

सावित्रीबाई फुले पुणे विद्यापीठ

दूरध्वनी क्रमांक :

०२०-२५६९१२३३

२५६०१२५७

२५६०१२५८

२५६०१२५९



शैक्षणिक विभाग

गणेशखिंड, पुणे-४११ ००७

टेलिग्राफ : 'युनिपुणे'

फॅक्स : ०२०-२५६९१२३३

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दिनांक : १३/१२/२०१४

संदर्भ क्र. : शीबीई/१२८४

परिपत्रक क्र. २२५/२०१४

विषय:- प्रथम वर्षाच्या विद्यार्थ्यांसाठी व्यापक आरोग्य स्तराची योजना
(Physical Education Scheme) सुरू करण्यास मान्यता देणेबाबत.

विद्यापीठ अधिकार मंडळाने घेतलेल्या निर्णयानुसार कळविण्यात येते की, सर्व विद्याशाखांकरिता शारीरिक शिक्षणशास्त्र विद्याशाखेने तयार केलेल्या व्यापक आरोग्य स्तराची योजना (Physical Education Scheme) शैक्षणिक वर्ष २०१५-१६ मध्ये प्रथम वर्षामध्ये प्रवेश घेणा-या विद्यार्थ्यांसाठी लागू करण्यास मान्यता देण्यात येत आहे. तसेच या योजनेच्या अभ्यासक्रमासही मान्यता देण्यात येत आहे.

सदर अभ्यासक्रम सावित्रीबाई फुले पुणे विद्यापीठाच्या www.unipune.ac.in या संकेतस्थळावर Syllabi या शीर्षकाखाली उपलब्ध करण्यात आला आहे, याची सर्व संबंधितांनी नोंद घ्यावी.

मा. प्राचार्य, सर्व संलग्नीत महाविद्यालये व मा. संचालक, सर्व मान्यताप्राप्त संस्था यांना विनंती की सदर परिपत्रकाचा आशय सर्व संबंधितांच्या, प्राध्यापक व विद्यार्थी यांच्या निदर्शनास आणून दयावा.

१
संचालक
(म.वि.वि.मं.)

कृ.मा.प.



PRINCIPAL
ALL INDIA SHRI SHIKSHA MEMORIAL SOCIETY'S
COLLEGE OF ENGINEERING
KENNEDY ROAD, PUNE-411 001

प्रत माहितीसाठी व पुढील योग्य त्या कार्यवाहीसाठी:—

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२. मा. संचालक, बी.सी.यु.डी.
३. मा. विभागप्रमुख, सर्व विभाग
४. मा. प्राचार्य, सर्व संलग्नीत महाविद्यालये
५. मा. संचालक, सर्व मान्यताप्राप्त संस्था
६. मा. परीक्षा नियंत्रक, पुणे विद्यापीठ
७. मा. संचालक, स्पर्धा परीक्षा केंद्र
८. मा.संचालक (परदेशी विद्यार्थी केंद्र)
९. मा. प्रमुख, विद्यापीठ उपकेंद्र :अहमदनगर, नाशिक.
१०. उपकुलसचिव, परीक्षा (१,२)
११. सिस्टीम ऑनॅलिस्ट डेटा प्रोग्रेसिंग युनिट
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विद्यापरिषद ठराव क्र. ब ५०/पीए/५०/१४ दि. ३ जून, २०१४
व्यवस्थापन परिषद ठराव क्र. म: ३८१/२९१०१४




PRINCIPAL
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COLLEGE OF ENGINEERING
KENNEDY ROAD, PUNE-411 001

SAVITRIBAI PHULE PUNE UNIVERSITY



PHYSICAL EDUCATION SCHEME SYLLABUS

For First Year Students of All the Faculties



Physical Education Scheme

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Aim of the Scheme:

The aim of the scheme is to make Physical Education as an integral part of Educational System. Students studying in the colleges should have the benefit of Physical Education to improve their health during the course of college education. It is designed to ensure that on completion of this training they would attain the minimum prescribed standard.

Object of the scheme:

The object of the scheme is to enhance physical efficiency and maintain fitness of mind, body and character, which would help the student to be mentally alert and physically efficient to withstand the strain and fatigue of daily life. It would prepare them for the strenuous training which will help them to be fit to face the different barriers in life.

The students will undergo this scheme for the first year of his/her under graduate course education.

Participation in the scheme:

1. Optional Activities:

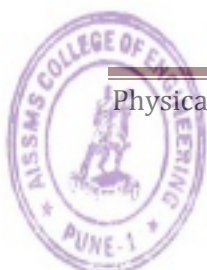
Under this category, a student shall have to choose at least two activities in the year, one from the team and another from Individual activities enlisted above and have to participate in them throughout the year. Whatever may be the choices according to the availability, a student shall have to show sufficient skill and achieve at least minimum score as per the prescribed tests at the end of year.

2. Compulsory Activities:

Under this category, a student shall have to choose total three activities, at least one from each part of group B (Running, Jumping, Endurance and Strength) during the year, and have to participate in them throughout the year. Whatever may be choices according to the availability, students shall have to show sufficient skill and have to achieve minimum prescribed target at the end of the year.

3. Other Activities:

At least one seminar to be conducted by the college in the academic year especially in the field of Health Sciences, Sports Medicine, Psychological parameters in sports, Food and Nutrition etc.



The Scheme:

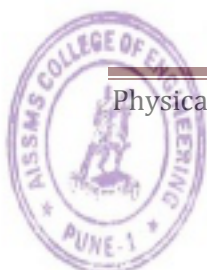
A student shall have to participate in two types of physical activities viz.

Group (A) - Optional Activities (Opt any Two, out of which one from individual event and one from team event)

Group A - Optional Activities: (Both for Male and Female)

Name of Individual Event	Individual Events Test for Evaluation
Badminton	Lockhart and McPherson Test
Gymnastics	Flex arm Hang Test for Girls Vertical Reach Test for Boys
Judo	Pushups and 12 Minutes run and walk test
Malkhamb/Rope Malkhamb	Flex arm Hang Test for Girls Vertical Reach Test for Boys
Swimming	Jackson et al. 12 Minutes Swim test
Table Tennis	Eye-hand Coordination Test
Tennis	Dyer's Tennis Test
Weight Lifting and Power Lifting	Sit ups, Pushups, Standing Vertical Jump
Wrestling	Pushups and 12 Minutes run and walk test
Yoga	Sit and Reach Test
Name of Team Event	Team Events Test for Evaluation
Basketball	Johnson's Basketball Test
Football	Mc Donald's Soccer Skill Test
Hockey	SAI Hockey Skill test
Kabaddi	6X10 M. Shuttle Run Test
Kho –Kho	6X10 M. Shuttle Run Test
Volleyball	SAI Volleyball Skill test

**** Administration of Test: As per published in the Manual for Physical Efficiency Drive published by Savitribai Phule Pune University.**



Evaluation Pattern

- **Badminton : Test for Administration – (Maximum 20 Marks)**

Lockhart and McPherson Test

Scoring	Marking
Within 30 Seconds number of hits	Each Hit - 1 mark each

- **Gymnastics (Men and Women), Malkhamb (Men) and Rope Malkhamb (women) : (Maximum 20 Marks)**

Vertical Arm Pull Test (Male)

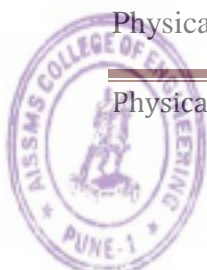
Sr. No	Performance in Cms	Performance Level	Marks
01	73.0 – 76.8 Cms	Advanced	20
02	66.7 – 72.4 Cms	Advanced Intermediate	16
03	48.9 – 66.0 Cms	Intermediate	12
04	39.4 – 48.3 Cms	Advanced beginners	08
05	0.0 – 38.7 Cms	Beginners	04

