

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

UNSTARRED QUESTION NO:3117  
ANSWERED ON:08.12.2009  
PHYSICAL FITNESS PROGRAMME FOR STUDENTS.  
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**Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:**

- (a) whether the Government proposes to implement physical fitness programmes for the students;
- (b) if so, the details thereof;
- (c) whether any State Government is implementing specific programme for increasing physical fitness among the students; and
- (d) if so, the details thereof ?

**Answer**

MINISTER OF THE STATE IN THE MINISTRY OF YOUTH AFFAIRS & SPORTS (SHRI PRATIK PRAKASHBAPU PATIL)

- (a) Laxmibai National University of Physical Education (LNUPE) Gwalior, which is an autonomous organization under the administrative control of this Ministry has been tasked to implement a pilot Project named 'National Physical Fitness Programme' for the citizens (especially for youth of the country) in the XI Five year Plan at an overall provision of Rs.4 crore. This programme covers students as well.
- (b) LNUPE has since evolved the norms of physical fitness and the contents of the test which covers 7 items viz.
  - (i) 50 Mtr. Run
  - (ii) Standing Broad Jump
  - (iii) Bent Knee Sit-ups
  - (iv) Push-ups(13 + onwards)/Modified Push-ups(below 13 Boys & Girls)
  - (v) Sit & Reach Test
  - (vi) 800Mr. Run/Walk (for below 13 boys and girls)/One Mile Run Walk Test for 13+ boys & girls
  - (vii) Body Mass Index
- (c) Data relating to States implementing the programmes for increasing physical fitness among the students is not maintained in the Ministry.
- (d) Does not arise.