Order, 1989

@ The Constitution (SC) Order (Amendment) Act, 1990

@ The Constitution (ST) Order (Amendment) Act, 1991

@ The Constitution (ST) Order (Second Amendment) Act, 1991

@ The Scheduled Caste and Scheduled Tribes Orders (Amendment) Act 2002

@ The Constitution (Scheduled Castes) Order (Amendment) Act, 2002

@ The Constitution (Scheduled Caste and Scheduled Tribes) Order (Amendment) Act, 2002

@ The Constitution (Scheduled Caste) Order (Second Amendment) Act, 2002

2. Applicable in the case of Scheduled Castes/Scheduled Tribes persons who have migrated from one

State/Union Territory Administration to another.

This Certificate is issued on the basis of the Scheduled Caste/Scheduled Tribes certificate issued to Shri/Smt* Father/Mother of Shri/Smt/ Kumari* of Village/Town in District/Division* of the State/Union Territory who belongs to the caste/tribe* which is recognized as a Scheduled Caste/Scheduled Tribe in the State/Union Territory* of issued by the dated

3. Shri/Smt/Kumari* and/or* his/her* family ordinarily resides in village/town* of District/Division* of the State/Union Territory of

Signature.....

Place:

**Designation.....

Date (With Seal of Office)

- Please delete the words which are not applicable.
- Please quote specific Presidential Order.
- Delete the paragraph which is not applicable.

Note : The term "Ordinarily reside(s)" used here will have the same meaning as in Section 20 of the Representation of the People Act, 1950.

**List of authorities empowered to issue Scheduled Caste/Scheduled Tribe Certificate.

- (i) District Magistrate/Additional District Magistrate/Collector/Deputy Commissioner/ Additional Deputy Commissioner/Deputy Collector/1st Class Stipendiary Magistrate/#Sub-Divisional Magistrate/Taluka Magistrate/Executive Magistrate/Extra Assistant Commissioner.
(#Not below of the rank of 1st Class Stipendiary Magistrate)
- (ii) Chief Presidency Magistrate/Additional Chief Presidency Magistrate/Presidency Magistrate.
- (iii) Revenue Officers not below the rank of Tehsildar.
- (iv) Sub Divisional Officer of the Area Where the candidate and/or his/her family normally resides.
- (v) Administrator/Secretary to Administrator/Development officer (Lakshadweep)

CERTIFICATE FOR OTHER BACKWARD CLASSES

The form of certificate to be produced by other backward classes candidates applying for appointment to posts and for admission in educational institutes under government of India.

This is to Certify that Shri/Smt/Kumari*
 Son/daughter* of Shri of Village/Town*
 in District/Division* of the State/ Union Territory*
 belongs to theCommunity which is recognized as a backward class under:

@ Government of India, Ministry of Welfare Resolution No. 12011/68/93-BCC (C) dated 10th September, 1993 published in the Gazette of India Extraordinary Part-I, Section-1, No. 186 dated 13th September 1993.

@ Government of India, Ministry of Welfare Resolution No. 12011/9/94-BCC dated 19th October, 1994, published in the Gazette of India Extraordinary Part-I, Section-1, No. 163 dated 20th October 1994.

@ Government of India, Ministry of Welfare Resolution No. 12011/7/95-BCC dated 24th May, 1995 published in the Gazette of India Extraordinary Part-I, Section-1, No. 88 dated 25th May 1995.

@ Government of India, Ministry of Welfare Resolution No. 12011/96/94-BCC dated 09th March, 1996 published in the Gazette of India Extraordinary Part-I, Section-1, No. 60 dated 11th March 1996.

@ Government of India, Ministry of Welfare Resolution No. 12011/44/96-BCC dated 06th December, 1996 published in the Gazette of India Extraordinary Part-I, Section-1, No. 210 dated 11th December 1996.

@ Government of India, Ministry of Welfare Resolution No. 12011/99/94-BCC dated 11th December, 1997 published in the Gazette of India Extraordinary Part-I, Section-1, No. 236 dated 12th December 1997.

