BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

Physical Fitness Tests

Candidates should attend all the following five (05) tests:

1. 50M Dash
2. Standing Broad Jump
3. Shuttle Run (4×10 M)
4. Medicine Ball
   a) overhead backward throw (3 kg) – For Male
   b) overhead backward throw (2 kg) – For Female
5. 600-Meter Run / Walk

Marks shall be allotted as per norms

PHYSICAL FITNESS TEST
Bachelor of Physical Education (B.P.E.S)

50 METERS SPRINT
(Performance Conversion Table)

Men				Women			
Timing (Seconds)	**Points**	**Timing (Seconds)**	**Points**	**Timing (Seconds)**	**Points**	**Timing (Seconds)**	**Points**
5.7 & Below	10	8.6	3.4	6.7 & Below	10	9.6	3.4
5.8	9.6	8.7	3.2	6.8	9.6	9.7	3.2
5.9	9.2	8.8	3.0	6.9	9.2	9.8	3.0
6.0	8.9	8.9	2.9	7.0	8.9	9.9	2.9
6.1	8.6	9.0	2.8	7.1	8.6	10.0	2.8
6.2	8.3	9.1	2.7	7.2	8.3	10.1	2.7
6.3	8.0	9.2	2.6	7.3	8.0	10.2	2.6
6.4	7.8	9.3	2.5	7.4	7.8	10.3	2.5
6.5	7.6	9.4	2.4	7.5	7.6	10.4	2.4
6.6	7.4	9.5	2.3	7.6	7.4	10.5	2.3
6.7	7.2	9.6	2.2	7.7	7.2	10.6	2.2
6.8	7.0	9.7	2.1	7.8	7.0	10.7	2.1
6.9	6.8	9.8	2.0	7.9	6.8	10.8	2.0
7.0	6.6	9.9	1.9	8.0	6.6	10.9	1.9
7.1	6.4	10.0	1.8	8.1	6.4	11.0	1.8
7.2	6.2	10.1	1.7	8.2	6.2	11.1	1.7
7.3	6.0	10.2	1.6	8.3	6.0	11.2	1.6
7.4	5.8	10.3	1.5	8.4	5.8	11.3	1.5
7.5	5.6	10.4	1.4	8.5	5.6	11.4	1.4
7.6	5.4	10.5	1.3	8.6	5.4	11.5	1.3
7.7	5.2	10.6	1.2	8.7	5.2	11.6	1.2
7.8	5.0	10.7	1.1	8.8	5.0	11.7	1.1
7.9	4.8	10.8	1.0	8.9	4.8	11.8	1.0
8.0	4.6	10.9	0.9	9.0	4.6	11.9	0.9
8.1	4.4	11.0	0.8	9.1	4.4	12.0	0.8
8.2	4.2	11.1	0.7	9.2	4.2	12.1	0.7
8.3	4.0	11.2	0.6	9.3	4.0	12.2	0.6
8.4	3.8	11.3 and Above	0.5	9.4	3.8	12.3 and Above	0.5
8.5	3.6	—	—	9.5	3.6	—	—

PHYSICAL FITNESS TEST
Bachelor of Physical Education (B.P.E.S)

STANDING BROAD JUMP
(Performance Conversion Table)

