

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

UNSTARRED QUESTION NO:6207
ANSWERED ON:06.05.2013
NATIONAL FITNESS POLICY
Jindal Shri Naveen

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

- (a) whether the Government has drafted national fitness policy for school children and youths of the country;
- (b) if so, the details thereof and the salient features of the draft policy along with the timeline by which the policy will be finalised;
- (c) whether the Government has taken note of the recently released World Health Statistics-2012; and
- (d) if so, the details thereof and the reaction of the Government thereto?

Answer

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

(a) & (b) Yes, Madam. National Physical Fitness Programme (NPFP) envisages that every school going child studying in class V and above should be evaluated on the six basic components of physical fitness e.g. cardio respiratory endurance, muscular strength, muscular endurance, flexibility, explosive strength and body composition (percentage of body fat) and will be made to participate and compete in the enumerated eight measurable fitness tests. Students of 5th standard onwards shall undergo the eight tests in January and June every year, graded and fed into 'Assessment card' and the schools 'Fitness Assessment Forms'. It has been proposed to motivate and introduced reward scheme for top 10 percentage of performers in each gender and in each district in the battery of tests. An International Workshop was organized on promotion of Sports and Physical Education in school system. As a result of decision taken, two Experts Groups were formed to develop on "Curriculum Framework Development" and "Work Force Development". The Expert Groups under the aegis of Ministry of Youth Affairs & Sports (MYAS) and composed of eminent educationists are examining interalia the draft exposure on the National Physical Fitness Programme (NPFP) for submitting the report to MYAS.

(c) & (d) Does not pertain to Ministry of Youth Affairs & Sports.