@ Government of India, Ministry of Welfare Resolution No. 12011/13/97-BCC dated 03rd December, 1997 published in the Gazette of India Extraordinary Part-I, Section-1, No. 239 dated 17th December 1997.

@ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/68/98-BCC dated 27th October, 1999 published in the Gazette of India Extraordinary Part-I, Section-1, No. 241 dated 27th October 1999.

@ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/88/98-BCC dated 06th December, 1999 published in the Gazette of India Extraordinary Part-I, Section-1, No. 270 dated 06th December, 1999.

@ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/36/99-BCC dated 04th April, 2000 published in the Gazette of India Extraordinary Part-I, Section-1, No. 71 dated 04th April, 2000.

@ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/44/99-BCC dated 21st September, 2000 published in the Gazette of India Extraordinary Part-I, Section-1, No. 210 dated 21st September, 2000.

@ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12015/9/2000-BCC dated 06th September, 2001 published in the Gazette of India Extraordinary Part-I, Section-1, No. 246 dated 06th September, 2001.

@ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/1/2001-BCC dated 19th June, 2003 published in the Gazette of India Extraordinary Part-I, Section-1, No. 151 dated 20th June, 2003.

@ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/4/2002-BCC dated 13th January, 2004 published in the Gazette of India Extraordinary Part-I, Section-1, No. 09 dated 13th January, 2004.

@ Government of India, Ministry of Social Justice and Empowerment Resolution No. 12011/14/2004-BCC dated 12th March, 2007 published in the Gazette of India Extraordinary Part-I, Section-1, No. 67 dated 12th March, 2007.

Shri/Smt/Kumari* and/or* his/her* family
ordinarily resided in Village/Town of
District/Division* of the State/Union Territory* of

This is also to certify that he/she* does not belong to the person/sections* (Creamy layer) mentioned in column 3 of the Schedule to the Government of India, Department of Personnel & Training O.M. No.

36012/22/93-Estt. (SCT) dated 08th September 1993, O.M. No. 36033/3/2004-Estt (Res.) dated 09th March

2004 and O.M. No. 36033/3/2004-Estt. (Res) dated 14th October 2008.

Place:

Date

Signature

**Designation

(With Seal of Office)

*Please delete the words which are not application. Strike out whichever is not applicable.

Note: The term "Ordinarily reside(s)" used here will have the same meaning as in Section 20 of the Representation of the People Act, 1950.

**List of authorities empowered to issue OBC Certificate.

(i) District Magistrate/Additional District Magistrate/Collector/Deputy Commissioner/Additional Deputy Commissioner/Deputy Collector/1st Class Stipendiary Magistrate/#Sub-Divisional Magistrate/Taluka Magistrate/Executive Magistrate/Extra Assistant Commissioner. (#not below of the rank of 1st Class Stipendiary Magistrate)

(ii) Chief Presidency Magistrate/Additional Chief Presidency Magistrate/Presidency Magistrate. (iii) Revenue Officers not below the rank of Tehsildar.

(iv) Sub Divisional Officer of the Area Where the candidate and/or his/her family normally resides. (v) Administrator/Secretary to Administrator/Development officer (Lakshadweep).

Note 1: Candidates claiming to belong to OBCs should note that the name of their caste (including its spellings) as indicated in their certificates, should be exactly the same as published in the lists notified by the Central Government from time to time. A certificate containing any variation in the caste name will not be accepted.

Note 2: The OBC claim of a candidate will be determined in relation to the State (or part of the State) to which his/her father originally belongs. A candidate who has migrated from one State (or part of the State) to another should, therefore, produce an OBC certificate which should have been issued to him/her based on his/her father's OBC certificate from the State to which he (father) originally belongs.

