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The Physical Training Instructor in a college is the teacher who carries the whole of sport and physical education there — coaching students, selecting and preparing teams, taking them to inter-collegiate and inter-university...



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श्री चेनाराम चौधरी

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श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
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करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। • An independent project based on the Government's official career-guidance content.

1 About this career

The Physical Training Instructor in a college is the teacher who carries the whole of sport and physical education there — coaching students, selecting and preparing teams, taking them to inter-collegiate and inter-university competitions, looking after grounds and equipment, and running the annual sports meet. This is a different and more senior post than the school physical education teacher: recruitment is by the Rajasthan Public Service Commission, the qualification is at postgraduate level, and the pay is fixed on an Academic Level rather than on the state's ordinary pay matrix. One condition sets this post apart from almost every other government job — the rules require that the candidate has personally represented their university or college at inter-university or inter-collegiate competitions, or at a State or national championship. That is an eligibility condition, not a preference, and it is why preparation for this post begins in the first year of college rather than at the time of application.

2 At a glance

Minimum qualification	A Master's in Physical Education and Sports / Physical Education / Sports Science with 55% marks + NET/SLET/SET or a Ph.D. + a record of having represented at inter-collegiate/inter-university or State/national level (Service Rules 2023)
Recruiting body	Rajasthan Public Service Commission (RPSC), Ajmer — department: Directorate of College Education
Age limit	21 to 40 years, reckoned on the 1st of January following the last date for applications (Service Rules 2023) — the upper limit is relaxed for reserved categories and for women (detail below)
Starting salary	Entry at Academic Level 10 — on the UGC structure, which is not the state's ordinary pay matrix
Demand	100% direct recruitment at the entry post; progression thereafter is through the Career Advancement Scheme

3 What you need

INTERESTS

- A deep interest in sport and physical training
- Teaching and preparing young people
- The world of competition, teams and events

ABILITIES

- Proven performance in sport yourself — this post begins there
- Organising events and managing a team
- Planning training and recognising individual capacity

KEY SKILLS

- Sports science — physiology, kinesiology and training theory
- Prevention of sports injury and first aid
- Conducting competitions, officiating and keeping records
- The rules, skills and tactics of a range of sports
- Fitness testing and building training programmes
- Research and academic writing — the NET/Ph.D. requirement makes this part of the post too

4 How to get there

- 1 Pass Class 12 in any stream, and from that same time start playing one sport seriously.
- 2 Do a graduation — a B.P.Ed. or a degree with physical education is the most direct route. While in college, get into your college and university teams. This is not a hobby matter: the rules put a record of representation at inter-collegiate or inter-university competition, or at a State or national championship, as an eligibility condition. Without that record, every later degree in the world will not make you eligible for this post.
- 3 Take a Master's in Physical Education and Sports, Physical Education or Sports Science with at least 55% marks.
- 4 Clear the NET conducted by UGC or CSIR, or a UGC-accredited SLET/SET. The alternative is a Ph.D. awarded in accordance with the UGC Regulations of 2009 or 2016. Candidates registered for a Ph.D. before 11 July 2009 are exempt from NET/SLET/SET, subject to the conditions set out in the rules.
- 5 Wait for the RPSC advertisement — and know that this post is not advertised on its own. The Commission's own advertisement titles say so: "ASST. PROF., LIBRARIAN AND PTI (COLLEGE EDU.) EXAM 2023" and "PTI AND LIBRARIAN (SANSKRIT COLLEGE EDU.) 2024". It is recruited in a single examination alongside Assistant Professor and College Librarian.
- 6 On selection you are appointed at a government college at Academic Level 10.

MAIN EXAMS

- Recruitment is by the Rajasthan Public Service Commission and the entry post is filled 100% by direct recruitment. Progression thereafter is through the Career Advancement Scheme, which is not ordinary departmental promotion — it requires the prescribed years of service together with training or course conditions and satisfactory annual performance assessment.
- NET/SLET/SET or a Ph.D. is the second mandatory condition. The NET in physical education is conducted by the UGC and can be prepared for from free material.
- The most important thing, and it should be read first: the representation record is an eligibility condition. The rules put it as a "Record of having represented the university/college at the inter-university/inter-collegiate competitions or the State and/or national championships", and it is required alongside the degree and the NET, not as an alternative to them. It is the one condition that cannot be arranged at the time of applying — it takes years of actually playing.
- This post is different from the school physical education teacher — that recruitment is by the Rajasthan Staff Selection Board, with different qualifications and different pay. If your qualification does not go as far as a Master's and NET, the school-level post is the appropriate route.

