



Document

### **ABSTRACT**

**Venue Paro College of Education**

**Date of submission PPT: Before or on 27th  
May, 2020, 5:00 PM.**

**Dress Code: In track and shorts (Sports attire)**

**Document required: Medical Certificate**

**Programme Leader**

---

## Selection of candidates (Physical Proficiency Test) by online

---

**College: Paro College of Education**

**Programme: Diploma in Physical Education & Sports Coaching**

**Submission date:**

**Total intake: RGOB scholarship- 18 students;**

**Self-Funding-7 students**

**Dress Code: In track and shorts (Sports attire)**

**Document required: Medical Certificate**

**Admission card for the entrance examination. Bhutan Board of secondary examination.**

The Physical Proficiency Test (PPT) is meant for aspiring applicants. Interested shortlisted applicants applied online for the Programme must appear for the PPT. Before the commencement of the PPT, the applicants must complete and submit a declaration form (Annexure I: DPESC Declaration Form) along with a medical fitness certificate issued by a competent medical authority.

Just on the crisis which prevailed on “COVID 19” the standardized test is not possible. So the Physical Proficiency Test which is a practical test cannot be scheduled as proposed in the Definitive Programme Document. The Programme for Diploma in Sports and Physical Education proposed to schedule *online test* where the students short listed by the University admission committee has to submit online a video clips of their proficiency test. On this, the students who are proposing for the programme need to follow the guide lines:

### **Protocol for the Physical Proficiency Test**

- I. Warming up.
- II. Proper sports attire (Track, shorts and sneakers).
- III. Test need to be conducted in safe playing field away from the crowd.
- IV. Submit your student ID card along with the movie clips of your PPT.
- V. Declaration form of your candidature with a legal stamp.

Students who have applied online for the Diploma in Physical Education and Sports Coaching must fill in and submit the declaration form available on the website. There are six Physical Proficiency Test conducted in the following:

Category	TEST NO.	Test Item no. / Test item	Video illustration	Key assessment Concepts	Split Scoring	Total scoring	Score Attained	Remarks
<b>FUNDAMENTAL MOVEMENT SKILLS</b>	<b>ONE</b>	Walking  (less than 1 minute)		<ol style="list-style-type: none"> <li><b>Leg Movement</b> (Good drive of the rear leg, Heel-ball-toe of foot, Soft foot plant, Flat leg action, no jumping)</li> <li><b>Arm action</b> (Shoulder relaxed, Elbows carried at about 90 degrees, Natural swing of the arms)</li> <li><b>Hip action</b>(Good flexibility in the hip joints, Walk on almost a straight line, Walk with rotary movement of hip joints)</li> </ol>	<b>3x3= 9%</b>			Compulsory to upload your test video
		Jogging  (less than 1 minute)		<ol style="list-style-type: none"> <li><b>Recovery phase</b> (Leg is doubled up)</li> <li><b>Forward swing phase</b> (Knee is raised forwards and upwards)</li> <li><b>Forward support phase</b> (Land on the ball of the foot at the beginning)</li> <li><b>Drive phase</b> (Ankle, knees and hip joints extend fully during the drive phase)</li> </ol>	<b>4x3=12%</b>			Compulsory to upload your test video
		Agility (less than		<ol style="list-style-type: none"> <li><b>Maintain body position</b></li> <li><b>Slowly straighten trunk</b></li> </ol>	<b>2x2=4%</b>			Compulsory to upload your test video
TOTAL: 25%								

Category	TEST NO.	Test Item no. / Test item	Video illustration	Key assessment Concepts	Split Scoring	Total scoring	Score Attained	Remarks
NET AND WALL BARRIER GAMES	TWO	Badminton  (1 to 2 minutes)		<ol style="list-style-type: none"> <li>1. Smash</li> <li>2. Short serve</li> <li>3. Long serve</li> <li>4. Forehand clear</li> <li>5. Backhand clear</li> </ol>	<b>3x5=15</b>			Upload certificate, Produce the certificate if there is no access to facilities
		Table tennis  (1 to 2 minutes)		<ol style="list-style-type: none"> <li>1. Fore hand stroke</li> <li>2. Backhand stroke</li> <li>3. Forehand top spin</li> <li>4. Backhand top spin</li> <li>5. Serve</li> </ol>	<b>3x5=15</b>			Upload certificate Produce the certificate if there is no access to facilities
		Volleyball  (1 to 2 minutes)		<ol style="list-style-type: none"> <li>1. Serving (Tee up the ball, Lift the ball, Make firm contact, Finish towards the top of the net)</li> <li>2. Passing (Fore arm play, Calling, Support, Open up)</li> <li>3. Set up (Medium body posture, Feet to the ball, Flat plate from, Belly to the target, Call)</li> <li>4. Spike (Feet, jump and hand swing)</li> <li>5. Play (Move as a system, Low posture, Dig to the center of the court)</li> </ol>	<b>3x5=15</b>			Compulsory to upload your test video
<b>TOTAL: 45%</b>								

Category	TEST NO.	Test Item no. / Test item	Video illustration	Key assessment Concepts	Split Scoring	Total scoring	Score Attained
<b>INVASION GAMES</b>	THREE	Soccer (1 to 2 minutes)		1. <b>Shot</b> (Balance, elbow & eye) 2. <b>Coordination</b> and follow through 3. <b>Pass</b> (Target, balance, hands behind the ball, follow through) 4. <b>Dribble</b> (Head, foot work, control 5. <b>Dribble:</b> Crossover dribble, Back hand dribble, Between the leg dribble) <b>Play</b> (Decision, skill execution, support)	<b>3x5=15</b>		Compulsory to upload your test video
		Basketball (1 to 2 minutes)		1. <b>On the ball skill-</b> (Passing, Receiving, Dribbling) 2. <b>Off the ball movement-</b> (Supporting the ball carrier, Deciding when to pass, Transitioning from defense to offense) 3. <b>Game Play</b> (Game Proficiency )	<b>3x5=15</b>		Compulsory to upload your test video
				1-very poor, 2-poor, 3-average, 4-good, and 5-very good.			
TOTAL: 30%							

**NOTE:**

**In case of self-financed candidates, the candidate have the similar entry requirements of the Physical Proficiency Test.**

**The test is valid for two years in case there are candidates who are opting for the programme in the subsequent years.**