Courtesy: Barry L. Johnson and Jack K. Nelson, “Practical Measurements for Evaluation in Physical Education” Surjeet Publications, (1982): P. 206

Flexed Arm Hang Test (Female)

Sr. No.	Percentile	Performance in Seconds	Marking
1	100 th	73	20
2	95 th	34	19
3	90 th	28	18
4	85 th	22	17
5	80 th	19	16
7	75 th	17	15
8	70 th	14	14
9	65 th	12	13
10	60 th	10	12
11	55 th	09	11
12	50 th	08	10
13	45 th	07	09
14	40 th	06	08
15	35 th	05	07
16	30 th	04	06
17	25 th	03	05
18	20 th	02	04
19	15 th	02	03
20	10 th	01	02

Courtesy: Barry L. Johnson and Jack K. Nelson, “Practical Measurements for Evaluation in Physical Education” Surjeet Publications, (1982): P. 123



- **Wrestling and Judo : Test for Administration – (Maximum 20 Marks)**
Push Ups and 12 Minutes Cooper's Walk and Run Test

Push Ups (Men) (number of pushups)

Scores Men Under 30 Years	Scale Points	Marks
60	100	20
58	95	19
56	90	18
54	85	17
53	80	16
50	75	15
48	70	14
46	65	13
44	60	12
42	55	11
40	50	10
38	45	09
36	40	08
34	35	07
32	30	06
30	25	05
28	20	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Bent Knee Push-Ups (Modified Push-ups) (Women) (number of pushups)

Raw Scores	Performance Level	Marks
31- and above	Advanced	20
25-30	Advanced Intermediate	16
13-24	Intermediate	12
7-12	Advance Beginners	08
0-6	Beginners	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

12 Minutes Run and Walk Test (1 mile = 1.609 Kms.)

Male		Female		Fitness	Marks
13-19 years	20-29 years	13-19 years	20-29 years	Class	
0-1.29 miles	0-1.22 miles	0.99 miles	0.95 miles	Very poor	00
1.3-1.37	1.22-1.31	1.0-1.18	0.96-1.11	poor	04
1.38-1.56	1.32-1.49	1.19-1.29	1.12-1.22	fair	08
1.57-1.72	1.50-1.64	1.30-1.43	1.23-1.34	good	12
1.73-1.86	1.65-1.76	1.44-1.51	1.35-1.45	excellent	16
1.87 & above	1.77 & above	1.52 & above	1.46 & above	superior	20

Courtesy: The Aerobics Way by Kenneth H. Cooper, M. D. , M. P. H. copyright (c) 1977 Kenneth H. Cooper, inc., New York, New York 100017. Reprinted by permission



- Note : After completion of all the test items the achieved score should be divided by two for final score

Swimming: Test for Administration – (Maximum 20 Marks)

Jackson et al. 12 Minutes Swim test

Sr. No.	Total distance covered in prescribed time in Mtrs	Marks
1	800	20
2	780	19
3	760	18
4	740	17
5	720	16
6	700	15
7	680	14
8	660	13
9	640	12
10	620	11
11	600	10
12	580	09
13	560	08
14	540	07
15	520	06
16	500	05
17	480	04
18	460	03
19	440	02
20	420	01

- Table Tennis : Test for Administration – (Maximum 20 Marks)

Eye hand Co-Ordination Test (Ball Transfer)

Scoring	Marking
Per ball transfer	2 marks each

- Tennis : Test for Administration – (Maximum 20 Marks)

Dyer's Tennis Test

Scoring	Marking
Within 30 Seconds number of hits	Each Hit - 1 mark each



- **Weight Lifting, Power Lifting : Test for Administration – (Maximum 20 Marks)**
Push Ups, Sit Ups and Standing Vertical Jump

Push-Ups (Men) (number of pushups)

Scores Men Under 30 Years	Scale Points	Marks
60	100	20
58	95	19
56	90	18
54	85	17
53	80	16
50	75	15
48	70	14
46	65	13
44	60	12
42	55	11
40	50	10
38	45	09
36	40	08
34	35	07
32	30	06
30	25	05
28	20	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Raw Score Norms of Modified Push-Ups (women) (number of pushups)

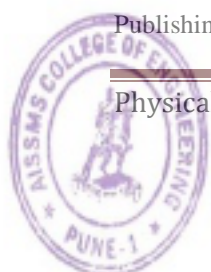
Raw Scores	Performance Level	Marks
31- and above	Advanced	20
25-30	Advanced Intermediate	16
13-24	Intermediate	12
7-12	Advance Beginners	08
0-6	Beginners	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Raw score norms for sit-ups (bent knees)

College Men Repetitions	College Women Repetitions	Performance level	Marks
66 and above	49 and above	Advanced	20
53 to 65	37 to 48	Advance intermediate	16
34 to 52	21 to 36	Intermediate	12
25 to 33	13 to 20	Advanced beginner	08
0 to 24	0 to 12	Beginner	04

Courtesy: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122.



Standing Vertical Jump

College Men Cms	Performance level	College Women Cms	Marks
66 and above	Advanced	49 and above	20
53 to 65	Advance intermediate	37 to 48	16
34 to 52	Intermediate	21 to 36	12
25 to 33	Advanced beginner	13 to 20	08
0 to 24	Beginner	0 to 12	04

Reference: Harold T. Friermood, 'volleyball skill contest for Olympic development' in United States Volleyball Rules and Reference guide of the U.S. Volleyball Association, Berne, Ind.: USVBA printer, 1967, pp 134-135.

Note: After completion of all the test items the achieved score should be divided by three for final score

- **Yoga : Test for Administration – (Maximum 20 Marks)**
Sit and Reach Test

Men (in Cms.)	Women (in Cms.)	Level	Marks
23 $\frac{3}{4}$ and above	25 $\frac{3}{4}$ and above	Advanced	20
21 $\frac{1}{4}$ to 23 $\frac{1}{2}$	22 $\frac{1}{2}$ to 25 $\frac{1}{2}$	Advanced Intermediate	16
18 $\frac{3}{4}$ to 21	20 to 22 $\frac{1}{4}$	Intermediate	12
17 to 18 $\frac{1}{2}$	18 to 19 $\frac{3}{4}$	Advanced Beginner	08
Below 16 $\frac{3}{4}$	Below 17 $\frac{3}{4}$	Beginner	04

TEAM EVENTS

- **Basketball : Test for Administration - Johnson's Basketball Test**
(Maximum 20 Marks)

Scoring	Marking
3 points	20 Marks
2 points	13 Marks
1 point	07 Marks

- **Football : Test for Administration - Mc Donald's Soccer Skill Test**
(Maximum 20 Marks)

Scoring	Marking
30 Seconds	1 Mark per hit



- **Hockey : Test for Administration – SAI Hockey Skill Test (Maximum 20 Marks)**

Age Group (years)	Shooting Target (Accurate hits)		Balancing Ball (seconds)		Moving with the ball (seconds)		Score	Marks
	Boys	Girls	Boys	Girls	Boys	Girls		
14 years & above	11	10	25 & more	20 & more	4.20 & less	5.00 & less	3	20
	10	9	20-24	15-19	4.21-4.29	5.10-5.10	2	13
	9	8	15-19	10-14	4.30-4.37	5.11-5.19	1	07

Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 369-370

Note: After completion of all the test items the achieved score should be divided by three for final score

- **Kabaddi and Kho-Kho : Test for Administration - 6X10 Mts. Shuttle Run (Maximum 20 Marks)**

Age	Boys			Girls		
	Satisfactory	Good	Very Good	Satisfactory	Good	Very Good
14 yrs & above	16.3-15.8	15.7-15.0	14.9 & less	16.4-16.0	15.9-15.5	15.4 & less
Marks	20	13	07	20	13	07

Reference: Prospectus of Andhra Pradesh Sports School, Hakim pet, Secunderabad, Page no. 10 and Sports medicine center, Pune.