- Note — this post is not in the Schedules to the CET Rules 2022, so a CET score is not required for it.
- Relaxation in the upper age limit — 5 years for male candidates of the Scheduled Castes, Scheduled Tribes, Backward Classes, More Backward Classes and Economically Weaker Sections; 5 years for women candidates of the General category; and 10 years for women candidates of those same categories. Which means plainly that the bare figure printed against a post understates a reserved-category woman's eligibility by a decade — if you are in that category, work out your eligibility only after adding the relaxation. In Rajasthan, 30% of the posts in direct recruitment are reserved category-wise for women candidates. Widows and divorced women have no upper age limit at all — the rules say it in those words. It is Rule 13(9) of the Rajasthan State and Subordinate Services (Direct Recruitment by Combined Competitive Examination) Rules 1999, it appears again as the same proviso in the Rajasthan Medical & Health Subordinate Service Rules, and RPSC advertisements reproduce it. A widow must furnish a certificate of the death of her husband from the competent authority, and a divorced woman the proof of divorce. The exact terms of relaxation and reservation are given in that recruitment's own advertisement.

5 Where to study

GOVERNMENT INSTITUTES

- Government colleges of physical education, Rajasthan — B.P.Ed. and M.P.Ed. — Across districts of Rajasthan (<https://hte.rajasthan.gov.in/>)
- Lakshmibai National Institute of Physical Education (LNIPE) — the country's principal government institution in the subject — Gwalior, Madhya Pradesh (<https://lnipe.edu.in>)
- University departments of physical education — Rajasthan University, MDS University, MGS University — Jaipur, Ajmer, Bikaner
- District sports stadiums and the Rajasthan State Sports Council — competition and training — District headquarters (<https://sports.rajasthan.gov.in>)

ONLINE

- यू.जी.सी.-नेट — शारीरिक शिक्षा विषय की सूचना एवं पाठ्यक्रम — National Testing Agency (<https://ugcnet.nta.ac.in/>)
- महाविद्यालय शिक्षा आयुक्तालय, राजस्थान — This is the department the post belongs to (<https://hte.rajasthan.gov.in/>)
- स्वयं (SWAYAM) — शारीरिक शिक्षा एवं खेल विज्ञान के निःशुल्क पाठ्यक्रम — Government of India (<https://swayam.gov.in/>)
- आर.एस.एस.बी. — पिछले प्रश्न-पत्र, उत्तर कुंजी व पाठ्यक्रम (निःशुल्क) — The Staff Selection Board's own site — the most reliable free preparation material there is (https://rsmssb.rajasthan.gov.in/show_archived?menuName=Xj4lCb9vGxpQnfls%2FxlZ2g%3D%3D)
- विभागीय सेवा नियम (कार्मिक विभाग) — पद की योग्यता व आयु मूल दस्तावेज़ में पढ़ें — The Department of Personnel publishes the service rules for every cadre. Read these before any coaching material — qualification, age and the method of recruitment are settled here and nowhere else. (<https://dop.rajasthan.gov.in/>)
- स्वयं (SWAYAM) — भारत सरकार के निःशुल्क ऑनलाइन कोर्स — Free (<https://swayam.gov.in/>)
- राष्ट्रीय डिजिटल पुस्तकालय (NDLI) — Free books and study material (<https://ndli.iitkgp.ac.in/>)
- एन.सी.ई.आर.टी. — निःशुल्क पाठ्यपुस्तकें — The foundation for general knowledge, maths and science (<https://ncert.nic.in/>)

FEES

The B.P.Ed. and M.P.Ed. are available at government colleges and university departments, where fees are far below private institutions. Sports practice at a district stadium or a college ground costs nothing, and the institution usually bears the cost of travelling to competitions — and it is precisely that participation which builds the record that later becomes an eligibility condition, so treat it as the opportunity it is. For the NET, the UGC and SWAYAM material is free. Taken together this is one of the few gazetted-level posts reachable through government institutions at very little cost, provided the playing starts early enough.

SCHOLARSHIPS

- Mukhyamantri Anuprati Coaching Yojana (free coaching, apply via SSO) (<https://sso.rajasthan.gov.in/signin>)
- Rajasthan Social Justice and Empowerment Dept scholarships (<https://sje.rajasthan.gov.in/>)
- National Scholarship Portal (NSP) (<https://scholarships.gov.in/>)
- Buddy4Study scholarship search (<https://www.buddy4study.com>)

6 What the work is like

WHERE YOU WORK

Government colleges across Rajasthan — the ground, the gymnasium and the competition venue more than the classroom. Inter-collegiate and inter-university competitions bring travel within and outside the state.

WORK CULTURE

The shape of the work is a teacher's — academic session, vacations, the atmosphere of a campus — but its character differs from a classroom teacher's. The day is spent on the ground, coaching usually happens before or after classes, and the workload multiplies in the competition season. Results take years to show: the student coached in the first year turns up playing at state level in the third. The post's standing inside an institution can be mixed — it is an academic-cadre post paid on an Academic Level, yet in many places it is treated as somehow apart from teaching. In the rules it is placed with the college teaching cadre, and the same Career Advancement Scheme ladder applies to it.

