

**INDIAN INSTITUTE OF TECHNOLOGY ROORKEE
INSTITUTE SPORTS COUNCIL**



NATIONAL SPORTS ORGANIZATION (NSO)



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NATIONAL SPORTS ORGANIZATION (NSO)

Introduction

The National Sports Organization (NSO) is a Government of India initiative aimed at promoting physical fitness and physical wellness among youth across the country. At IIT, the NSO program is actively implemented and managed by the Institute Sports Council, ensuring a structured and impactful approach to student fitness and engagement in sports.

The National Sports Organization is an effort by the Government of India to promote the development of athletics and sporting activities among the youth of India.

The Department of Institute Sports Council conducts sessions for NSO students in activities like Yoga, Taekwondo, Football, Hockey, Tennis, Cricket, Basketball, Swimming, Volleyball, Weight Lifting, Badminton, Athletics, Chess, Squash, and Table-Tennis.

The National Sports Organization (NSO) scheme was launched with the objective of promoting physical fitness and raising awareness about the importance of sports among students. Approximately 300 first-year students were selected to participate in the program. Fitness and coaching sessions were conducted four days a week, focusing on structured physical training and skill development. The initiative led to a significant improvement in the overall physical fitness levels of the participants. Many NSO students went on to represent the Institute in various sports competitions and delivered commendable performances.

Method of Selection

A selection committee consisting of the concerned Sports In-charge & the coach will select the students for that particular game. The selection committee will recommend the names of the students who have performed well in the selection trials. In the selection trials, the students will have to perform various basic skills of the particular game, and their level of physical fitness will be tested. The final list will be submitted to DOSW.

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NSO Schedule

To promote physical fitness and encourage active participation in sports, the Institute Sports Council has announced the official NSO schedule for First and Second-Year students. The program includes fitness testing and regular training sessions.

The NSO program is a mandatory component of the academic curriculum and includes fitness testing, regular training sessions, and sports activities aimed at enhancing overall well-being and athletic engagement.

First-Year Students

Evening Sessions

- Days: Thursday & Friday
- Time: 6:30 PM – 7:30 PM
- Type: General fitness, Physical Training, and foundation sports activities
- Venue: Respective Sports Grounds.

Combined Fitness Sessions

- Day: -Sunday Morning ----Morning Time – 7:00 AM to 8:30 AM
- Type: General fitness & wellness activities
- Venue – Lal Bahadur Shastri Stadium (LBS)

Second-Year Students

Evening Sessions

- Days: Wednesday, Thursday & Friday
- Time: 6:30 PM to 7:30 PM
- Type: Sports-specific training (students may select a sport of interest, such as football, volleyball, athletics, etc.)
- Venue: Respective sports grounds.

Notes:

- Attendance is mandatory for all sessions.
- Students must attend in proper sports attire.
- Please contact the NSO Incharge or your respective sports instructor for sport selection or any queries.

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◆ **Fitness Test**

- Compulsory for all selected First-Year students
- Will be conducted during the scheduled NSO sessions.

First & Second Semester Fitness Test for first year students

1- 50 Yard Sprint	-	Speed Test
2- Standing Broad Jump	-	Explosive Strength Test
3- Sit & Reach Test	-	Flexibility Test
4- 4*10 Agility Test	-	Agility Test

1- 50 Yard Sprint Test

Sprint or speed tests can be performed over varying distances, depending on the factors being tested and the relevance to the sport. The 50-Yard sprint is part of the International Physical Fitness Test, and its protocol is listed here.

Purpose: The aim of this test is to determine acceleration and speed.

Equipment required: measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 70 meters.

Procedure: The test involves running a single maximum sprint over 50 meters, with the time recorded. A thorough warm-up should be given, including some practice starts and accelerations. Start from a stationary standing position (hands cannot touch the ground), with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions "set" then "go.". The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs), and the participant should be encouraged not to slow down before crossing the finish line.

Scoring: Two trials are allowed, and the best time is recorded to the nearest two decimal places. The timing starts from the first movement (if using a stopwatch) or when the timing system is triggered, and finishes when the chest crosses the finish line and/or the finishing timing gate is triggered.

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2- Standing Broad Jump (Explosive Power)

The Standing long jump, also called the Broad Jump, is a common and easy-to-administer test of explosive leg power.

Purpose: to measure the explosive power of the legs.

Equipment required: tape measure to measure distance jumped, non-slip floor for takeoff, and soft landing area preferred. Commercial Long Jump Landing Mats are also available. The take-off line should be clearly marked.

Procedure: The athlete stands behind a line marked on the ground with feet slightly apart. A two-foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Two attempts are allowed.

Scoring: The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of two attempts.

3- Sit & Reach Test (Flexibility Test)

Equipment required: sit and reach box (or alternatively, a ruler can be used, and a step or box).

procedure: This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other or side by side, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at least one to two seconds while the distance is recorded. Make sure there are no jerky movements.

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scoring: The score is recorded to the nearest centimeter or half inch as the distance reached by the hand. Some test versions use the level of the feet as the zero mark, while others have the zero mark 9 inches before the feet.

4- Agility Test (4*10-yard shuttle run)

Test purpose: this is a test of speed, body control, and the ability to change direction (agility).

Equipment required: two wooden blocks for each runner (each block should measure 10 x 5 x 5 cm), marker cones or marking tape, measurement tape, stopwatch, flat non-slip surface, with two lines 10 yards apart.