NON-CREAMY LAYER DECLARATION FORM

(In addition to the Community Certificate to be submitted by OBC Candidate)

I Son/Daughter of
Shri resident of Village/Town/City

..... District State he
reby declare that I belong to the community which is
recognized as a backward class by the Government of India for the purpose of reservation in
services as per orders contained in Department of Personnel and Training Office Memorandum
No. 36102/22/93-Estt. (SCT) dated 08th September 1993. It is also declared that I do not belong
to persons/sections/sections (Creamy Layer) mentioned in column 3 of the Schedule to the
Government of India, Department of Personnel & Training O.M. No. 36012/22/93-Estt. (SCT)
dated 08th September 1993, O.M. No. 36033/3/2004-Estt. (Res.) dated

09th March 2004, O.M. No. 36033/3/2004-Estt. (Res.) dated 14th October 2008 and O.M. No.
36033/1/2013

(Res.) dated 27th May 2013.

Address (Ordinary Residence)

Signature

Full Name

Date

ANNEXURE - F

DECLARATION BY THE STUDENT FOR SUBMISSION OF MIGRATION CERTIFICATE (MC) AND TRANSFER CERTIFICATE (TC)

I, S/o / D/o Mr./Mrs., having been admitted to National Sports University, Imphal, and I have carefully read and fully understood the conditions / provisions contained in the below mentioned affidavit: -

- 1) I hereby solemnly aver and undertake that I will submit my Migration Certificate within 06 (six) months and Transfer Certificate (TC) within 15 (fifteen) days from the date of my admission in the University (NSU, Manipur).
- 2) I hereby affirm that if the Migration Certificate (MC) and/or Transfer Certificate (TC) is/are not submitted by me in the University (NSU) within the stipulated time limit i.e. 06 months for Migration and 15 days for TC, in such circumstances, my admission shall be liable to be cancelled.
- 3) I hereby declare that I am well versed with the condition and I will abide by the stipulated time limit for submission of Migration Certificate and Transfer Certificate. In case I fail to do so, my admission shall be liable to be cancelled.

Declared this day of month of year.

.....
Signature of Deponent
Name of Student:

MEDICAL FITNESS OF CERTIFICATE

(To be produced by the candidate at the time of Physical Fitness Test)

I certify that I have examined Mr/Ms..... S/o / D/o Mr/Mrs
..... whose signature is given below. Based on the examination
I certify that he/she is in good mental and physical health and is free from any physical
deformities which may interfere with his/her studies/activities during the academic course.

Mark of Identification

Signature of the Candidate.....

Place:

Date:

Name & Signature of the Medical Officer
With seal and registration number

ANNEXURE – H

CERTIFICATE FOR ECONOMICALLY WEAKER SECTIONS

Government of _____

(Name & Address of the authority issuing the certificate)

INCOME & ASSETS CERTIFICATE TO BE PRODUCED BY ECONOMICALLY WEAKER SECTIONS

Certificate No. _____

Date:

VALID FOR THE YEAR _____

This is to certify that Shri/Smt./Kumari _____ son/daughter/wife of _____ permanent resident of _____, Village/Street _____ Post. Office _____ District _____ in the State/Union Territory Economically Weaker Sections, since the gross annual income* of his/her 'family** is below Rs. 8 lakh (Rupees Eight Lakh only) for the financial year _____. His/her family does not own or possess any of the following assets***:

- i. 5 acres of agricultural land and above;
 - ii. Residential flat of 1000 sq. ft. and above;
 - iii. Residential plot of 100 sq. yards and above in notified municipalities;
 - iv. Residential plot of 200 sq. yards and above in areas other than the notified municipalities.
2. Shri/Smt./Kumari _____ belongs to the _____ caste which is not recognized as a Scheduled Caste, Scheduled Tribe and Other Backward Classes (Central List).

Recent Passport
size attested
photograph of the
applicant

Signature with seal of Office _____

Name _____

Designation _____

Note:

1. *Income covered all sources i.e. salary, agriculture, business, profession etc.
2. **The term "Family" for this purpose include the person, who seeks benefit of reservation, his/her parents and siblings below the age of 18 years.
3. *** The property held by a "Family" in different locations or different places/cities have been clubbed while applying the land or property holding test to determine EWS status.