WHO HIRES

- Directorate of College Education, Rajasthan — government colleges
- State universities and their constituent colleges
- Colleges under the Sanskrit Education department (the Commission advertises these separately)
- The Rajasthan State Sports Council and district sports bodies — associated work

DEMAND (2026)

The number of government colleges in Rajasthan has grown in recent years and every college carries a sanctioned physical education post, so the cadre is a permanent one. Recruitment does not come every year, and when it comes it arrives in a joint advertisement with Assistant Professor and Librarian — the Commission's 2023 and 2024 advertisement titles show exactly that structure. One practical consequence: do not read an advertisement title and conclude your post is not in it, because all three posts are advertised under one name. Keep in mind too that the number of posts describes the department's requirement, not your chances. The real filter here is not the count but the eligibility — far fewer candidates hold the Master's, the NET and the representation record together than apply. One thing to be clear about — the "demand" described above counts posts, not your chance of getting one. Selection is by open competition and the number of applicants runs to many times the number of posts, so most candidates are not selected in any given recruitment. That is not an argument against this career; it is an argument against making it your only plan. Keep studying or building a skill alongside your preparation, so that the year is not lost whichever way the result goes.

7 Career growth

- 1 Physical Training Instructor — Academic Level 10, the entry post, 100% by direct recruitment
- 2 Academic Level 12 — through the Career Advancement Scheme, on the prescribed service, training or course conditions and performance assessment
- 3 Academic Level 13A — the next step of CAS and the senior-most level in the cadre
- 4 Alongside this, openings as coach, sports officer and academic posts in universities and sports institutions

EARNINGS

Starting	शैक्षणिक स्तर 10 (यू.जी.सी. ढाँचा)
Mid level	₹70,000 – ₹1,00,000 (भत्तों सहित, शैक्षणिक स्तर 12 पर)
Senior level	₹1,10,000 से अधिक (भत्तों सहित, शैक्षणिक स्तर 13A पर)

This post is paid on the UGC Academic Level, not on the state's ordinary pay matrix — which is why its pay cannot be compared directly with the school physical education teacher's. The rules name Levels 10, 12 and 13A explicitly; the rupee figures above are estimated from those levels and are not confirmed from any official pay statement, so read them as a direction. The exact starting pay is given in that cycle's advertisement. The starting figure is BASIC PAY, so that it can be compared directly against other careers. Dearness allowance (60% of basic since 1 January 2026) and house rent allowance are added on top of it, so take-home pay is appreciably higher. The mid-level and senior figures are approximate monthly income including allowances, not basic pay. Note — in Rajasthan a direct recruit is a probationer-trainee for the first 2 years and is paid a fixed remuneration, not the pay scale; dearness allowance and house rent allowance are not payable in those two years (Rajasthan Service Rules, rule 7(30A)). The full pay scale applies once probation is completed. The figures above rest on the Rajasthan 7th pay matrix, which is what applies as of 17 August 2026. The Terms of Reference of the 8th Central Pay Commission were approved on 28 October 2025 and it must report within 18 months of its constitution. State governments normally adopt a Central Pay Commission with modifications, and later than the Centre does — so Rajasthan pay will be revised too, though by how much and when is not yet settled.

8 The good parts · The challenges

The good parts

- The effort put into sport becomes the eligibility itself — the record built for love of the game is what satisfies the condition
- Academic Level pay, above many of the state's graduate-entry posts
- A teacher's session and vacations, but the work is on the ground
- A clear CAS ladder, written into the rules with its levels

The challenges

- The representation record is compulsory and cannot be arranged at application time — that condition is settled years earlier
- A Master's with 55% and NET/SLET/SET or a Ph.D. are needed as well — all three conditions have to be met together
- Recruitment does not come every year, and comes inside a joint advertisement
- The post is sometimes treated inside an institution as apart from teaching, though the rules place it firmly in the academic cadre

9 Sources & further reading

1. Department of Personnel, Rajasthan — Librarian and Physical Training Instructor Service (Collegiate Branch) Rules, 2023 — http://dop.rajasthan.gov.in/writereaddata/modulCategory/202310060534388790376libpti2023_merged.pdf
2. Rajasthan Public Service Commission — advertisements — <https://rpsc.rajasthan.gov.in/advertisements>
3. Directorate of College Education, Rajasthan — <https://hte.rajasthan.gov.in/>

4. UGC-NET — Physical Education — <https://ugcnet.nta.ac.in/>
5. Rajasthan Staff Selection Board (official) — <https://rssb.rajasthan.gov.in/>
6. Department of Personnel, Rajasthan — service rules — <https://dop.rajasthan.gov.in/>
7. 8th Central Pay Commission — Cabinet approval of the Terms of Reference (PIB, 28 October 2025) — <https://www.pib.gov.in/PressReleasePage.aspx?PRID=2183289>

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