POST GRADUATE DIPLOMA IN SPORTS COAHCING (PGDSC)

Physical Fitness Tests

A candidates must qualify in the following physical fitness tests (**any three**) for admission to PGDSC. Candidates who do not qualify will not be permitted to join the course.

The minimum qualifying standards of Fitness tests are as follows: -

Sl. No.	Test	Gender	30 Yrs. & Below	Above 30 Yrs.
i.	50M Dash	Male	7.0 Sec	8.00 Sec
		Female	8.0 Sec	9.0 Sec
ii.	Standing Broad Jump	Male	1.40 Meter	1.30 Meter
		Female	1.20Meter	1.10 Meter
iii.	Shuttle Run (4×10 Yard)	Male	14.00 Sec	16.00 Sec
		Female	17.00 Sec	19.00 Sec
iv.	Medicine ball - overhead backward throw (3 kg)	Male	8 meters	6 meters
	Medicine ball - overhead backward throw (2 kg)	Female	6 meters	4 meters
v.	800-Meter Running	Male	3:30 Min	3:50 Min
		Female	4:00 Min	4:20 Min