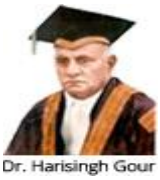
डॉ॰ हरीसिंह गौर विश्वविद्यालय, सागर (म.प्र.)

Dr. Harisingh Gour Vishwavidyalaya, Sagar (M.P.)



(A Central University)

DEPARTMENT OF PHYSICAL EDUCATION

ADMISSION BROCHURE

2026-27

B.P.E.S.

(Bachelor of Physical Education and Sports)

Department of Physical Education
Abdul Gani Khan Stadium
Dr. Harisingh Gour Vishwavidyalaya, Sagar-470003 (M.P.)
Phone- 07582-299810, 9300748215
www.dhsgsu.edu.in
email – dpe@dhsgsu.edu.in

DEPARTMENT OF PHYSICAL EDUCATION

Physical Education Department was established in the year 1950. Playing sports builds confidence, inculcates team culture and creates energetic youth. By playing sports, you learn to manage and balance your time more effectively. Leadership is a quality which is most important irrespective of your profession. It is important to make a big difference and put forward the thought of the people.

Physical Education provides a large scope for the people taking different courses related to the field. Physical education is a wide term and associated with sports, yoga, health, physiotherapy, medicinal sports, sports clinics, sports psychology, sports management and administration, etc.

There are plenty of career options available in the field of physical education, with the number of options growing every day.

The University lays great emphasis on sports and games. The university hosts first-class tournaments. The university has sports facilities in the form of a large fields for playing cricket on turf wickets, tennis synthetic court, volleyball, football, Kho-Kho and 8 lane track, well maintained necessary equipments for sports and athletics. The university has boys' and girls' gyms in the Physical Education Department and a functional physiotherapy section.

Vision and Mission

The aim of the Department is to prepare professional leaders of Physical Education to serve the Nation by their professional knowledge and skill. For the purpose of attaining the above aim, the following objectives are given specific attention: -

1. To meet the need of the professional leaders required by the institutes of Physical Education schools and colleges.
2. To develop heath consciousness among people through the leaders of Physical Education.
3. To develop the personality through Physical Education and Sports.
4. To practically implement the slogan "Sports for All" through professional leaders.
5. To provide Health and Physical fitness consultancy to the people of the society.

Physical Education Programme outcomes:

i. The graduates of Physical Education have a wide range of opportunity in different fields. After completing graduation, the Post Graduates and Ph.D's are qualified to be appointed as Teachers and Sports officers in Universities, Colleges and Physical Education teachers in Schools.

ii. Other than these academic opportunities they are also qualified for appointment as District Sports Officer / Regional Sports Officer and other administrative posts in sports department in Central and State Government undertakings.

iii. These students are also eligible to join different Forces, for examples, Army, Police, B.S.F etc.

iv. They are also eligible to undertake higher studies i.e. Diploma in Coaching, M.P.Ed., Ph.D and D.Litt. in the field of Physical Education and Sports Sciences.

v. Pass out students can also become health / fitness experts in health clubs and hospitality industry and they can start their own health clubs.

PROGRAMME OFFERED (UG)

Programme specific outcomes:

- Improves knowledge about Physical Education and sports.
- Develops proficiency in Games & Sports.
- Develops effective communication & pedagogical skills in Physical education.
- Gets opportunity to apply learned skills.
- Develops specialized knowledge in skills of games & Sports.
- Planning and implementation of knowledge in field.
- Development of knowledge in health, fitness & wellness.
- Able to develop exercise program.
- Get opportunity to apply learned skills.
- Develops Social & Mental Wellbeing.
- Develops leadership quality.

Degree: B.P.E.S. (Bachelor of Physical Education and Sports)

Programme duration: 6/8 Semesters

(6 Semesters for Bachelor Degree / 8 Semesters for Bachelor's Honors/Research degree as per National Education Policy 2020)

1 Year (Two Semesters)	Undergraduate Certificate in Physical Education and Sports
2 Year (Four Semesters)	Undergraduate Diploma in Physical Education and Sports
3 Year (Six Semesters)	Bachelor's Degree in Physical Education and Sports
4 Year (Eight Semesters)	Bachelor's Degree (Honors/Research) in Physical Education and Sports

Eligibility Criteria:

a. Higher Secondary (10+2) scheme examination or Intermediate examination or the pre-university (10+2) or any other equivalent examination recognized by any authorized board.

b. Admission through Entrance Test.

c. After completing the requirements of a three-year Bachelor's degree, candidates who meet a minimum CGPA of 7.5 shall be allowed to continue studies in fourth year of the undergraduate programme to pursue and complete the Bachelor's (Honors/Research) degree.