- **Volleyball: Test for Administration – SAI Volleyball Skill Test (Maximum 20 Marks)**

Age Group	Accuracy of Services		Wall Volley Test		Medicine Ball Throw		Points	Marks
	Number of correct services		Number of Cycles		Meters			
	Boys	Girls	Boys	Girls	Boys	Girls		
14 years & above	10	9	6	4.0	19.00 & more	16.00 & more	3	20
	9	8	5	3.0	17.00-18.90	14.00-15.90	2	13
	8	7	4	2.0	15.00-16.90	12.00-13.90	1	07

Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 381-382

Note: After completion of all the test items the achieved score should be divided by three for final score



Group B - Choices for Compulsory Activities and tests for its evaluation: (Opt any three activities, out of which one from each selected parts i.e. Part A/B/C/D/)

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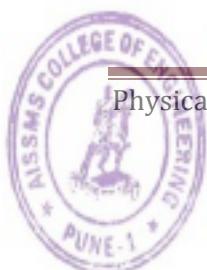
PART	EVENT	STUDENT	TESTS FOR EVALUATION
Part A	100 m. Run	(Male and Female)	50 yard dash (150 feet)
	400 m. Run	(Male and Female)	
Part B	High Jump or Pole Vault	(Male and Female)	Standing Vertical Jump
	Long Jump	(Male and Female)	
	Triple Jump	(Male and Female)	
Part C	12.5 Km. Cross Country	(Male)	Cooper's Test (12 minutes run and walk test)
	5 Km. Cross Country	(Female)	
	1500 m. Run	(Male)	
Part D	Rope Climbing	(Male)	Medicine Ball put for male and Sit Ups test for female
	Chin Ups/Flex Arm hang	(Male and Female)	
	Sit Ups	(Male and Female)	
	Push Ups and Modified push ups	(Male and Female)	

Evaluation Scheme (Scoring Conversions)

50 meters Dash (Maximum 20 Marks)

Boys 17 yrs and above	Girls 17 yrs and above	Percentile	Marks
Seconds	Seconds		
5.6	6.4	100 th	20
6.0	7.1	95 th	19
6.0	7.3	90 th	18
6.1	7.5	85 th	17
6.2	7.6	80 th	16
6.3	7.8	75 th	15
6.3	7.9	70 th	14
6.4	8.0	65 th	13
6.5	8.0	60 th	12
6.5	8.1	55 th	11
6.6	8.2	50 th	10
6.7	8.3	45 th	09
6.7	8.5	40 th	08
6.8	8.6	35 th	07
6.9	8.8	30 th	06
7.0	9.0	25 th	05
7.0	9.0	20 th	04
7.1	9.1	15 th	03
7.3	9.5	10 th	02
7.7	10.4	5 th	01
10.6	12.0	0 th	00

Reference: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 250 and 251.



Vertical jump scoring table (in Cms)

GENDER AND AGE	100	90	80	70	60	50	40	30	20	10
Boys 15 to 17	25	24	23	21	19	16	12	8	5	2
Girls 15 to 17	17	16	15	14	13	11	8	6	3	2
Men 18 to 34	26	25	24	23	19	16	13	9	8	2
Women 18 to 34	14	13	13	12	10	8	6	4	2	1
Marks	20	18	19	14	12	10	08	06	04	02

Reference: Harold T. Friermood, 'volleyball skill contest for Olympic development' in United States Volleyball Rules and Reference guide of the U.S. Volleyball Association, Berne, Ind.: USVBA printer, 1967, pp 134-135. Raw scores are located in the chart in accordance with age and sex, and percentile scores are located across the top.

Cooper's Test (12 Minute Run and Walk) (1 mile = 1.609 Kms)

Male		Female		Fitness	Marks
13-19	20-29	13-19	20-29	Class	
0-1.29 miles	0-1.22 miles	0.99 miles	0.95 miles	Very poor	00
1.3-1.37	1.22-1.31	1.0-1.18	0.96-1.11	poor	04
1.38-1.56	1.32-1.49	1.19-1.29	1.12-1.22	fair	08
1.57-1.72	1.50-1.64	1.30-1.43	1.23-1.34	good	12
1.73-1.86	1.65-1.76	1.44-1.51	1.35-1.45	excellent	16
1.87 & above	1.77 & above	1.52 & above	1.46 & above	superior	20

Courtesy: The Aerobics Way by Kenneth H. Cooper, M. D. , M. P. H. copyright (c) 1977 Kenneth H. Cooper, inc., New York, New York 100017. Reprinted by permission

Medicine ball of 1 kg for up to 10 years, 2 kg for 11 years and above for Boys

Reference: Sports medicine centre, Pune, India.

Age	Boys (Mts)			Girls (Mts)		
	Satisfactory	Good	Very Good	Satisfactory	Good	Very Good
14 years & above	3.19 to 3.80	3.81 to 4.41	4.42 or more	2.61 to 3.09	3.10 to 3.59	3.60 or more
Marks	07	13	20	07	13	20

Reference: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 208, 209

Raw score norms for sit-ups (bent knees) for Girls (repetitions)

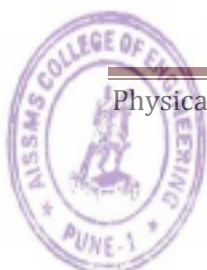
College Men	Performance level	College Women
66 and above	Advanced	49 and above
53 to 65	Advance intermediate	37 to 48
34 to 52	Intermediate	21 to 36
25 to 33	Advanced beginner	13 to 20
0 to 24	Beginner	0 to 12

Courtesy: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122



References:

1. Health and Physical Education; Manual cum Journal of Standard IX Navneet Publication;p-143
2. A Practical Approach to Test Measurement and Evaluation, D. K. Kansal, S S S Publications New Delhi, 2012
3. Manual for Physical Efficiency Drive Test, Savitribai Phule Pune University, 2015
4. Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.



Evaluation of student's performance in Optional and Compulsory Physical Activities:

- **Record of Student Achievement:** The student's achievement in a particular activity shall be noted in the prescribed achievement card (App. I).
- **Grades:** The grades shall be given according to the achievement of the students.
- **Chances for appearance:** A student may, if he/she so desires to complete the tests during the first term so as to be able to concentrate on another activity during the second term. He/she shall, however, have to do so with the consent of the teacher in charge. However, till the end of the year he or she will have to complete all the tests for achieving grades.
- **Conditional and Motor Ability exercises:** In order to improve the standard of attainment of students, they should be given conditioning exercises. The teacher in charge of the activities is advised to select for this purpose suitable lead up activities and physical training exercises. Such exercises shall enable students to acquire adequate skill and motor abilities necessary for the activity selected. The conditioning exercises shall pertain to motor abilities.
- **Achievement card:** A copy of the achievement card should be given to students to record their performance and know their achievements in different activities during the course of the year. Yearly records should be noted by the teachers concerned and the cards should be signed by student and teacher both. (Specimen of the Achievement card App. I)
- **Records:** The record of the Student's achievement should be maintained and the copy of the same should be handed over to the student after the final exam.
- **Operation of the scheme:** The activities of the session shall be conducted as per the convenience of the teacher and time table of the same should be made according to the convenience of the college and College Director Physical Education in consultation with the head of the institution.
- **Examination:** The examination will be conducted for compulsory as well as for optional activities and the same will be conducted as per the convenience of the college. The grades will be given after the end of the Academic year.



Allocation of Marks:

- **Optional Event: Total 40 Marks.**

Out of which 20 marks each for Team and Individual event opted by the candidate. The marks will be recorded on the basis of the performance given by the candidate in the prescribed tests.

- **Compulsory activities: Total 60 Marks.**

Out of which 20 marks will be given for any of the three selected Part A/B/C/D.