ANNEXURE - I

**SEMESTER-WISE FEE STRUCTURE FOR INDIAN STUDENTS OR SESSION 2024-25
UNDERGRADUATE PROGRAMMES: B.P.E.S / B.Sc. (SC)**

NAME OF THE HEAD	2024-2025		2025-2026		2026-2027		2027-2028	
	I	II	III	IV	V	VI	VII	VIII
Registration Fee	600	0	0	0	0	0	0	0
Admission fee	5000	0	0	0	0	0	0	0
Tuition Fee	5000	5000	5000	5000	5000	5000	5000	5000
Identity Card Fee	200	0	0	0	0	0	0	0
Mediclaim Insurance	1000	0	1000	0	1000	0	1000	0
Caution Money (Refundable)	2000	0	0	0	0	0	0	0
Examination Fee	1500	1500	1500	1500	1500	1500	1500	1500
Uniform	9000	0	0	0	0	0	0	0
Sports Fund	1200	1200	1200	1200	1200	1200	1200	1200
Development Fund	1200	1200	1200	1200	1200	1200	1200	1200
Medical Fund	500	500	500	500	500	500	500	500
Student Cultural/Literary Society Fund	500	500	500	500	500	500	500	500
Student Welfare Fund	100	100	100	100	100	100	100	100
Library Fund	500	500	500	500	500	500	500	500
Hostel fee	2000	2000	2000	2000	2000	2000	2000	2000
Mess Charges	25000	25000	25000	25000	25000	25000	25000	25000
TOTAL	55,300	37,500	38,500	37,500	38,500	37,500	38,500	37,500
	Rs. 92,800/-		Rs. 76,000/-		Rs. 76,000/-		Rs. 76,000/-	

Refund of fees shall be as per the University Rules and Regulations.

NOTE:

1. Above fee schedule applicable for the current year only Fee Scheduled for subsequent years as decided from time to time will prevail.
2. Mess charges will be subject to revision from time to time.
3. The fee structure for the entire course has been given for the convenience of those candidates who wish to apply for student loan. But it is subject to change under the University's discretion and review.

ANNEXURE – J

**SEMESTER-WISE FEE STRUCTURE FOR FOREIGN STUDENTS FOR SESSION 2024-'25
UNDERGRADUATE PROGRAMMES : B.P.E.S / B.Sc. (SC)**

NAME OF THE HEAD	2024-2025		2025-2026		2026-2027		2027-2028	
	I	II	III	IV	V	VI	VII	VIII
Semester								
Registration Fee	2500	0	0	0	0	0	0	0
Admission fee	10000	0	0	0	0	0	0	0
Tuition Fee	10000	10000	10000	10000	10000	10000	10000	10000
Identity Card Fee	200	0	0	0	0	0	0	0
Mediclaime Insurance	5000	0	5000	0	5000	0	5000	0
Caution Money (Refundable)	5000	0	0	0	0	0	0	0
Examination Fee	1500	1500	1500	1500	1500	1500	1500	1500
Uniform	9000	0	0	0	0	0	0	0
Sports Fund	1200	1200	1200	1200	1200	1200	1200	1200
Development Fund	1200	1200	1200	1200	1200	1200	1200	1200
Medical Fund	5000	5000	5000	5000	5000	5000	5000	5000
Student Cultural/Literary Society Fund	500	500	500	500	500	500	500	500
Student Welfare Fund	100	100	100	100	100	100	100	100
Library Fund	500	500	500	500	500	500	500	500
Hostel fee	50000	50000	50000	50000	50000	50000	50000	50000
Mess Charges	40000	40000	40000	40000	40000	40000	40000	40000
TOTAL	1,41,700	1,10,000	1,15,000	1,10,000	1,15,000	1,10,000	1,15,000	1,10,000
	Rs. 2,51,700/-		Rs. 2,25,000/-		Rs. 2,25,000/-		Rs. 2,25,000/-	

Refund of fees shall be as per the University Rules and Regulations.

