

Physical fitness test for the classes BPES 1<sup>st</sup> semester (3 Year course, 4 Year course) MPES 1<sup>st</sup> semester and PGD in sports coaching (Boxing) 1<sup>st</sup> semester will be conducted at Prof. Gursewak Singh Govt. College of Physical Education, Patiala.

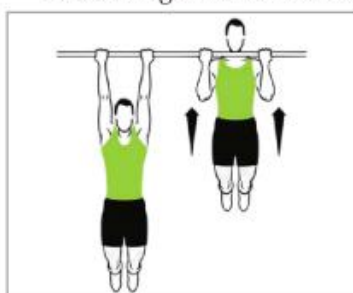
All candidates are required to report at 9.00 am on dated 30.07.2025(Wednesday).

Guidelines for Test.....

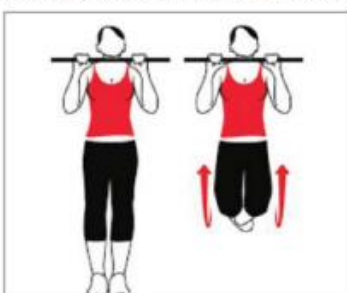
## Physical Fitness Test (PFT)

### For BPES, MPES course

1. It is mandatory for the candidate to appear & score minimum 60% marks in all the following PFTs' to become eligible for admission in the BPES course and MPES course



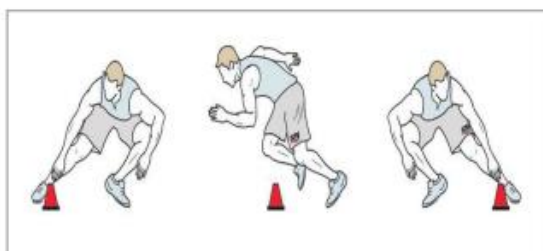
(A) PULL-UPS (FOR BOYS).



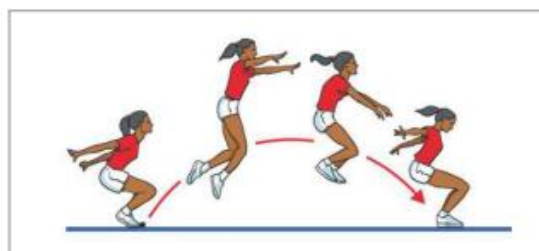
(B) FLEXED ARM HANG (FOR GIRLS).



(C) FLEXED-LEG SIT-UPS (IN ONE MINUTE).



(D) SHUTTLE RUN.



(E) STANDING BROAD JUMP.



(F) 50M DASH.



(G) 600 m RUN.

### 2. The minimum standards to qualify are tabulated below:-

Tests (10 Marks)	<b>BOYS</b> : Pull-ups on Horizontal Bar <b>GIRLS</b> : Flexed Arms Hang on (2 Marks)	Sit-Ups (With Knee bent; Nos in 60 Sec.) (2 Marks)	Shuttle Run 10 m. x 4 times (Time) (1 Marks)	Standing Broad Jump (Mtrs.) (1 Marks)	50 Mtrs. Dash (Time) (2 Marks)	600 Mtrs. Run/Walk (Time) (2Marks)
Minimum Standard to qualify for Boys	5 Numbers	35	11.00 sec.	2.00 m	8.5 sec.	3 minutes
Minimum Standard to qualify for Girls	5 Seconds Hold (Minimum)	30	12.0 sec.	1.70 m	9.6 sec	3 minutes: 30 sec.



**Physical Fitness Test (PFT)**  
***For PG Diploma in Sports Coaching (Boxing)***

S No.	Tests	Gender	30 years & below	Above 30 years
1	30 m Flying Start (for speed)	Male	5.0 sec	5.30 sec
		Female	5.6 sec	6.0 sec
2	Standing broad jump (for explosive strength)	Male	1.40 m	1.30 m
		Female	1.20 m	1.10 m
3	Shuttle run 6X 10 (for agility)	Male	17.20 sec	18.20 sec
		Female	18.20 sec	19.20 sec
4	Bend reach (for Flexibility)	Male	3 cm	2 cm
		Female	3 cm	2 cm
5	1600 m running	Male	8:00:0 min	8:00.0 min
		Female	9:20:0 min	9:30.0 min