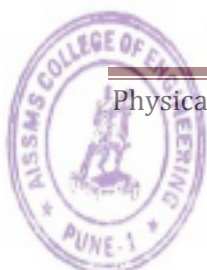
i) The maximum marks to be awarded will not be more than 100. The distribution of these marks would be as under:

The student obtaining the prescribed standard will be awarded maximum 40 marks (20x2=40) for optional activity and maximum 20 marks for each of the three compulsory activities (20x3 =60) and these marks will be converted in to Grade and added to the mark list of the student obtained by him/her in the final examination.

ii) The grading of marks will be given by adding the performances of optional and compulsory activities as follows:

Grade	Marks	Remarks
O	100	Outstanding
A+	90	Excellent
A	80	Very Good
B+	70	Good
B	60	Above Average
C	50	Average
P	40	Pass
F	Below 40	Fail
Ex	0	Exempted
Ab	0	Absent

- **Medically unfit/ Differently able students** : Medically unfit/ Differently able students will have to forego the benefit of grades, if they seek the exemption from the practice and tests in the Physical education subject. This is not depriving them from the equality of opportunity with other students. Though the grades obtained by the physically fit students are to be added to their final mark lists every year. The subject of Physical education is not a separate head of passing.



Organizational Guidelines

1) Staff:

The colleges are expected to have qualified teachers in Physical Education and Sports.

The scheme can be managed with the help of other teachers also but the regular teacher in-charge of sports and physical education will have to be appointed to streamline the working of the department.

The colleges those have not appointed College Director of Physical Education may appoint contributory staff for the smooth implementation of the scheme.

For facilitating the smooth working of the scheme, every class should be divided in to different groups, and should be placed under a leader who should help the staff member in the organization of the work of physical education and sports. Orientation course/s for leaders should be organized in the college.

The evaluation of students should be done by Director of Physical Education and External Expert.

2) Facilities and Equipment:

a) Playground:

The sports facilities available at the college should be maintained for the regular practices and should be made available to conduct the tests.

b) Equipment:

According to the playing facilities available in the college, the required equipment for the same needs to be made available to the students.

3) Financial Provision:

a) **Fees** : For the conduct of this scheme fees of Rs. 20/- (per student) should be collected by college and the amount collected thereof should be strictly utilized for the conduct of these activities.

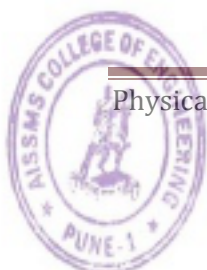
b) **Remuneration to External Examiner** : The external examiner shall be paid according to the University guidelines given from time to time for conducting the exam.

c) **Supporting Staff** : College may appoint at least 2 supporting staff to assists the College Director of Physical Education to conduct of test. The remuneration should be paid from the fees collected.



General Guidelines to implement the scheme

1. **Appointment of Student Leaders:** To run the program throughout the year effectively, every college shall appoint student leaders amongst the students as per their requirement.
2. **Number of Student leaders:** Normally after every 25 students, the college may appoint 01 student leader who shall extend his/her help to conduct the program under the supervision or as per the guidelines given by the college Director of Physical Education.
3. **Training to Student Leaders:** The College Director of Physical Education at the beginning of the academic session selects the student leaders as per his/her requirement and shall train them to conduct the decided program. Normally, following training shall be given to the student leaders.
 - Method of taking attendance
 - Preparation of weekly program
 - Record keeping
 - Preparation of test sheets
 - Marking of play grounds
 - Checking of equipment specifications
 - Class Controlling
- **Program and Activities to be arranged during orientation of Student Leaders :**
 - Warming up Exercises
 - Conditioning Exercises
 - Introduction of scheme
 - Demonstration of Various Tests
 - Imparting of training schedule
 - Group dynamics
 - Various methods of testing
 - Introduction and operational use of the equipments
 - Method of extension of help during the tests
4. **Requirement of financial assistance to conduct the student leaders' orientation program:** The head of the institution shall make available the required financial assistance to the College Director of Physical Education to conduct the student leaders' orientation program.
5. **Submission of Budget for orientation of Student leaders program:** Every year at the beginning of the session the College Director of Physical Education shall submit the required budget to the Head of the College. The expenditure on the same shall be incurred from the fees collected for this program.



6. **Information about the Scheme:** The College Director of Physical Education at the beginning of the academic session shall inform and explain the program to the admitted students.
7. **Application form:** The College Director of Physical Education at the beginning of the academic session shall issue and collect the duly filled prescribed application form from the students admitted to First year of the Courses. (Appendix –II)
8. **Sorting of the received Applications:** The College Director of Physical Education at the beginning of the academic session shall sort the duly filled in application forms and accordingly make the required arrangements.
9. **Student Leaders Orientation Program:** The College Director of Physical Education at the beginning of the academic session shall organize at least three days orientation program for the selected student leaders. It is expected that the entire scheme related important responsibilities shall be conveyed to the student leaders, if possible with the required demonstrations.
10. **Administration in absentia:** The College Director of Physical Education normally shall have to supervise, guide, control and has to visit various places during the conduct of intercollegiate programs. Hence, in his/her absence the student leaders shall conduct the decided programs as per the guidelines issued by the Director from time to time.
11. **Appointment of External Examiner:** The College will appoint the External Examiner for the conduct of semester wise test in consultation with the approved teachers from the nearby affiliated colleges. The remuneration and other allowances shall be paid to them in accordance with the latest norms adopted by the University from time to time.
12. **Classes of the Activities:** Minimum one period per day of the decided time shall be conducted either by the College Director of Physical Education or by the Student leader appointed. If the Director of the college has been shouldered with another responsibility by the college, in that case student leader shall conduct the classes as instructed by the College Director of Physical Education.
13. **Certificate to Students Leader:** Every year at the end of the academic year the director of Physical Education of the college shall award certificate to the student leader as per the appendix number III. The certificates will be provided by the university.



Achievement Card for
Group – A and Group - B

Name of the Student

College

NAME OF ACTIVITY		MAXIMUM MARKS	PERFORMANCE	MARKS	GRADE
Optional Group - A	1 Team Game -	20			
	2 Individual Game -	20			
Compulsory Group - B	1	20			
	2	20			
	3	20			
	TOTAL	100			

Signature of the student

Signature of teacher in- charge

Signature of Principal



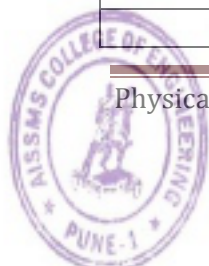
Application Form
Physical Education Scheme

Paste latest
passport size
photograph

Name of Student	
Address for Correspondence	
Class	
Section	
Sex	Male / Female
Date of Birth	
Age	
Blood Group	
Height	
Weight	

Group A - Optional Activities: (Both for Male and Female)

Team Event for Male/ Female	Select and (✓) any one	Individual Event for Male/ Female	Select and (✓) any one
Basketball		Athletics	
Football		Badminton	
Hockey		Gymnastics	
Kabaddi		Mallkhamb / Rope Mallkhamb	
Kho -Kho		Swimming	
Volleyball		Weight Lifting and Power Lifting	
		Wrestling	
		Yoga	
		Judo	
		Table Tennis	
		Tennis	



Group B - Choices for Compulsory Activities and tests for its evaluation: (Any three parts , one from each selected part)

*

PART	EVENT	STUDENT	Please (√) the selected event
Part A	100 m. Run	(Male and Female)	
	400 m. Run	(Male and Female)	
Part B	High Jump or Pole Vault	(Male and Female)	
	Long Jump	(Male and Female)	
	Triple Jump	(Male and Female)	
Part C	12.5 Km. Cross Country	(Male)	
	5 Km. Cross Country	(Female)	
	1500 m. Run	(Male)	
Part D	Rope Climbing	(Male)	
	Chin Ups/Flex Arm hang	(Male and Female)	
	Sit Ups	(Male and Female)	
	Push Ups and Modified push ups	(Male and Female)	
	Chin Ups/Flex Arm hang	(Male and Female)	

** The Student shall have to choose the events as per the availability of the infrastructure and equipments in the college. For his/her convenience they may consult the College Director of Physical Education.