NOTE:

1. Above fee schedule applicable for the current year only Fee Scheduled for subsequent years as decided from time to time will prevail.
2. Mess charges will be subject to revision from time to time.
3. The fee structure for the entire course has been given for the convenience of those candidates who wish to apply for student loan. But it is subject to change under the University's discretion and review.

ANNEXURE - K

SEMESTER-WISE FEE STRUCTURE FOR INDIAN STUDENTS FOR SESSION 2024-'25
POSTGRADUATE PROGRAMMES: M.P.E.S / M.Sc. (SC)/M.A. (SP)/M.Sc. (ASN)

NAME OF THE HEAD	2024-2025		2025-2026	
	I	II	III	IV
Semester				
Registration Fee	600	0	0	0
Admission fee	5000	0	0	0
Tuition Fee	3150	3150	3150	3150
Identity Card Fee	200	0	0	0
Mediclaime Insurance	1000	0	1000	0
Caution Money (Refundable)	2000	0	0	0
Examination Fee	1500	1500	1500	1500
Uniform	8000	0	0	0
Sports Fund	1200	1200	1200	1200
Development Fund	1200	1200	1200	1200
Medical Fund	500	500	500	500
Student Cultural/ Literary Society Fund	500	500	500	500
Student Welfare Fund	100	100	100	100
Library Fund	500	500	500	500
Hostel fee	2000	2000	2000	2000
Mess Charges	25000	25000	25000	25000
TOTAL	52,450	35,650	36,650	35,650
	Rs. 88,100/-		Rs. 72,300/-	

Refund of fees shall be as per the University Rules and Regulations.

NOTE:

1. Above fee schedule applicable for the current year only Fee Scheduled for subsequent years as decided from time to time will prevail.
2. Mess charges will be subject to revision from time to time.
3. The fee structure for the entire course has been given for the convenience of those candidates who wish to apply for student loan. But it is subject to change under the University's discretion and review.

ANNEXURE - L

**SEMESTER-WISE FEE STRUCTURE FOR FOREIGN STUDENTS FOR SESSION 2024-'25
POSTGRADUATE PROGRAMMES: M.P.E.S / M.Sc. (SC) / M.A. (SP)/M.Sc. (ASN)**

NAME OF THE HEAD	2024-2025		2025-2026	
	I	II	III	IV
Registration Fee	2500	0	0	0
Admission fee	10000	0	0	0
Tuition Fee	15000	15000	15000	15000
Identity Card Fee	200	0	0	0
Medicclaim Insurance	5000	0	1000	0
Caution Money (Refundable)	5000	0	0	0
Examination Fee	1500	1500	1500	1500
Uniform	8000	0	0	0
Sports Fund	1200	1200	1200	1200
Development Fund	1200	1200	1200	1200
Medical Fund	5000	5000	5000	5000
Student Cultural/ Literary Society Fund	500	500	500	500
Student Welfare Fund	100	100	100	100
Library Fund	500	500	500	500
Hostel fee	50000	50000	50000	50000
Mess Charges	40000	40000	40000	40000
TOTAL	1,45,700	1,15,000	1,15,000	1,15,000

Refund of fees shall be as per the University Rules and Regulations.

NOTE:

1. Above fee schedule applicable for the current year only Fee Scheduled for subsequent years as decided from time to time will prevail.
2. Mess charges will be subject to revision from time to time.
3. The fee structure for the entire course has been given for the convenience of those candidates who wish to apply for student loan. But it is subject to change under the University's discretion and review.