Age Requirements: Age of the Applicant will be calculated as on 31 July 2026. Maximum 22 years for UR, EWS and OBC categories and 27 years for SC and ST categories.

Admission: The department of Physical Education will conduct entrance test for admission

No. of Seats: 40

(Note: University has the right to vary the seats for BPES programme)

Admission Procedure of BPES course

The Department will conduct entrance test for admission to BPES (Bachelor of Physical Education and Sports) course. The entrance test will be based on the following procedure.

A. FITNESS AND SPORTS PROFICIENCY TEST

Fitness Test **(Modified AAHPER Youth Fitness Test)**	**60 Marks**
Sports Proficiency Test **Game (Any One) selected by candidate** **From List of games provided by department**	**60 Marks**

B. BONUS MARKS OF SPORTS ACHIEVEMENT

(On the basis of candidate's sports achievement)	
Participated in International Competition	20 Marks
Secured I, II, or III position in National or S.G.F.I.	15 Marks
Participated in National or S.G.F.I.	10 Marks
Max. Marks	**20 Marks**

Note: Sports achievement certificates should be verified from respective Sports Federation of that game / Department of Sports and Youth Welfare / Directorate of Sports

C. BONUS MARKS OF ACADEMIC FIELD

Bonus Marks on the basis of - **% of marks secured in the 12th after round off / 10 *2**	**Max. Marks** **20**

GRAND TOTAL OF A, B AND C (MAX.)	**160 Marks**

Note: The benefit of NCC certificate will be given on the basis of admission rules mentioned in the admission guidelines of the University for admission in academic session 2026-27.

NORMS FOR MODIFIED AAHPER YOUTH FITNESS TEST (BOYS)

MARKS	TEST ITEMS						MARKS
	50 Mts Dash (Sec)	Pull-Ups Overarm Grip (No.)	Bent Knee Sit-Ups (No.)	Shuttle Run 10x4mts (Sec)	Standing Broad Jump (Mts)	600 mts Run/ Walk (Sec)	
10	5.49	16	67	7.60	3.00	99.00	10
9	5.87	15	61	8.13	2.89	102.84	9
8	6.23	13	55	8.66	2.78	106.68	8
7	6.63	11	50	9.19	2.67	110.52	7
6	7.01	10	44	9.72	2.56	114.36	6
5	7.39	8	38	10.25	2.45	118.20	5
4	7.77	6	33	10.78	2.34	122.04	4
3	8.15	5	27	11.31	2.23	125.88	3
2	8.53	3	21	11.84	2.12	129.72	2
1	8.91	1	15	12.37	2.01	133.56	1
0	9.29	0	10	12.90	1.90	137.40	0
MEAN S.D	7.39 0.54	8.00 2.39	38.30 8.18	10.25 0.75	2.45 0.16	118.20 5.48	MEAN S.D
SCALE INTERVAL	0.38	1.67	5.73	0.53	0.11	3.84	SCALE INTERVAL

Formula for converting performance into Marks (i.e. raw score into scale value)

Marks =(ZV-X) / SI For test items (50 Mts,Shuttle Run & 600 Mts Run/Walk)

Marks = (X-ZV) / SI For test items (Pullups,Situps&St.Broad Jump)

Where, X = Actual Performance in the test

ZV = Zero value of the scale in particular test

SI = Scale Interval of the particular test

Note: The highest and lowest marks for any performance in any test item will be 10 & 0 respectively.

NORMS FOR MODIFIED AAHPER YOUTH FITNESS TEST (GIRLS)

MARKS	TEST ITEMS						MARKS
	50 mts Dash (Sec)	Inclined Pull-Ups Overarm Grip (No.)	Bent Knee Sit-Ups (No.)	Shuttle Run 10x4mts (Sec)	Standing Broad Jump (Mts)	600 mts Run /Walk (Sec)	
10	6.19	70	48	9.03	2.65	102.15	10
9	6.74	64	44	9.65	2.47	113.28	9
8	7.29	58	39	10.27	2.29	124.41	8
7	7.84	52	34	10.89	2.11	135.54	7
6	8.39	46	30	11.51	1.93	146.67	6
5	8.94	40	25	12.13	1.75	157.80	5
4	9.49	34	20	12.75	1.57	168.93	4
3	10.04	28	16	13.37	1.39	180.06	3
2	10.59	22	11	13.99	1.21	191.19	2
1	11.14	16	7	14.61	1.03	202.32	1
0	11.69	10	2	15.23	0.85	213.43	0
MEAN S.D	8.94 0.78	39.9 8.69	25.10 6.62	12.13 0.88	1.75 0.25	157.80 15.90	MEAN S.D
SCALE INTERVAL	0.55	6.08	4.63	0.62	0.18	11.13	SCALE INTERVAL