I, the undersigned declare that, I shall practice the selected events as per the instructions given by the College Director of Physical Education and abide by the rules made thereof. Further, I certify that, I shall not change or switch over to any other event in the mid of the session and appear the final test in the events selected under this form.

Signature of the Student

Date :-----

Place :-----



Physical Education Scheme

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Page 20

Important Note: Every student shall have to submit medical fitness certificate at the time of admission from the registered doctors else he/she will not be allowed to participate.

APPENDIX – III

Certificate of Appreciation

This is to certify that Shri/ Smt/ Kum. _____

Of _____

Has successfully rendered his/her valuable services for the smooth conduct of the physical education scheme designed by the University for the Academic Year _____

Date:

Director of Physical Education of the College	Principal of the College	Director Sports of the University



Manual for Physical Efficiency Tests

SAVITRIBAI PHULE PUNE UNIVERSITY



PHYSICAL EDUCATION EXAMINATION SCHEME

For First Year Students of all Faculties



[June, 2015]

PRINCIPAL
ALL INDIA SHRI SHYAMJI MEMORIAL SOCIETY'S
COLLEGE OF ENGINEERING
KENNEDY ROAD, PUNE-411 001

Manual for Physical Efficiency Test

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[June, 2015]

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VICE-CHANCELLOR'S MESSAGE



It gives me immense pleasure to learn from the faculty of Physical Education that in response to the Government's resolution regarding the policy for the sports 2012, the experts in the field of Physical Education have taken noteworthy effort to prepare the manual for the Physical Efficiency Test for the University. It is truly said that, the Youths in every walk of life are under stress. They have incredible muscles to make the revolutionary changes in the society.

We are living in the era of materialism. Naturally everyone is losing their Physical strength to face the challenges of the daily life. In this background, it is the appreciable initiative taken by the experts of the University to make the first year admitted students to undergo the physical exercises to improve their productivity. I believe that, this productivity in turn definitely extends its help in improving the productivity and the economy of the Nation.


I, hereby appeal to the fraternity of Physical Education, to implement the policy in the first instance and engage the students admitted to their colleges to undergo the plans and program designed under this scheme. I agree that every scheme/ policy always has its pros and cons; this newly coined scheme is not exception to it. It is also open for any alteration in future. I wish good luck to all the College Directors of Physical Education and Sports for the successful implementation of the scheme and to prepare the Youths (backbone of the society) to enhance the muscular power.

(Dr. Wasudeo Gade)

Vice-Chancellor



[June, 2015]


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COLLEGE OF ENGINEERING
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FOREWORD



Dear Colleagues,

You might have been aware of the Government policy for sports 2012. The same issue was also discussed in the forum of the Advisory Board. It is expected by the Government resolution to improve the physical efficiency of the youths that are admitted to higher and technical education in the state of Maharashtra, should undergo the physical training programs for enhancement of the physical efficiency. It is also observed by the Government officials that the Universities in the state of Maharashtra do not have such sort of prescribed programs or those which are having, are inconsistent with the present requirements. Hence, they have appealed to the universities to frame such programs to develop the physical efficiency of the youth.

In response to the same, the Faculty of Physical Education has formulated a committee of the experts in this field. They have been shouldered with the responsibility to design appropriate program for the enhancement of physical efficiency. It was a challenge before them considering the available infrastructure and equipments, other assisted support and the various commitments of the College Direction of Physical Education and Sports in the Colleges.

I believe that, in the very initial efforts the committee has done their very best in preparing the required physical efficiency improvement program for the admitted youths in the colleges. They have also tried their level best to provide all the necessary supporting documents along with the norms that will surely be supportive to conduct the said program. I am confident in my colleagues that, they will surely extend their fullest cooperation to fulfill the expectations of the university and the Government also giving respect to the appeal made by the Hon'ble Vice-Chancellor of this University.

Dr. Deepak Mane

Dean,

Faculty of Physical Education



[June, 2015]


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PREFACE

This manual consists of detailed information of the test to be administered along with the norms and marking system. The section 'A' and Section 'B' are defined in the table and accordingly the description of the tests is encrypted. The scores achieved by the students can be easily converted with the help of the tables provided for the respective tests. The expert committee has taken the utmost care to provide the standard norms of the test selected for the drive. It is expected that the selected tests will surely come up to the expectations in enhancing the physical efficiency of the youths undergoing the tests.

*** All the figures, matter, norms, units, information used and appeared in the manual are subject to availability of the prints of the respective sources. This manual do not contain any individual opinion of the members of the Editorial Board**



[June, 2015]


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Savitribai Phule Pune University
Manual for Physical Efficiency Test

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[June, 2015]

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BADMINTON

Lockhart and McPherson Badminton Skill Test

Lockhart and McPherson Badminton Skill Test: The test was constructed on fifty college women. The reliability coefficient (test retest method) was 0.90 and the validity coefficient ranged from 0.60 to 0.70

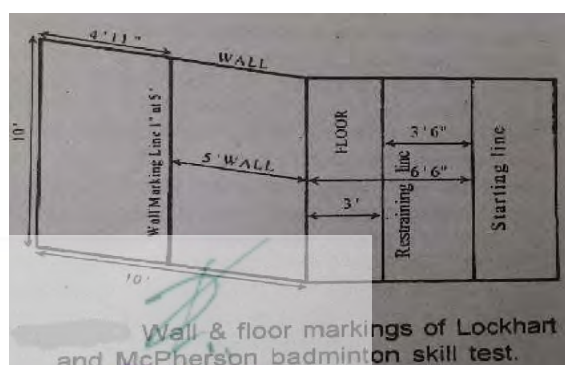
Equipment: Unobstructed ten feet high and ten feet wide wall, badminton racket, new indoor shuttlecocks, a stopwatch, a few score sheets, marking chalk and a tape.

Test Dimension: A restraining line is drawn at a distance of 3' from the base of the wall and a starting line parallel to the restraining line is drawn at a distance of 3 feet 6 inches from the restraining line that is at a distance of 6 feet 6 inches from the base of the wall. A horizontal net line (one inch wide) is marked on the wall at a height of 5 feet from the floor in figure.

Test Administration: The player (examinee) is asked to stand behind the starting line with a racket in one hand and shuttlecock in the other. On the signal 'go' the player is required to serve legally against the wall on or above the net line continuously for 30 seconds from the area between the starting line and the restraining line. In case, the player is not able to volley the shuttlecock continuously for 30 seconds and misses the shuttlecock, he is allowed to restart with another legal service from behind the starting line (Mathews 1973; Eckert, 1974, Bosco and Gustafson, 1983; Clarke and Clarke, 1987). Each examinee is allowed three trails with short intervals of 30 seconds in between the trails.

Scoring: The total number of legal hits made on or above the net line in all the three 30 seconds trials is the score of the examinee in the skill test. The scoring may be converted into T-scale as per standard statistical procedure.

It may be noted that although, the test was originally constructed on college women but Mathews (1973) reported that the test is equally satisfactory for college men.




Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 391-392

Lockhart and McPherson Test

Scoring	Marking
Within 30 Seconds number of hits	Each Hit - 1 mark each



[June, 2015]


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GYMNASTICS, MALLAKHAMB AND ROPE MALLAKHAMB

Vertical Arm Pull Test

Vertical Arm Pull Test (Distance): This test is used to measure the power of arms and shoulder girdles and is quite indicative of one's potential in gymnastics, Malkhamb Rope Malkhamb and Pole Vault. The test is considered suitable only for boys aged fourteen and above.

Equipment: A climbing rope, a tape measure, marking tape and a bench.