Procedure: Mark two lines 10 yards apart using marking tape or cones. The two blocks are placed on the line opposite the line they are going to start at. On the signal "ready", the participant places their front foot behind the starting line. On the signal, "go!" the participant sprints to the opposite line, picks up a block of wood, runs back, and places it on or beyond the starting line. Then, turning without a rest, they run back to retrieve the second block and carry it back across the finish line. A total of 36.576 meter is covered. Two trials are performed.

Scoring: Record the time to complete the test in seconds to the nearest one decimal place. The score is the better of the two times recorded. A trial is void if a block is dropped or thrown.

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Fitness Test Norms

50 Yard Sprint (Speed Test)

Age	Excellent	Good	Average	Below Average
(18–25) Female	< 6.8 sec	6.8–7.4 sec	7.5–8.2 sec	> 8.2 sec
(18–25) Male	< 6.2 sec	6.2–6.8 sec	6.9–7.5 sec	> 7.5 sec

Standing Broad Jump

	Male		Female	
Rating	Distance (meters)	Distance (inches)	Distance (M)	Distance (Inches)
Excellent	> 2.50 m	> 98 in	> 2.00 m	> 79 in
Very Good	2.30 – 2.49 m	91 – 98 in	1.80 – 1.99 m	71 – 78 in
Good	2.10 – 2.29 m	83 – 90 in	1.60 – 1.79 m	63 – 70 in
Average	1.90 – 2.09 m	75 – 82 in	1.40 – 1.59 m	55 – 62 in
Below Average	1.70 – 1.89 m	67 – 74 in	1.20 – 1.39 m	47 – 54 in
Poor	< 1.70 m	< 67 in	< 1.20 m	< 47 in

Sit & Reach (Flexibility Test)

	Male		Female	
Rating	Distance (cm)	Distance (inches)	Distance (cm)	Distance (inches)
Excellent	> 34 cm	> 13.4 in	> 37 cm	> 14.6 in
Very Good	29–34 cm	11.5–13.4 in	33–37 cm	13.0–14.6 in
Good	23–28 cm	9.1–11.0 in	28–32 cm	11.0–12.6 in
Average	17–22 cm	6.7–8.7 in	23–27 cm	9.1–10.6 in
Below Average	12–16 cm	4.7–6.3 in	18–22 cm	7.1–8.7 in

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Poor	< 12 cm	< 4.7 in	< 18 cm	< 7.1 in
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Agility Test (4*10)

	Male	Female
Rating	Time (seconds)	Time (seconds)
Excellent	< 8.7 sec	< 9.4 sec
Very Good	8.7 – 9.2 sec	9.4 – 10.0 sec
Good	9.3 – 9.9 sec	10.1 – 10.9 sec
Average	10.0 – 10.9 sec	11.0 – 11.9 sec
Below Average	11.0 – 11.9 sec	12.0 – 12.9 sec
Poor	> 12.0 sec	> 13.0 sec

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NSO GRADING

The grade will be awarded based on attendance and performance throughout the year and in the camp. National Sports Organization (NSO) program will be conducted based on the following grading criteria. These components aim to promote discipline, regularity, and holistic physical development.

S.No	Component	weightage	Description
1	Attendance	40%	Regular attendance in all sessions is mandatory. Minimum 75% attendance required.
2	Fitness Test	40%	Includes basic tests (e.g., 50m sprint, flexibility, standing Broad Jump, Agility, etc.).
3	Skill Performance	10%	Assessment of individual sports-specific skills and technique.
4	Sports Participation	10%	Active involvement in team/individual sports, tournaments, or internal matches.

- 40% Marks will be awarded for attendance.
- 40% marks will be awarded for the fitness test.
- 10% marks will be awarded for skills in the games
- 10% marks will be awarded for participation in the Inter IIT sports meet & Inter Bhawan matches.

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NSO EVALUATION METHODOLOGY

Non-Credit Elements	<u>For 4-year UG programmes</u>		<u>For 5-year UG programmes</u>		<u>Evaluation by</u>	<u>Methodology</u>
Component	Maximum Units	Minimum Units	Maximum Units	Minimum Units		
NSO	8	4	8	4	Institute Sports Council	One unit is assigned to each semester on a 0-2 scale.
Minimum Non-Credit Units to be earned	4		4			

NSO TOTAL SEATS

S. NO	SPORTS	BOYS	GIRLS	TOTAL
1.	Athletics	40	20	60
2.	Badminton	10	05	15
3.	Basketball	15	10	25
4.	Chess	15	NA	15
5.	Cricket	20	NA	20
6.	Football	20	NA	20
7.	Hockey	20	NA	20
8.	Squash	5	05	10
9.	Swimming	15	10	25
10.	Table Tennis	10	05	15
11.	Taekwondo	10	05	15
12.	Tennis	10	05	15
13.	Volleyball	10	10	20
14.	Wt. lifting	10	NA	10
15.	Yoga	10	05	15
	Grand Total	220	80	300

The number of seats available under the **National Sports Organization (NSO)** program is not fixed and may vary each year.

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- **Seat Allocation:** Final allocation of NSO seats is determined by the Sports officer, NSO Incharge, Sports Incharges and Coaches based on overall capacity, student interest, and program requirements.
- The total number of seats is subject to increase or decrease depending on:
 - o Infrastructure and facility availability
 - o Coach-to-student ratio
 - o Performance assessments and selection trials
 - o Annual review by the sports committee

Please note: Selection into the NSO program is competitive and based on merit, attendance, and coach evaluation.