

Instructions

The candidates to fulfill the Physical Proficiency Test for the Diploma in Physical Education and Sports Coaching Programme, you are required to carry out the following activity as provided. Please, read the instruction carefully.

1. **Videos:** There are two categories provided in this area.

a. Compulsory Part

In this part you have to compulsorily produce video clips for the following disciplines;

- Walking
- Jogging
- Agility
- Soccer
- Basketball
- Volleyball

To produce the video clips you have to watch the sample videos provided for your further understandings. Your video duration should be of less than 1 minute each for all the disciplines. You **don't** have to type instructions in the video as seen in the sample video. You can submit your video records through email by the folder name of your index number.

b. Optional Part

It is optional in this part and not compulsory to produce video clips for the following;

- badminton
- table tennis

However, if you have the certificates on the above disciplines, you can submit it through email by the folder name of your index number.

2. **Documentary evidences**

In this part you can submit any kind of certificates that you have, following are some of the examples;

- Character Certificate
- Certificates related to Sports
- Certificates related to leadership roles in schools
- Certificates related to voluntary services and co-curricular certificates

If you have the above certificates, you can submit it through email by the folder name of your index number.

Note: Please mention your Name, Student identity card number, Citizen Identity card number and your Contact number clearly in any documents that you sent us.

Send us your videos & other documents through this email: mekbrai@rub.edu.bt on or before 12:00 noon, 1st September 2020.