Test Administration: The following instructions are given to a group of five to ten subjects, explaining the same with the help of a practical demonstration by a trained helper. The subjects are informed that each one of them will be required to dress in shorts and light shirt without shoes. The subject is asked to assume a sitting position on a bench of 15 inches high from the floor and to grasp the rope as high as possible without lifting the buttocks from the bench. The dominant hand or preferred hand is to be placed just above the other hand. The tester then wraps the marking tape around the rope just above the upper hand of the subject in the figure. The subject is now asked to pull as hard as possible without touching the floor, so as to reach as high as possible to grasp the rope. The subject is required to keep grasping the rope at the highest level until the tester can place a piece of marking tape above the upper hand of the examinees. Each subject is given three trials in addition to any trial where the feet touch the floor during the pull. Before the subject starts the second trial, the tester should encourage the examinee by asking to beat his first distance pulled; before the third trial the tester is supposed to inform the subject.

Scoring: The test measures the distance between the lower marking tape and the upper marking tape from the lower edge of the lower tape to lower edge of the upper tape for each pull. The maximum distance out of the three pull trials given to a subject, provides the score of this test.

Comments: This is a quite simple and practical test of measuring power of the upper extremities and shoulder girdle.





Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp.304-305

Vertical Arm Pull Test

Sr. No	Performance in cms	Performance Level	Marks
01	73.0 – 76.8 cms	Advanced	20
02	66.7 – 72.4 cms	Advanced Intermediate	16
03	48.9 – 66.0 cms	Intermediate	12
04	39.4 – 48.3 cms	Advanced beginners	08
05	0.0 – 38.7 cms	Beginners	04

Courtesy: Barry L. Johnson and Jack K. Nelson , “ Practical Measurements for Evaluation in Physical Education” Surjeet Publications, (1982) : P. 206

Flexed Arm Hang

Flexed Arm Hang: This test is used to measure, the isometric endurance of the arm and shoulder girdle muscles responsible for flexed-arm hang position. This test is meant for children of ten years and above but most commonly this test is used for girls.

Equipment: A stopwatch and horizontal bar, preferably 1.5” in diameter at a height where the tallest subject does not touch the ground in flexed arm hang position.

Test Administration: First of all the height of the bar is adjusted so that it is approximately equal to the subject's standing height. The subject is asked to grip the bar using the overhand grasp. With the assistance of two helpers, one in front and one in back of the subject, the subject's body is raised off the floor to a position where the chin is above the bar without touching it. Alternatively, as shown in the figure, a bench of 15" to 18" is used to help the subject to take chin up position. Once a correct position is taken, the stool is removed from below the feet. Both the elbows are flexed and the chest comes close to the bar during the test. The subject holds the position for the maximum duration of time without any support.

As soon as the subject attains the flexed arm free hand position, the stopwatch is started and it is stopped as soon as anyone of the following conditions is noticed: (a) The subject's head tilts backwards for keeping the chin above the bar. (b) The subject's chin touches the bar. (c) the subject's chin comes below the level of the bar.

Scoring: The duration in seconds for which the subject holds the flexed arm hang position correctly, is the score of the test.



Flex arm Hang

Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 268-269



Flex Arm Hang

Sr. No.	Percentile	Performance in Seconds	Marking
1	100 th	73	20
2	95 th	34	19
3	90 th	28	18
4	85 th	22	17
5	80 th	19	16
7	75 th	17	15
8	70 th	14	14
9	65 th	12	13
10	60 th	10	12
11	55 th	09	11
12	50 th	08	10
13	45 th	07	09
14	40 th	06	08
15	35 th	05	07
16	30 th	04	06
17	25 th	03	05
18	20 th	02	04
19	15 th	02	03
20	10 th	01	02

Courtesy : Barry L. Johnson and Jack K. Nelson , “ Practical Measurements for Evaluation in Physical Education” Surjeet Publications, (1982) : P. 123



JUDO & WRESTLING

Push-Ups / Modified Push-Ups

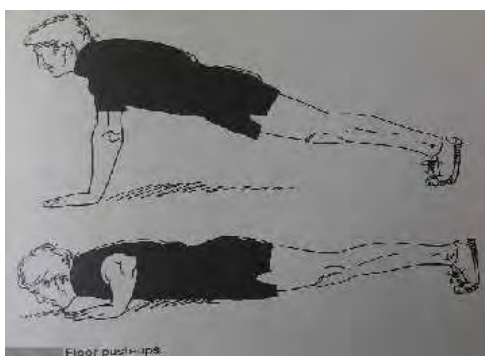
Measurement Objectives: To measure the dynamic muscular endurance of the arms and shoulder girdle.

Test Qualities: Content validity is accepted. No reliability coefficient for floor push-ups was found but reliability is undoubtedly high if no endurance training occurs between the test and retest. Reliability of modified push-ups is 0.93

Test Applications: Male, junior high through college (floor push-ups). Female, junior high through college (modified push-ups)

Equipment and Materials: A floor mat

Procedure: Floor push-ups – performer takes a front-leaning ready position with arms and legs straight. He then lowers the body until the chest touches the mat and pushes up to the straight arm position. The exercise is continued as many times as possible without a rest as shown in the figure.



Modified Push-ups: Performer's takes a front-leaning ready position with body weight supported by fully extended arms and knees bent at right angle. Performer lowers her body to the mat and pushes back to straight arm position. The exercise is continued as many times as possible without a rest as shown in the figure.

Note: There are several variations in terms of administrative procedures, fingertip push-ups and modified bench push-ups, for instance. Consistency must prevail when testing.

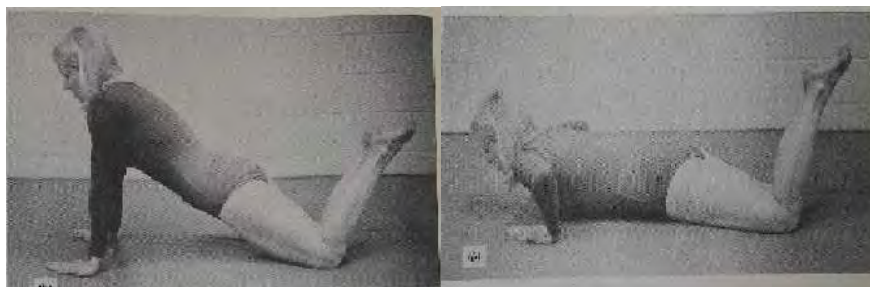
Scoring: Floor push-ups – score is the number of correct push-ups continuously executed. When body pikes or sags, chest does not touch mat, or arms do not fully extend, that trial does not count. If performer stops to rest, the test should be considered completed. As a helpful technique in determining correctness of the push-



up, the tester or partner can place his hand on the mat under the performer's chest. If the chest is lowered enough, it will touch the hand of the tester.

Modified push-ups – Score is the number of correct push-ups continuously executed. If performer stops to rest, the test should be considered terminated. If the body sags, chest does not touch mat or arms are not fully extended, the trial does not count.

Norms available in Johnson and Nelson (1979, 1972)



Modified Push-Ups (repetitions)

Scores Men Under 30 Years	Scale Points	Scores Men over 30 years
60	100	50
58	95	48
56	90	46
54	85	44
53	80	43
50	75	40
48	70	38
46	65	36
44	60	34
42	55	32
40	50	30
38	45	28
36	40	26
34	35	24
32	30	22
30	25	20
28	20	18

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Raw Score Norms of Modified Push-Ups (Repetitions)

Raw Scores	Performance Level
31- and above	Advanced
25-30	Advanced Intermediate
13-24	Intermediate
7-12	Advance Beginners
0-6	Beginners

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Courtesy: D. Allen Phillips and James E. Hornak, Measurement and Evaluation in Physical Education, John Wiley & Sons, Inc. (1979), Pp. 231-232

Push-Ups (Men) (number of pushups)

Scores Men Under 30 Years	Scale Points	Marks
60	100	20
58	95	19
56	90	18
54	85	17
53	80	16
50	75	15
48	70	14
46	65	13
44	60	12
42	55	11
40	50	10
38	45	09
36	40	08
34	35	07
32	30	06
30	25	05
28	20	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Raw Score Norms of Modified Push-Ups (women) (number of pushups)

Raw Scores	Performance Level	Marks
31- and above	Advanced	20
25-30	Advanced Intermediate	16
13-24	Intermediate	12
7-12	Advance Beginners	08
0-6	Beginners	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130



Twelve minutes Run and Walk Test (Cooper's Test)

Measurement Objective: To measure cardio-respiratory endurance.

