

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Introduction to Physical Education

Paper No. 1

Topic No. – 5 (b)

Topic Name: Modern Trends in Physical Education in India

Lecture No.: 10

Lecture Title

Modern Trends in Physical Education in India – I

F.A.Q's

Q1. What is rajkumari coach scheme ?

A1. Rajkumari scheme was introduced by the government of india in 1953 with the aim of training good athletes and sportsmen. The scheme received wide popularity since famous players like Major . Dhyan Chand, Dr. Ram singh were working under this scheme.

Q2. What is national discipline scheme ?

A2. National discipline scheme was introduced in 1954 by the Ministry of Rehabilitation under the guidance of general J.K. Bhonsle with the aim of building strong youth of the nation. The scheme inculcated discipline and imparted training in mass drill among the younger generation in the refugee camps and colonies.

Q3. What is national physical efficiency drive (NPED) ?

A3. NPED was introduced in 1959-60 by ministry of education with the sole aim of motivating citizens to raise interest in physical fitness. The plan consisted of certain items of physical efficiency tests which prescribed standards for achievement.

Q4. What is N.A.P.E.S.S.?

A4. N.A.P.S.S. is a registered body functions as per constitution and bye laws of association. This national body is activated by the enthusiasm and response by the large number of physical education personnel working in universities, collages, schools, other institutions and establishments. The president and the secretary general is constantly in touch with the members and other agencies and get feedback about the steps to be taken to promote the growth of physical education.

Q5. What is mentioned in National policy on education in 1986 ?

A5. The national policy of education- 1986, has very rightly mentioned that ‘ sports and physical education are an integral part of the learning process, and well be included in the evaluation of performance. A nation-wide infrastructure for physical education, sports and games will be built into the educational edifice’.

