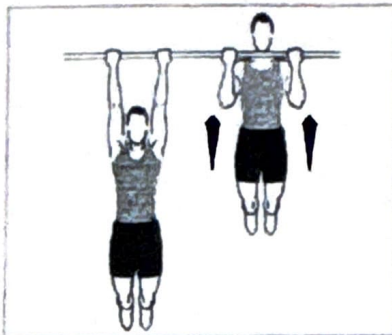


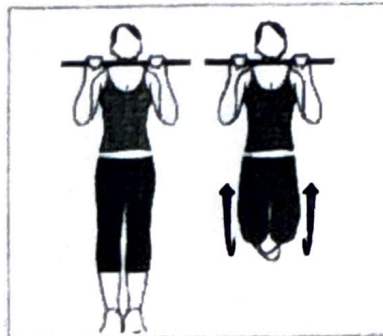
# PHYSICAL FITNESS TEST (PFT)

For MPEd, 2 Yr course

1. A candidate has to qualify in any four of the following six PFTs of his/her choice to become eligible for admission into MPEd, 2 Year Course



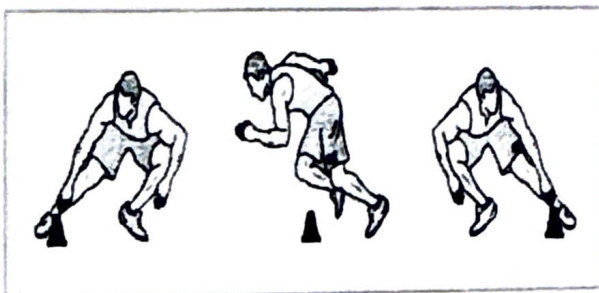
(A) PULL-UPS (FOR BOYS).



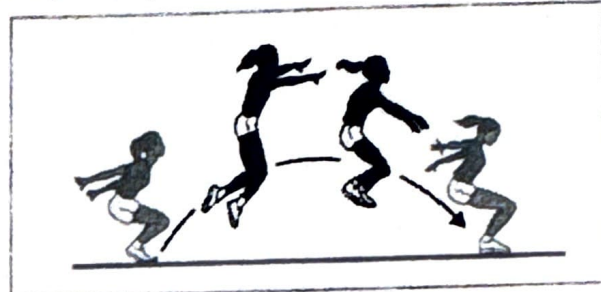
(B) FLEXED ARM HANG (FOR GIRLS).



(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:-

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