Formula for converting performance into Marks (i.e. raw score into scale value)

Marks =(ZV-X) / SI For test items (50 Mts, Shuttle Run & 600 Mts Run/Walk)

Marks = (X-ZV) / SI For test items (Pullups, Situps & St. Broad Jump)

Where, X = Actual Performance in the test

ZV = Zero value of the scale in particular test

SI = Scale Interval of the particular test

Note: The highest and lowest marks for any performance in any test item will be 10 & 0 respectively.

List of Games for Sports Proficiency Test:

Hockey, Football, Volleyball, Basketball, Tennis, Badminton, Table Tennis, Cricket, Judo, Handball, Kho-Kho, Kabaddi, Malkhamb, Swimming, Wrestling, Weight Lifting, Yoga, baseball, Taekwondo, Wushu, Track and Field (Two events – one Track and one Field events).

Note:

1. **Sports Achievements Bonus Marks for admission into B.P.E.S. programme will be based on admission procedure mentioned specially for B.P.E.S.**
2. **The Department of Physical Education has the rights to include or exclude any game according to the administrative feasibility.**
3. **All general rules for admission and reservation of seats except Sports Achievement's Bonus marks will be applicable as mentioned in the admission brochure of the University for admission in Under Graduate programmes for the Academic Session 2026-27.**

Attendance and Examination:

The Course is a practical oriented course where attendance is essential. As per the university rules 75% attendance in each theory subject and practical is required. Students will have to appear at least in two sessional examinations, which are conducted by the department during each semester.

Uniform:

There is no prescribed uniform to attend the theory classes but the students have to attend all the practical classes in the prescribed sports kit. The sports kit will be purchased by the students in first semester only. The common sports kit for all students will be decided by a committee of staff and the students.

The student will be required to purchase the following sports kit:

1.	Track Suit	:	01
2.	T- Shirt	:	02
3.	House T-Shirt	:	01
4.	Shorts	:	02

Leadership Training Camp:

The Department will organize a leadership training camp for B.P.E.S. students. The duration of the camp will be seven days. The purpose of this camp is to develop leadership and the inherent qualities of the students by giving them exposure to outdoor life.

Intramurals:

The intramural is a regular feature of academic program of the Department. The purpose of the intramural is to provide opportunity to the students to inculcate the spirit of sportsmanship, competitiveness and group cohesiveness by organizing various intramural competitions in different games and sports under the guidance of Intramural Director. This program also provides opportunity of competitive participation to those students who are not selected in the U.T.D. teams of different games and sports.

Fee Structure for B.P.E.S.:

PER SEMESTER FEE STRUCTURE		
S. No.	**Heads of Fees**	**Amount**
1	Tuition Fee (Per Semester)	10000
2	Professional Fee (Per Semester)	4000
3	Lab (Field) Fee (Per Semester)	6000
4	Library Fee (Per Semester)	150
5	Sports Fee (Per Semester)	200
6	Medical Fee (Per Semester)	125
7	Insurance Fee (Per Semester)	30
8	Registration Fee (Per Semester)	150
9	Student Activity Fee (Per Semester)	500
10	Enrollment Fee (One Time)	550
11	Examination Fee (Per Semester)	5000
12	IT Fee (Per Semester)	550
13	Total	**27255**
14	Caution Money (One Time)	1500
15	Total	**28755**
16	Hostel Caution Money (One Time Refundable)	4000
17	Hostel Fee (Per Month)	200

Note:

1. Semester fee should be paid at the beginning of the semester
2. Backlog registration and examination fee @ Rs.500 per paper for end semester examination shall be levied separately and before the End-Semester examination.
3. In case of Re- registration of complete semester, full fees will be charged as applicable to regular students.
4. Leadership Camp fee (as and when decided by the department) if required, will be charged once in the programme.

Staff Members

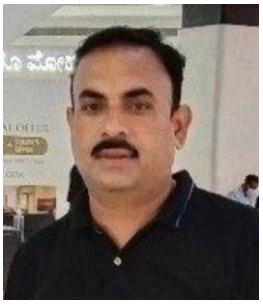
Director, Physical Education
Dr. Vivek B. Sathe
B.Sc. (Phy.Edu.), M.P.Ed., M.B.A., NET, Ph.D.

