



NATIONAL SPORTS DEVELOPMENT ASSOCIATION®

(LIFETIME ASSOCIATED WITH ASSOCIATION OF SPORTS DEVELOPMENT AND SPORTS SCIENCE)

A Complete Sports Development Unit In India

Ref. No.: 2016/NSDA/Official/NOPESS/2026-27/001

Date: 04 Apr. 26

CIRCULAR

To

The Respected
Vice-Chancellor / Dean (Academic) / Registrar
Chairperson / Principal / Director / Head of Department
All School Principals / Heads / Coordinators
Department of Physical Education
Department of Physical Education and Sports Sciences
Department of Sports Sciences and Medicine
Department of Physiotherapy and Rehabilitation

Greetings from the National Sports Development Association, India®

Subject: National Olympiad of Physical Education and Sports Sciences Examination – 2026

(on National Sports Day)

Scheduled Date of Examination: 29th August 2026

Respected Sir/Madam,

It is a matter of great pleasure to inform you that the National Sports Development Association, India®, in collaboration with the Association of Sports Development and Sports Sciences, is organizing the “National Olympiad of Physical Education and Sports Sciences Examination (NOPESS) – 2026”, to be held on 29th August 2026.

This national-level academic initiative aims to promote awareness, excellence, and scientific understanding in the fields of Physical Education, Health Education, Sports Sciences, and Allied Disciplines.

We humbly request your esteemed institution to encourage students, scholars, and faculty members to participate in this prestigious academic Olympiad.

Categories of Participation

- **School Level Students**
 - Sub-Junior
 - Junior
 - Senior
- **College / University Level Students**
 - Undergraduate (UG)
 - Postgraduate (PG)



Registered Office : House Number-314 K, Basi Baghat Uttar Pradesh - 250101

Mobile : +91-7500759005, 8533033084

E-mail : info@nationalsports.co.in || www.nationalsports.co.in



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- Ph.D. Research Scholars
- Faculty Members / Academicians

Aims and Objectives of NOPESS: The National Olympiad of Physical Education and Sports Sciences Examination is designed to achieve the following objectives:

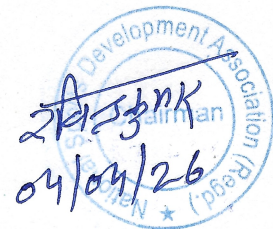
- **Promotion of Physical Education and Sports Sciences:** To highlight the academic, scientific, and social significance of physical education and sports sciences in promoting health, fitness, and national well-being.
- **Identification and Nurturing of Talent:** To identify meritorious students and professionals and provide them recognition and opportunities for academic and professional growth.
- **Encouragement of Academic Excellence:** To assess and enhance conceptual understanding through a standardized, competitive academic platform.
- **Fostering Healthy Competition:** To promote a spirit of healthy academic competition, motivation, and self-improvement.
- **Knowledge Dissemination and Exchange:** To facilitate the exchange of contemporary knowledge, ideas, and best practices in sports sciences.
- **Networking Opportunities:** To connect students, researchers, educators, and professionals across India.
- **Promotion of Lifelong Learning:** To encourage continuous learning, research orientation, and professional engagement in sports sciences.

Pattern of Examination

- **Type:** Objective (Multiple Choice Questions)
- **Total Questions:** 100 MCQs

Syllabus Coverage Includes:

- History of Indian Sports and Traditional Games
- Yoga and Indigenous Fitness Practices
- Physical Fitness and Wellness
- Olympics, Commonwealth Games, Asian Games, Khelo India Games
- Exercise and Sports Physiology
- Health Education and Sports Nutrition
- Physical Education and Sports Sciences
- Sports Physiotherapy and Sports Medicine
- Sports Psychology and Yoga Education
- Sports Biochemistry
- Sports Biomechanics



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Examination Details

- **Duration:** 120 Minutes
- **Mode:** Internet-Based Test
 - Mobile Application
 - Laptop/Desktop via Web URL
- **Date of Examination:** 29th August 2026
- **Official Website:** www.nationalsportsolympiad.org, www.nationalsports.co.in

Registration Details

- **Registration Period:** 04 Apr. 26 to 25th August 2026
- **Registration Fee:** ₹500/- per participant (plus applicable service charges)
- **Declaration of Result:** Results will be declared on the official NOPESS website within 5 hours of the examination.

Academicians, faculty members, research scholars, and students from across India are cordially invited to participate in the National Olympiad of Physical Education and Sports Sciences Examination – 2026.

With best wishes for a healthy, active, and successful sports future!

Thanking you for your kind support and cooperation.

Warm Regards,

Date: 04 Apr. 26

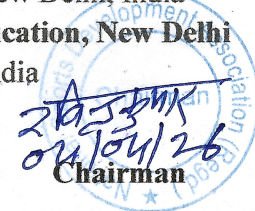


Chairman

Copy to:

1. To, Hon'ble Youth and Sports Minister, MYAS, Govt. of India, New Delhi
2. Director General, Sports Authority of India, MYAS, Govt. of India, New Delhi, India
3. Secretary (Sports), MYAS, Govt. of India, New Delhi, India
4. Secretary (Youth Affairs), MYAS, Govt. of India, New Delhi, India
5. Chairman, University Grants Commission, New Delhi, India.
6. Secretary, University Grants Commission, New Delhi, India
7. Dr Baljit Singh Sekhon, Joint Secretary, Youth Affair, Sports, AIU, New Delhi, India
8. **Dr. Manjit Singh, Head (Sports), Central Board of Secondary Education, New Delhi**
9. COE, Examination Unit, National Sports Development Association, India

Date: 04 Apr. 26



Chairman

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