Men		Women	
Distance (Meters)	**Points**	**Distance (Meters)**	**Points**
2.85 and Above	10	2.35 and Above	10
2.80 - 2.84	9.5	2.30 - 2.34	9.5
2.75 - 2.79	9.1	2.25 - 2.29	9.1
2.70 - 2.74	8.7	2.20 - 2.24	8.7
2.65 - 2.69	8.4	2.15 - 2.19	8.4
2.60 - 2.64	8.1	2.10 - 2.14	8.1
2.55 - 2.59	7.8	2.05 - 2.09	7.8
2.50 - 2.54	7.5	2.00 - 2.04	7.5
2.45 - 2.49	7.2	1.95 - 1.99	7.2
2.40 - 2.44	6.9	1.90 - 1.94	6.9
2.35 - 2.39	6.6	1.85 - 1.89	6.6
2.30 - 2.34	6.3	1.80 - 1.84	6.3
2.25 - 2.29	6.0	1.75 - 1.79	6.0
2.20 - 2.24	5.7	1.70 - 1.74	5.7
2.15 - 2.19	5.4	1.65 - 1.69	5.4
2.10 - 2.14	5.1	1.60 - 1.64	5.1
2.05 - 2.09	4.8	1.55 - 1.59	4.8
2.00 - 2.04	4.5	1.50 - 1.54	4.5
1.95 - 1.99	4.3	1.45 - 1.49	4.3
1.90 - 1.94	4.1	1.40 - 1.44	4.1
1.85 - 1.89	3.9	1.35 - 1.39	3.9
1.80 - 1.84	3.7	1.30 - 1.34	3.7
1.75 - 1.79	3.5	1.25 - 1.29	3.5
1.70 - 1.74	3.3	1.20 - 1.24	3.3
1.65 - 1.69	3.1	1.15 - 1.19	3.1
1.60 - 1.64	2.9	1.10 - 1.14	2.9
1.55 - 1.59	2.7	1.05 - 1.09	2.7
1.50 - 1.54	2.5	1.00 - 1.04	2.5
1.45 - 1.49	2.4	0.95 - 0.99	2.4
1.40 - 1.44	2.3	0.90 - 0.94	2.3
1.35 - 1.39	2.2	0.85 - 0.89	2.2
1.30 - 1.34	2.1	0.80 - 0.84	2.1
1.25 - 1.29	2.0	0.75 - 0.79	2.0
1.20 - 1.24	1.9	0.70 - 0.74	1.9
1.15 - 1.19	1.8	0.65 - 0.69	1.8
1.10 - 1.14	1.7	0.60 - 0.64	1.7
1.05 - 1.09	1.6	0.55 - 0.59	1.6
1.00 - 1.04	1.5	0.50 - 0.54	1.5
0.99 and Below	1.4	0.49 and Below	1.4

PHYSICAL FITNESS TEST
Bachelor of Physical Education (B.P.E.S)
Shuttle Run 4 X 10
(Performance Conversion Table)

Men		Women	
Timing (Seconds)	**Points**	**Timing (Seconds)**	**Points**
7.60	10	9.03	10
8.13	9	9.65	9
8.66	8	10.27	8
9.19	7	10.89	7
9.72	6	11.51	6
10.25	5	12.13	5
10.78	4	12.75	4
11.31	3	13.37	3
11.84	2	13.99	2
12.37	1	14.61	1
12.90	0	15.23	0

PHYSICAL FITNESS TEST
Bachelor of Physical Education (B.P.E.S)

OVER HEAD BACK THROW
(Performance Conversion Table)

Men (3 Kg Medicine Ball)		Women (2 Kg Medicine Ball)	
Distance (in meters)	**Points**	**Distance (in meters)**	**Points**
15.00 and Above	10	12.50 and Above	10
14.50	9.5	12.00	9.5
14.00	9.0	11.50	9.0
13.50	8.5	11.00	8.5
13.00	8.0	10.50	8.0
12.50	7.6	10.00	7.6
12.00	7.2	09.50	7.2
11.50	6.8	09.00	6.8
11.00	6.4	08.50	6.4
10.50	6.0	08.00	6.0
10.00	5.6	07.50	5.6
09.50	5.2	07.00	5.2
09.00	4.8	06.50	4.8
08.50	4.4	06.00	4.4
08.00	4.0	05.50	4.0
07.50	3.7	05.00	3.7
7.00	3.4	04.50	3.4
06.50	3.1	04.00	3.1
06.00	2.8	03.50	2.8
05.50	2.5	03.00	2.5
05.00	2.3	02.50	2.3
04.50	2.1	02.00	2.1
04.00	1.9	01.50	1.9
03.50 and Below	1.7	01.00 and Below	1.7

PHYSICAL FITNESS TEST
Bachelor of Physical Education (B.P.E.S)

600 METERS RUN/WALK
(Performance Conversion Table)

Men		Women	
Timing (Seconds)	**Points**	**Timing (Seconds)**	**Points**
99.00	10	102.15	10
102.84	9	113.28	9
106.68	8	124.41	8
110.52	7	135.54	7
114.36	6	146.67	6
118.20	5	157.80	5
122.04	4	168.93	4
125.88	3	180.06	3
129.72	2	191.19	2
133.56	1	202.32	1
137.40	0	213.43	0