Assistant Director, Physical Education
Lt (Dr.) Suman Patel
B.P.Ed., M.P.Ed, NET, Ph.D.

PTI
Mr. Mahendra Kumar Batham
B.P.Ed., M.P.Ed., M.Phil., L.L.B.

Guest Faculty
Dr. Manoj Jain
B.P.Ed., M.P.Ed., Ph.D.

Guest Faculty
Mr. Bhupendra Singh Gurjar
B.P.E.S., M.P.Ed., NET



Physiotherapist
Dr. Ranjan Mohanty
Bachelor of Physiotherapy and Rehabilitation

Administrative Staff

Clerk
Mr. Deepak Dubey

Supporting Staff

Mr. Himmat Singh Thakur
Mr. Anil Brahmankar
Mr. Jay Prakash Patel
Mr. Jagdish Sevte

For further details contact:

Dr. Vivek B. Sathe
Director
Department of Physical Education

Abdul Gani Khan Stadium
Dr. Harisingh Gour Vishwavidyalaya, Sagar-470003 (M.P.)
Phone- 07582-299810, 9300748215
www.dhsgsu.edu.in ***email*** **–** ***dpe@dhsgsu.edu.in***

DR. HARISINGH GOUR VISHWAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
ADMISSION TEST for BPES
2026-2027

Candidates have to apply online through University admission portal link

https://dhsgsuadm.samarth.edu.in

Link for online admission form is also available on University website

https://www.dhsgsu.edu.in

LAST DATE TO APPLY: **30 June 2026**

Schedule of Entrance Test: **To be announced later on the website**

Important Notice

विशेष सूचना

CONVASSING IN ANY FORM FOR ADMISSION CAN BE A DISQUALIFICATION
प्रवेश से संबंधित किसी भी प्रकार के प्रचार/प्रसार से प्रवेश हेतु पात्रता नही होगी

Please Read all Instructions Carefully
सभी सूचनाओं को ध्यान से पढ़ें

1. **Verification of documents, Fitness test and Sports Proficiency Test will be conducted at Department of Physical Education, Abdul Gani Khan Sports Stadium, Dr. Harisingh Gour Vishwavidyalaya, Tili road, Sagar (M.P.) on stipulated date and time.**

   शारीरिक शिक्षा विभाग, अब्दुल गनी खान स्पोर्ट्स स्टेडियम, डॉ. हरिसिंह गौर विश्वविद्यालय, तिली रोड, सागर (म.प्र.) में दस्तावेजों का सत्यापन, फिटनेस टेस्ट और खेल प्रवीणता परीक्षा का आयोजन निर्धारित तिथि तथा समयानुसार किया जाएगा।

2. **The Department of Physical Education has the rights to include or exclude any game according to the administrative feasibility.**

   शारीरिक शिक्षा विभाग को प्रशासनिक व्यवहार्यता के अनुसार किसी भी खेल को शामिल करने या हटाने का अधिकार रहेगा।

3. **Candidates must attend Fitness Test and Sports Proficiency Test in proper sports kit.**

   उम्मीदवारों को उचित खेल गणवेश (किट) में फिटनेस टेस्ट और खेल प्रवीणता परीक्षा में भाग लेना होगा ।

4. **Only the candidate will be allowed to present in the departmental campus on the scheduled day and time of their examination.**

   केवल परीक्षार्थी ही विभागीय परिसर मे उनकी परीक्षा के निर्धारित दिन एवं समय पर उपस्थित हो।

5. **All the candidates must carry the original medical certificate in specified format compulsorily otherwise they will not be allowed to attend the test.**

   सभी परीक्षार्थी निर्धारित प्रारूप मे मूल चिकित्सा प्रमाणपत्र अनिवार्य रूप से साथ लेकर आवें अन्यथा परीक्षा मे भाग लेने की अनुमति नही होगी।

6. **Date and time of verification, Fitness Test and Sports Proficiency Test will be displayed on University website www.dhsgsu.edu.in.**

   दस्तावेजों के सत्यापन, फिटनेस टेस्ट और स्पोर्ट्स प्रोफिशिएंसी टेस्ट की दिनांक एवं समय को विश्वविद्यालय की वेबसाईट www.dhsgsu.edu.in पर प्रदर्शित किया जाएगा।

7. **Lodging facility for outstation candidates will not be provided by the department.**

   बाहरी परीक्षार्थी के ठहरने की व्यवस्था विभाग द्वारा नही की जावेगी।

Director
Department of Physical Education
Dr. H. S. Gour Vishwavidyalaya, Sagar (M.P.)