NSUEE SYLLABUS FOR M.Sc. Sports Coaching:**Section A**

- 1) Meaning, Definitions, Need and Importance, Objectives & Principles of Sports Coaching.
- 2) Foundations of Sports Culture: Biological, Sociological, Psychological. Scientific basis of Sports Training and Conditioning.
- 3) Coaching, Exercise Science and Sport.
- 4) Meaning, need and importance of fitness and wellness.
- 5) Career Avenues; National and International awards and Honors.
- 6) Meaning, Definitions, need & importance of anatomy, physiology, biomechanics, kinesiology & physiology of exercise.
- 7) Structure and functions of the following systems: Cardiovascular System, Digestive System, Respiratory System, Nervous System, Endocrine System and Excretory System. Effects of exercise on the above systems.
- 8) Meaning of management; sports management. Meaning of teaching, coaching, officiating. Careers in Sports Coaching.
- 9) Fundamental skills, rules & regulations in specified sports.
- 10) Grounds: Preparation and marking of standard play areas and courts in sports; and athletic track.
- 11) Latest sporting events. General knowledge related to games & sports.
- 12) Definition of first aid, Danger, Response, Airway, Breathing and Circulation (DRABCH) of first aid, Cardiopulmonary Resuscitation (CPR).
- 13) Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences.
- 14) Growth & Development: Concept of growth & development, physical and motor development, mental development.
- 15) Importance, definition, aims and objectives, characteristics & principles of sports training. xiv. Components of health and sports related fitness.
- 16) Olympic Games, Asian Games, Commonwealth Games, National Games, Indian Olympic Association (IOA), International Olympic Committee (IOC), World Anti-Doping Agency (WADA).
- 17) Teaching Aptitude.

Section B

- 1) Sports Specific knowledge of your Specialized Sports, Sports persons, Awards & Honours, Tournaments & Trophies, Sports Personalities, Sports Administrators, Sports Federation (National & International),
- 2) Sports Polices, and Sports Abbreviations. Rules & regulation of the Sports, Sports Equipment, Sports Terminology, Sports Infrastructure & stadias measurement of field & court of the specialized sports,
- 3) Sports technology, techniques, tactics, officiating, coaching, organization and administration.

ANNEXURE - N

NSUEE SYLLABUS FOR M.A. Sports Psychology:

- 1) General Awareness (Sports Awareness, Reasoning, Aptitude).
- 2) Meaning, Definition, Importance and Scope of Psychology.
- 3) Meaning, Types and Theories of Motivation, Emotion.
- 4) Meaning, Definition, and Theories of Personality. Group Dynamic, Team Cohesion and Leadership.
- 5) Psychological consideration and Sports Performances (Stress, Anxiety, Aggression), Stress and its coping mechanism.
- 6) Cognitive processes, Intelligence and Learning.
- 7) Biological basis of behavior.

- 8) Mood disorders – Unipolar Disorder, Bipolar Disorder, Depression: Dysthymic Disorder and Major Depression.



