

**GOVERNMENT OF INDIA
YOUTH AFFAIRS AND SPORTS
LOK SABHA**

UNSTARRED QUESTION NO:4050

ANSWERED ON:18.12.2012

NATIONAL PHYSICAL FITNESS PROGRAMME

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Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:

- (a) whether the Government proposes to formulate a National Physical Fitness Programme (NPFP) for school children across the country;
- (b) if so, the details and the salient features thereof;
- (c) whether comments from general public/Ministry of Human Resource and Development/States have been invited in this regard;
- (d) if so, the details thereof and the time by which such proposal is likely to be formulated/implemented;
- (e) whether the Government also proposes to constitute six national physical fitness awards to be given out at the annual national sports day function; and
- (f) if so, the details thereof?

Answer

THE MINISTER OF STATE (INDEPENDENT CHARGE) FOR YOUTH AFFAIRS AND SPORTS (SHRI JITENDRA SINGH)

(a) & (b): The Ministry of Youth Affairs & Sports has prepared an Exposure Draft on National Physical Fitness Programme for School Children – (NPFP). The proposed NPFP aims at ensuring physical fitness amongst the school children by putting into place a system that would assess and ascertain a child's physical fitness from class V onwards on the following six components:

- (i) Cardio respiratory endurance
- (ii) Muscular strength
- (iii) Muscular endurance
- (iv) Flexibility
- (v) Explosive strength, and

(vi) Body composition (percentage of body fat)

The proposed NPFP is motivational in nature and provides that the top 10 percentage of gender-wise performers in each district in a battery of tests shall be given an additional 3% to the percentage obtained by him/her in academic disciplines. Subsequently performers between top 10 to 20 percentages will get additional 2.50%. Performers between 20 to 30 percentage will get 2%, between 30 to 40 percentage will get 1.5% and between 40 to 50 percentage will get additional 1% weightage in their marking, which may be converted into grades as per prevalent norms. Children whose performance is amongst 50% of the number of students or more will not get any additional weightage in the marks or grading.

(c) & (d): The Exposure Draft on NPFP has been put in public domain for inviting suggestions/comments of all the concerned stakeholders including Ministry of Human Resource Development, Ministry of Health & Family Welfare and State Governments and the General Public.

No definite time frame for finalization of National Physical Fitness Programme for School Children can be indicated at present, as comments of the State Government and Ministry of Human Resource Development are very crucial and necessary before the NPFP is finalized for implementation.

(e) & (f): The proposed NPFP also provides that six National Physical Fitness Awards may be constituted in the category of Best Performing State, District and School as also for the State, District and School that has improved the most during the last year, and which may be awarded by the President of India at the Annual Sports Day Function.