Test Qualities: Validity is 0.90 when correlated with treadmill measurements of oxygen consumption and aerobic capacity. Reliability is 0.94 with test-retest method.

Test Applications: Male and female, junior high through college. Also applicable for adult men and women

Equipment and Materials: Stopwatch or clock with sweep second hand, whistle or starter's pistol, track, football field, or some running area marked so that distance traveled in 12 minutes can be calculated easily.

Procedure: Performers assemble behind starting line. At the starting signal, they run or walk as far as possible within the 12 minute time limit. An experienced pacer should accompany performers around the running area during the actual test. Performers should have experienced some practice in pacing. At the signal to stop, performers should remain where they finished long enough for test administrators to record the distance covered. Ample time should be given for stretching and warm-up as well as post-test cool down.

Scoring: score is distance in miles covered in 12 minutes. Distance in yards is converted to miles (1760 yards = 1 mile)

Norms: Norms for males and female aged 13 to 19 and 20 to 29 are presented in the table given below. Norms for additional ages are available in Cooper (1977). Norms for fifth-through eighth-grade boys and girls are available in Clarke (1976).

(1 mile = 1.609 kms)

Male		Fitness	Female	
13-19	20-29	Class	13-19	20-29
0-1.29 miles	0-1.22 miles	Very poor	0.99 miles	0.95 miles
1.3-1.37	1.22-1.31	poor	1.0-1.18	0.96-1.11
1.38-1.56	1.32-1.49	fair	1.19-1.29	1.12-1.22
1.57-1.72	1.50-1.64	good	1.30-1.43	1.23-1.34
1.73-1.86	1.65-1.76	excellent	1.44-1.51	1.35-1.45
1.87 & above	1.77 & above	superior	1.52 & above	1.46 & above

Courtesy: The Aerobics Way by Kenneth H. Cooper, M. D. , M. P. H. copyright (c) 1977 Kenneth H. Cooper, inc., New York, New York 100017. Reprinted by permission

SWIMMING

Jackson et al., 12 minute swim test

Swimming is a most prepared and most recommended exercise for adopting to lead lifetime active lifestyle for earning fitness benefits. Hence, skill testing work has been considered quite unimportant for such a general and essential category of physical activity for all. However, Jackson et al., 1979 twelve minute swimming test has been described below:

This test is used to measure swimming endurance with the help of crawl stroke method.

Equipment: Any waterproof timing device / stopwatch, score sheet, lane dividers and floor making tape.

Test Area: Swimming pool of at least 25 meters long and 25' in width

Test Administration: Before allowing the examinee for the test, it is assured that all the examinees have done warming up from 5 to 10 minutes in the swimming pool. It is also assured that all the swimmers have previous experience of crawl stroke and have practiced in pacing the stroke efficiency. An individual lane is assigned to each examinee. The length of the pool is divided into 5 yards distance by marking on both the sides of the pool. The subjects are instructed to start the crawl stroke with a push off from the side of the pool. An assistant is assigned to each examinee to count the number of laps and the distance of the last part of the lap. At the signal 'ready?' get, set 'go!' the tester starts the stopwatch and the examinees push off the start crawl stroke swimming for twelve minutes. On the completion of 12 minutes the tester announces the stop signal when all the assistants note down the record yardage closest to the swimmers hand along with number of full laps, the respective examinee has completed. The swimmers are requested to continue swimming at a leisurely pace for another 2/3 minutes for cooling down their all out efforts.

Scoring: The distance covered by crawl stroke (full lapse + yardage of the last lap) is the score of the test.

Validity and Reliability: The validity coefficient of 0.89 has been reported for this test through a criterion measure. Very high reliability coefficient 0.99 for college men and 0.98 for test-retest administration on college men and women (Fried, 1983)



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Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 394-395

Sr. No.	Total distance covered in prescribed time in Mtrs	Marks
1	800	20
2	780	19
3	760	18
4	740	17
5	720	16
6	700	15
7	680	14
8	660	13
9	640	12
10	620	11
11	600	10
12	580	09
13	560	08
14	540	07
15	520	06
16	500	05
17	480	04
18	460	03
19	440	02
20	420	01



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TABLE TENNIS

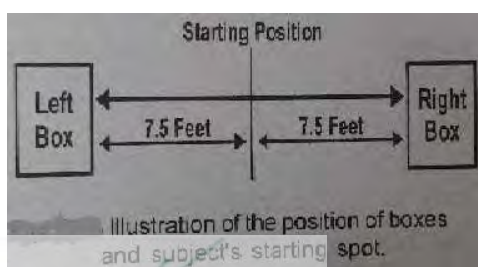
Eye-hand Coordination Test (Ball transfer)

This test, as evident from its name, is used to test the coordination between eyes and hands. The test is satisfactory for both boys and girls aged 4 years and above.

Equipment: Two large boxes or containers (capable of holding more than 5 balls of 10 inches diameter each) and a stopwatch.

Test Administration: The tester after giving a demonstration, asks a subject to stand in the middle of two boxes lying at a distance of 15 feet from each other as shown in the figure. Five or more ordinary playground balls of 10" diameter are put in the box lying on the left hand side of the subject. The tester gives the commands Ready, Steady, Go! At the word 'go' the tester switches on the stopwatch while the subject runs to the right box, puts the ball in the box, runs back to the left box to take another ball for putting in the right box and repeats the process till the last ball is put in the right box. As soon as the subject puts the last ball in the right box, the tester stops the stopwatch to record the time taken by the subject to transfer all the five or more (upto 10 balls, if the tester wants to, measure coordination, agility and speed simultaneously).

Scoring: The subject is given two trials after a slow practice trail. The best timing is the score of the test. However, a variety of scoring has been used by the testers depending upon the variety of ways the ball transfer skill has been tested by the physical educators and coaches. For instance, different teachers have used different size and number of balls and different manners in which the subject is required to deposit the ball (tossing from a specified distance, toss it over a barrier, bounce it in the box, just simple placing). Accordingly, scoring has been, correct number of balls transferred (during distance tossing), number of complete correct trials out of given number of trials of the time taken to perform the specified job.



Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), P. 334


- **Table Tennis : Test for Administration – (Maximum 20 Marks)**

Eye hand Co-Ordination Test (Ball Transfer)

Scoring	Marking
Per ball transfer	2 marks each



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TENNIS

Dyer's Tennis Skill Test

Dyer's Tennis Skill Test: This test is used to measure tennis skill ability. It was developed in 1935 by J. T. Dyer on 736 women tennis players of 19 colleges.

Equipment: A stopwatch, a backboard, tennis balls, racket and a measuring tape.

Description of Test Administration: The backboard of 10 feet X 15 feet or a wall of 15 feet wide and 10 feet high may be used. A horizontal line, 3 inch in width is marked at a height of 3 feet from the floor which acts as tennis net. Another line is marked on the floor at a distance of 5 feet from the base of the wall that is restraining line. After giving a demonstration to the subjects through a trained helper, the tester asks the subject to stand behind the restraining line with a racket in his/her one hand and two balls in the other hand. Extra balls are also provided in a box of 9”X12”X3” lying on the floor near the restraining line at a distance as convenient to the subject. After asking the subject to be ready, the tester gives the signal 'start' and starts the stopwatch, the subject drops the ball to the floor and plays it against the wall as rapidly as possible aiming to hit the wall above the 3 feet high net line for a maximum number of times. After 30 seconds, the tester gives the 'stop' signal and stops the stopwatch. The subject stops volleying the ball. Each subject is given three trials. The tester needs three helpers, one for counting the number of ball hitting the wall, one for collecting the balls and one for checking the violations made at the restraining line.