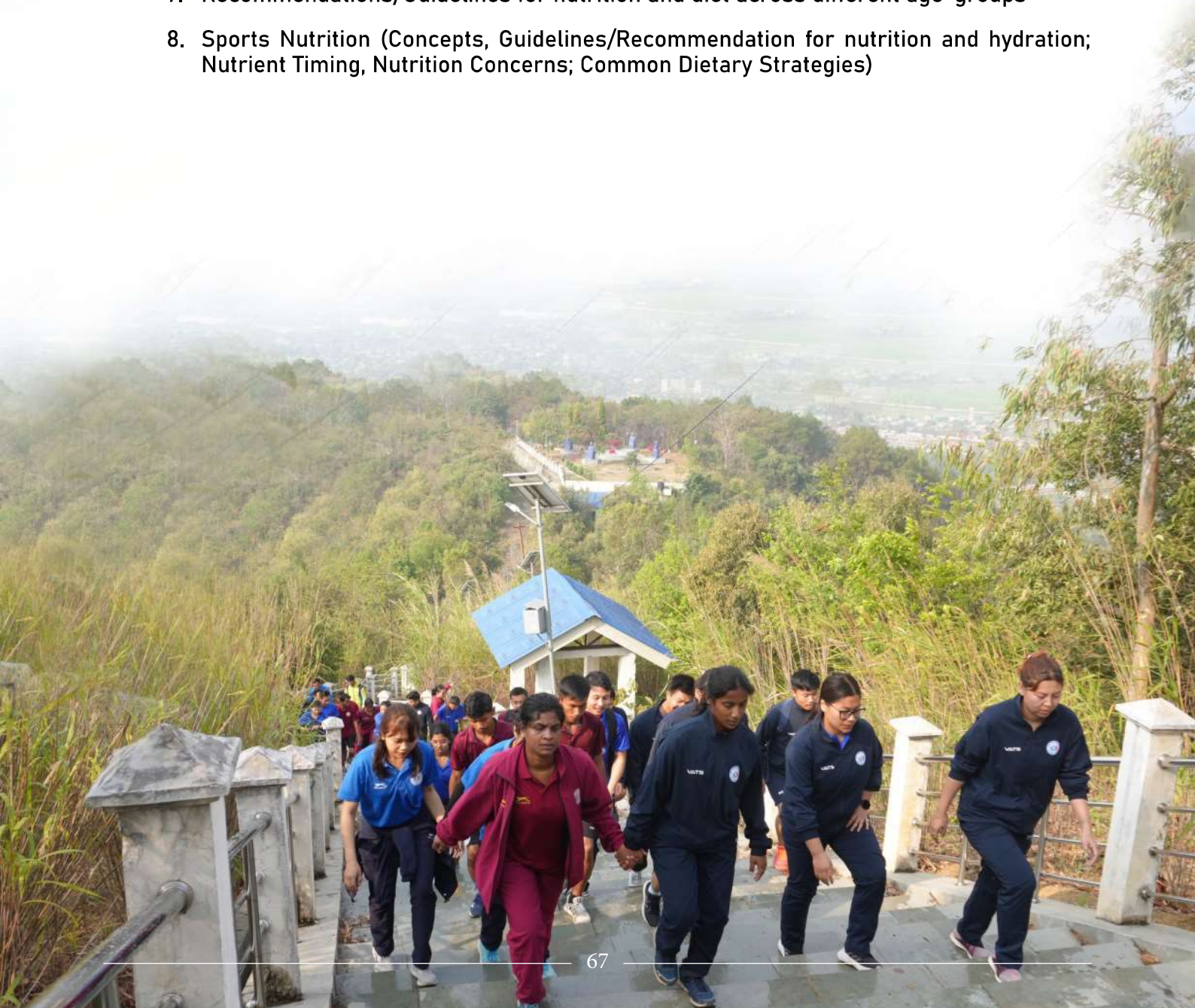
NSUEE SYLLABUS FOR M.P.E.S:

