

# PARO COLLEGE OF EDUCATION | ROYAL UNIVERSITY OF BHUTAN

## Eligibility Criteria, Selection Procedure, and Timeline For the Selection of students For the ***Diploma in Sports Coaching and Management Programme*** For the July 2026 in-take

### 1. Entry requirement

An applicant who aspires to enroll in this programme should be a Class XII graduate with a minimum of 50% each in English and Dzongkha/Dazhung. Applicants who have not studied Dzongkha should have 50% in Dazhung.

Applicants who have not studied Dzongkha in class XII should have passed it in class X. A proficiency test in Dzongkha will determine the eligibility of Bhutanese applicants who have not studied Dzongkha in either class X or XII. The Registry, RUB, shall administer the test. Marks secured in the proficiency test/class X will be scaled down to 40% and applied for merit ranking.

Applicants without English scores in their class XII transcripts shall produce a certificate of International English Language Testing System (IELTS) with an overall band score of 5.5 or an equivalent test and score. Alternatively, the College may administer a proficiency test to assess English language competence. Marks secured in the proficiency test will be scaled down to 40% and applied for merit ranking.

**The ability rating for the purpose of merit listing of the applicants is as follows:**

English	- 5
Dzongkha/Dazhung	- 5
Three (3) other subjects	- 1

### 2. Shortlisting

Prospective students shortlisted based on the above ability rating will have to undergo the selection process consisting of a Physical Proficiency Test (PPT), Viva-Voce and Documentary Evidences. These are explained in the following sections.

In addition, it is mandatory for the candidates to produce a recent comprehensive health medical report with ECG report, blood test and eyesight results to qualify to participate for the further selection process. The candidates with serious cardiovascular conditions, severe musculoskeletal disorders and visual impairment will be disqualified based on the medical report to proceed in the further selection process.

### 3. Physical Proficiency Test (PPT): 60%

The shortlisted candidates will have to undergo in-person Physical Proficiency Test (PPT), which will be conducted on the college campus on the following items.

- Net and Wall Barrier Games: Badminton, Table Tennis, and Volleyball
- Invasion Games: Football and Basketball

**PPT Assessment Criteria**

Category	Test Item no. /Test item	Key assessment concept	Split Scoring	Score Attained	Remarks
<b>NET AND WALL BARRIER GAMES</b>	Badminton (7-10Mins.)	1. Smash 2. Short serve 3. Long serve 4. Forehand clear 5. Backhand clear	5x3= 15%		
	Table tennis (7-10 Mins.)	1. Fore hand stroke 2. Backhand stroke 3. Forehand top spin 4. Backhand top spin 5. Serve	5x3= 15%		
	Volleyball (7-10 Mins.)	1. Serving (Tee up the ball, Lift the ball, Make firm contact, Finish towards the top of the net) 2. Passing (Fore arm play, Calling, Support, Open up) 3. Set up (Medium body posture, Feet to the ball, Flat plate from, Belly to the target, Call) 4. Spike (Feet, jump and hand swing) 5. Play (Move as a system, Low posture, Dig to the centre of the court)	5x3= 15%		
<b>TOTAL: 45%</b>					
<b>INVASION GAMES</b>	Football (7-10 Mins.)	1. Shot (Balance, elbow & eye) 2. Coordination and follow through 3. Pass (Target, balance, hands behind the ball, follow through) 4. Dribble (Head, foot work, control) 5. Dribble: Crossover dribble, Back hand dribble, Between the leg dribble)	5x3= 15%		
	Basketball (7-10 Mins.)	1. On the ball skill- (Passing, Receiving, Dribbling) 2. Off the ball movement- (Supporting the ball carrier, deciding when to pass, Transitioning from defense to offense) 3. Game Play (Game Proficiency)	3x5= 15%		
<b>TOTAL: 30%</b>					
<b>Grand Total Score: 75</b>					
<b>Note:</b> The candidate will be assessed out of 75 marks and will be converted to 60%.					

#### **4. Viva-Voce: 15%**

Viva-Voce will be conducted as it allows for a direct assessment of a candidate's understanding of theoretical concepts, practical applications, critical thinking skills, and aptitude. It provides a platform to gauge the depth and breadth of knowledge.

##### **Assessment criteria**

The following components will be applied to assess and evaluate the viva voce of an aspiring candidate for the programme.

##### *Knowledge of Sports Coaching and Management (10 Marks)*

- Demonstrates some understanding of key theories, principles, and concepts in sports coaching and management.
- Displays knowledge of current trends, issues, and best practices in the sports industry.

##### *Communication Skills (10 Marks)*

- Communicates ideas clearly and articulately.
- Listens actively and responds thoughtfully to questions and prompts.

##### *Critical Thinking and Problem-Solving (10 Marks)*

- Analyses complex situations and demonstrates critical thinking skills in addressing challenges.
- Applies problem-solving strategies to resolve issues related to coaching, team management, or ethical dilemmas.

##### *Adaptability and Flexibility (10 Marks)*

- Demonstrates the ability to adapt to changing situations or unexpected challenges.
- Describes instances where adaptability is crucial in a coaching or management context.

##### *Professionalism and Interpersonal Skills (10 Marks)*

- Exhibits professionalism in demeanor and responses.
- Demonstrates effective interpersonal skills in dealing with athletes, colleagues, and stakeholders.

##### *Response to Feedback (10 Marks)*

- Responds positively and constructively to feedback provided during the viva voce.
- Shows a willingness to learn and improve based on feedback.

**Note:** The candidate will be assessed out of 60 marks and will be converted to 15% at the end.

#### **5. Documentary Evidences: 25%**

The applicants can compile and submit the following documents such as;

- Certificates related to sports (National/International)
- Certificates related to leadership roles in schools/others
- Certificates related to voluntary services and co-curricular activities

##### **Documentary evidence assessment criteria**

<b>Sporting Award</b>	<b>Point (350)</b>	<b>Total Score (100%)</b>
<b>Gold (First)</b>		
International level	14x	
National level		
• Dzongkhag	13x	
• School	12x	
<b>Silver (Second)</b>		
International level	11x	
National level		
• Dzongkhag	10	
• School	9x	
<b>Bronze (Third)</b>		
International level	8x	
National level		
• Dzongkhag	7x	
• School	6x	
<b>Participation</b>		
International level	5x	
National level		
• Dzongkhag	4x	
• School	3x	
<b>Others</b> (leadership, Volunteer & Co-curricular activities)	2x	

**Note:** The candidate will be assessed out of 350 points and will be converted to 25% at the end.

#### **Final scores**

	<b>Assessment Type</b>	<b>Weighting</b>	<b>Score achieved</b>
1	Physical Proficiency Test (PPT)	60%	
2	Viva-voce	15%	
3	Documentary Evidences	25%	
	<b>Total score</b>	<b>100%</b>	

#### **6. Selection**

The candidates who have undergone the above selection process will be merit ranked, from which 35 will be selected for the programme. All the selected candidates will be fully funded under the Higher Education Grant.