

**INDIAN INSTITUTE OF TECHNOLOGY KANPUR  
PHYSICAL EDUCATION SECTION**

**Information About PE – Courses for First Year Students  
ACADEMIC YEAR 2011-2012**

Date: July 11, 2011

Compulsory Physical Education Courses are senate approved courses for B. Tech / BS students. These courses are offered in the first two semesters of the academic program under the course numbers PE - 101 & PE - 102. In both the courses, there are two components, namely:

Sl. No.	PE Classes	Schedule	Duration
01.	Physical Exercises	Morning ( 6.00 AM)	Two hours per week
02.	Personality Development Activities (Games & Sports, Yoga, NSS, Tae-kwon-do and NCC.)	Evening ( 6.00 PM) NCC (Saturday 9:00 AM)	One session per week with a total of minimum 24 hours during the semester

The Chairman, Sports & Physical Education Committee (SPEC) is the instructor in-charge of these courses. The courses are graded as **S (satisfactory)/ X (Unsatisfactory)**. The grade will be given after the end semester examination. **A minimum of 75% attendance and satisfactory performance in each of the two components will be necessary for passing the courses.**

All students undergo at least three hours of activities per week as given above. The students have to opt for one of the following Sixteen (16) Personality Development Activities categorized into two streams:

**A. GAMES & SPORTS**

<b>1. Athletics</b> (Boys & Girls)	<b>2. Badminton</b> (Boys & Girls)	<b>3. Cricket</b> (Boys only)	<b>4. Hockey</b> (Boys only)	<b>5. Table Tennis</b> (Boys & Girls)	<b>6. Tennis</b> (Boys & Girls)
<b>7. Football</b> (Boys only)	<b>8. Swimming</b> (Boys & Girls)	<b>9. Basketball</b> (Boys & Girls)	<b>10. Volleyball</b> (Boys & Girls)	<b>11. Weight Lifting</b> (Boys only)	<b>12. Squash</b> (Boys & Girls)

**B. OTHER PERSONALITY DEVELOPMENT ACTIVITIES**

<b>1. YOGA</b> (Boys & Girls)	<b>2. NSS</b> (Boys & Girls)	<b>3.TAE – KWON – DO</b> (Boys & Girls)	<b>4. NCC</b> (Boys & Girls)
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The students who want to opt for an activity under Games & Sports can give preferences for at most two games. The final allotment of activity will be based on trial(s) of the opted game(s), provided they are selected in trials.

It has been observed that increasing number of fresh students are not fit physically. This affects their overall personality and development. In view of this, the PE section has devised a structure for the physical exercises. Under this structure, all fresh students will be subjected to a **Physical Fitness Test** to evaluate their current state of fitness. Each student will be given a performance card, which will measure their fitness improvement during the semester through **First Phase and Final Phase of Physical Fitness Tests**. Marks will be given based on the fitness evaluation.

### 1. Physical Exercises:

Participation will be twice a week. This would run during August – November in the morning. The details of the activities to be undertaken will be available on the PE Course web site <http://home.iitk.ac.in/~psrai/PE101/> and will also be sent to the students.

### 2. Personality Development Activities:

Participation will be once a week. Selection trials will be held during **July 24 to 28, 2011** to fill up the seats for different activities.

Students are required to fill-up the option form for the streams, which will be collected on the day of registration.

Numbers of seats available under different steam are as follows. These numbers may change, if circumstances so require.

(i) **NSS (Coordinator: Dr. H.C. Verma)** **Seats = 40 (B&G)**

NSS will be conducted once a week with a total of 24 hours of activity during the semester. Seats will be filled on the basis of option given/trail.

(ii) **YOGA (Coordinator: Chairman, SPEC)** **Seats = 100 (B&G)**

Yoga will be conducted once a week with a total of 24 hours of activity during the semester. Seats will be filled on the basis of option given/trail.

(iii) **TAE-KWON-DO (Coordinator: Chairman, SPEC)** **Seats = 80 (B&G)**

Tae – Kwon – Do will be conducted once a week with a total of 24 hours of activity during the semester. Seats will be filled on the basis of option given/trail.

(iv) **NCC (Coordinator: Commanding Officer NCC)** **Seats = 270 (Boys only)**

NCC activities will be conducted once a week with a total of 24 hours of activity during the semester. For NCC no trial will be held. Any student, except foreign nationals, can take NCC.

(v) **Games & Sports (Coordinator: Chairman, SPEC)** **Seats = 344 (B&G)**

Games & Sports will be held once a week with a total of 24 hours of activity during the semester. Seats will be filled up through selection trials conducted by the coaches/coordinator. Trials for Games & Sports will be conducted during **24-28 July 2011** as per the following schedule:

S.No	Games & Sorts	Boys	Girls	Reporting Time	Trial Location
01.	Athletics	30	12	06:00 PM	Main stadium
02.	Badminton	20	10	06:00 PM	New Indoor Sports Complex
03.	Basketball	20	12	06:00 PM	Main Stadium
04.	Cricket	30	00	<b>09:00 AM</b> (Sunday)	Main stadium
05.	Football	25	00	06:00 PM	Football Field
06.	Hockey	25	00	06:00 PM	Hockey Field
07.	Table-Tennis	20	10	06:00 PM	New Indoor Sports Complex
08.	Tennis	20	10	06:00 PM	Tennis Courts
09.	Volleyball	24	08	06:00 PM	New Volleyball Courts
10.	Weight – Lifting	15	00	06:00 PM	Weight Lifting Hall
11.	Swimming	25	10	<b>04:30 PM</b> (Sunday)	Swimming Pool
12.	Squash	20	10	06:00 PM	Old Squash Court
13.	Tae-kwon-Do	70	10	06:00 PM	Main stadium
14.	Yoga	80	20	06:00 PM	New indoor sports complex
15.	NSS	35	05	If trail required	Contact No. 2597681 Physic Lab, 329
16.	NCC	270	---	No trail required	NCC Office, Contact No.2597219

**Note: -**

- (a) **No change over will be allowed from one stream to the other stream or from one activity to other activity.**
- (b) Allotment of activities will be done within 10 days from the Registration.

**These activities are for all the first year students of B. Tech./ BS students. Since these students are found to be medically fit at the time of registration, they are deemed fit to take part in these courses and as such these requirements cannot be condoned on medical ground.**

**PE -102 Second Semester**

The course PE – 102 will run similarly in the second semester during January – April 2011.

(P Shunmugaraj)  
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Chairman, SPEC  
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