- 1) Meaning, Definitions, Need and Importance, Objectives & Principles of Physical Education.
- 2) Foundations of Physical Education: Biological, Sociological, Psychological. Scientific basis of Physical Education, Exercise Science and Sport.
- 3) Meaning, need and importance of fitness and wellness.
- 4) Career Avenues; National and International awards and Honors.
- 5) Meaning, Definitions, need & importance of anatomy, physiology, biomechanics, kinesiology & physiology of exercise in Physical Education.
- 6) Structure and functions of the following systems: Cardiovascular System, Digestive System, Respiratory System, Nervous System, Endocrine System and Excretory System. Effects of exercise on the above systems.
- 7) Meaning of management; sports management. Meaning of teaching, coaching, officiating. Careers in Physical Education & Sports.
- 8) Fundamental skills, rules & regulations in various games and sports.
- 9) Grounds: Preparation and marking of standard play areas and courts in sports; and athletic track. Latest sporting events. General knowledge related to games & sports.
- 10) Health-meaning, dimensions of health and their interrelationships, factors influencing health.
- 11) Health Education- meaning, scope, aims and objectives, principles, methods and means used in health education, Hygiene. Nutrients- sources, functions and requirements, balanced diet.
- 12) Definitions, causes including the mode of spread and prevention of communicable and noncommunicable diseases. Immunization schedule.
- 13) Definition of first aid, Danger, Response, Airway, Breathing and Circulation (DRABCH) of first aid, Cardiopulmonary Resuscitation (CPR).
- 14) Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences.
- 15) Growth & Development: Concept of growth & development, physical and motor development, mental development.
- 16) Importance, definition, aims and objectives, characteristics & principles of sports training
17. Components of health and sports related fitness.
- 17) Olympic Games, Asian Games, Commonwealth Games, National Games, Indian Olympic Association (IOA), International Olympic Committee (IOC), World Anti-Doping Agency (WADA).
- 18) Teaching Aptitude.
- 19) Meaning, Definitions, Need and Importance, Objectives & types of Research in Physical Education.
- 20) General Knowledge (National & International) General knowledge on Sports Events, Sports Personalities, Awards & Honors, Tournament & Trophies, Sports Personalities, Sports Administrators, Sports Federations (National & International), Sports Polices, Sports Abbreviations, Rules of games & Sports, Sports Equipment, Sports Terminology, Sports Infrastructure & stadias measurement of field & court of various sports/games, sports technology.

ANNEXURE – P

NSUEE SYLLABUS FOR M.Sc. (ASN):

1. Recent Current Affairs and Sports Achievements, Indian History/ Geography, Food Safety, National Nutrition Monitoring Services.
2. Graduate Level-Basic structure and functioning of cells, tissues and organs.
3. Graduate Level-Basic biochemical concepts and processes related to Macronutrient Metabolism, Micronutrient Estimations.
4. Nutrients and its functions
5. Nutrition Assessment and Monitoring
6. Food Science and processing
7. Recommendations/Guidelines for nutrition and diet across different age-groups
8. Sports Nutrition (Concepts, Guidelines/Recommendation for nutrition and hydration; Nutrient Timing, Nutrition Concerns; Common Dietary Strategies)



NSUEE SYLLABUS FOR B.Sc. Sports Coaching & B.P.E.S:

- 1) **Unit I General Aptitude, logical reasoning, current affairs**
- 2) **Unit -II English**
Commonly Misspelled Words, Direct & Indirect Speech, Fill in the Blanks, Jumble Words, Sentence Correction, Active and Passive Voice, Comprehension, Essay Writing.
- 3) **Unit III General Knowledge (National & International)**
General knowledge on Sports Events, Sports persons, Awards & Honours, Tournament & Trophies, Sports Personalities, Sports Administrators, Sports Federations (National & International), Sports Abbreviations, Sports Equipment's, Sports Terminology, Sports Infrastructure & stadia.



STUDENTS UNIFORM AND SPORTS KIT**B.P.E.S/B.Sc. (SC)**

Sl.No.	Items
1.	T-Shirt
2.	T-Shirt (White)
3.	Shorts
4.	Track Suit
5.	Shirt (Full Sleeves)
6.	Pant
7.	Tie
8.	Blazer

M.P.E.S/M.Sc. (SC)/M.A. (SP)/M.Sc. (ASN)

Sl. No	Items
1.	T-Shirt
2.	T- Shirt (White)
3.	Shorts
4.	Track Suit
5.	Shirt (Full Sleeves)
6.	Pant
7.	Tie
8.	Blazer

Note:

1. The uniform to be worn by the students shall be decided by a 'Student Uniform Committee' constituted internally by the concerned authority. The Committee shall have faculty members and student representatives as its members and shall be responsible for deciding upon the uniform as well as procuring the same on a "No Profit, No Loss" basis.
2. For B.Sc. (SC) and B.P.E.S students, one T-Shirt and Shorts will be given in the 5th Semester.



National Sports University
Khuman Lampak Sports Complex, Imphal, Manipur 795001
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<https://www.nsu.ac.in/> ; nsuadmissionsoff@gmail.com