Scoring: Each time the ball strikes the wall on or above the net line before the end of 30 seconds, scores one point. The sum of points achieved in all three trials, gives the final score.

Comments: This test has been revised a number of times (Dyer, 1938; Scott and French, 1959; Hewitt, 1966) with respect to the distance of restraining line and the length of time of volleying.

Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008). Pp. 395-396

- **Tennis : Test for Administration – (Maximum 20 Marks)**

Dyer's Tennis Test

Scoring	Marking
Within 30 Seconds number of hits	Each Hit - 1 mark each



WEIGHT LIFTING & POWER LIFTING

Sit-ups, Push-ups, Standing Broad Jump

Push-Ups / Modified Push-Ups

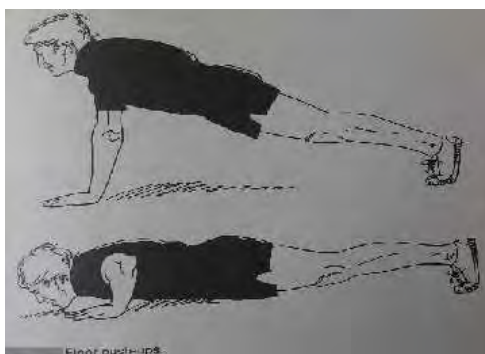
Measurement Objectives: To measure the dynamic muscular endurance of the arms and shoulder girdle.

Test Qualities: Content validity is accepted. No reliability coefficient for floor push-ups was found but reliability is undoubtedly high if no endurance training occurs between the test and retest. Reliability of modified push-ups is 0.93

Test Applications: Male, junior high through college (floor push-ups). Female, junior high through college (modified push-ups)

Equipment and Materials: A floor mat

Procedure: Floor push-ups – performer takes a front-leaning ready position with arms and legs straight. He then lowers the body until the chest touches the mat and pushes up to the straight arm position. The exercise is continued as many times as possible without a rest as shown in the figure.



Modified Push-ups: Performer's takes a front-leaning ready position with body weight supported by fully extended arms and knees bent at right angle. Performer lowers her body to the mat and pushes back to straight arm position. The exercise is continued as many times as possible without a rest as shown in the figure.

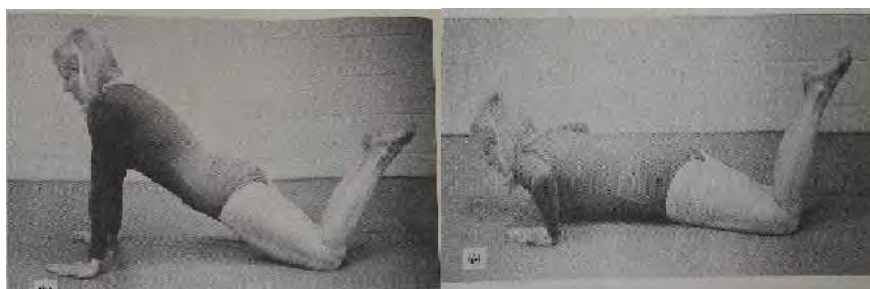
Note: There are several variations in terms of administrative procedures, fingertip push-ups and modified bench push-ups, for instance. Consistency must prevail when testing.

Scoring: Floor push-ups – score is the number of correct push-ups continuously executed. When body pikes or sags, chest does not touch mat, or arms do not fully extend, that trial does not count. If performer stops to rest, the test should be considered completed. As a helpful technique in determining correctness of the push-

up, the tester or partner can place his hand on the mat under the performer's chest. If the chest is lowered enough, it will touch the hand of the tester.

Modified push-ups – score is the number of correct push-ups continuously executed. If performer stops to rest, the test should be considered terminated. If the body sags, chest does not touch mat or arms are not fully extended, the trial does not count.

Norms available in Johnson and Nelson (1979,1972)



Modified Push-Ups (repetitions)

Scores Men Under 30 Years	Scale Points	Scores Men over 30 years
60	100	50
58	95	48
56	90	46
54	85	44
53	80	43
50	75	40
48	70	38
46	65	36
44	60	34
42	55	32
40	50	30
38	45	28
36	40	26
34	35	24
32	30	22
30	25	20
28	20	18

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Raw Score Norms of Modified Push-Ups (Repetitions)

Raw Scores	Performance Level
31- and above	Advanced
25-30	Advanced Intermediate
13-24	Intermediate
7-12	Advance Beginners
0-6	Beginners

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Courtesy: D. Allen Phillips and James E. Hornak, Measurement and Evaluation in Physical Education, John Wiley & Sons, Inc. (1979), Pp. 231-232

Push-Ups (Men) (number of pushups)

Scores Men Under 30 Years	Scale Points	Marks
60	100	20
58	95	19
56	90	18
54	85	17
53	80	16
50	75	15
48	70	14
46	65	13
44	60	12
42	55	11
40	50	10
38	45	09
36	40	08
34	35	07
32	30	06
30	25	05
28	20	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130



Raw Score Norms of Modified Push-Ups (women) (number of pushups)

Raw Scores	Performance Level	Marks
31- and above	Advanced	20
25-30	Advanced	16
	Intermediate	
13-24	Intermediate	12
7-12	Advance Beginners	08
0-6	Beginners	04

Courtesy: Barry L. Johnson, Jack K. Nelson, Practical Measurements for Evaluation in Physical Education, Surjeet Publications (1982), Pp 129-130

Sit-Ups (Bent Knees)

Objectives: To measure the endurance of the abdominal muscles.

Age: Ages ten through college.

Sex: Satisfactory as a test for both boys and girls.

Reliability: Has been reported as high as 0.94.

Objectivity: An 'r' of 0.98 was found for this test.

Validity: Face validity was accepted for this test.

Equipment And Materials: The only equipment required is a mat and yardstick.

Directions: From a lying position on the back, the performer flexes his knees over the yardstick while sliding his heels as close to his seat as possible. The yardstick should be held tightly under the knees until the performer is instructed to slowly slide this feet forward. At the point where the yardstick drops on the mat, the tester marks the heel line and seat line to indicate how far the feet should remain from the seat during the bent-knee sit-up exercise. The performer should interlace the fingers behind the neck and perform sit-ups alternating a left elbow touch of the inside right knee and right elbow touch of the inside left knee. The exercise should be repeated as many times as possible.

Scoring: The total number of repetition is recorded for the score. However, repetitions should not be counted when fingertips do not maintain contact behind the head, when the knees are not touched, or when the pupil pushes off the floor with the elbow.

Additional Points: (a) The feet should rest flat on the floor and may be separated a few inches. (b) The back of the hands should touch the mat each time before curling



to the sit-up position. (c) Taping the yardstick to the floor for the seat line helps the performer to maintain proper distance between seats 2 feet.

Raw score norms for sit-ups (bent knees):

College Men	Performance level	College Women
66 and above	Advanced	49 and above
53 to 65	Advance intermediate	37 to 48
34 to 52	Intermediate	21 to 36
25 to 33	Advanced beginner	13 to 20
0 to 24	Beginner	0 to 12



Bent Knee Sit-Ups

Courtesy: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122.

Raw score norms for sit-ups (bent knees)

College Men	College Women	Performance level	Marks
Repetitions	Repetitions		
66 and above	49 and above	Advanced	20
53 to 65	37 to 48	Advance intermediate	16
34 to 52	21 to 36	Intermediate	12
25 to 33	13 to 20	Advanced beginner	08
0 to 24	0 to 12	Beginner	04

Courtesy: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122.



Standing Vertical Jump (Sergeant Chalk Jump)

Objective: To measure explosive strength of the legs in jumping vertically upward.

Age Level: Satisfactory for ages nine through adulthood.

Sex: Satisfactory for both boys and girls.

Reliability: Has been reported as high as 0.93.

Objectivity: An objectivity coefficient of 0.93 was obtained by Jack Clayton, 1969.

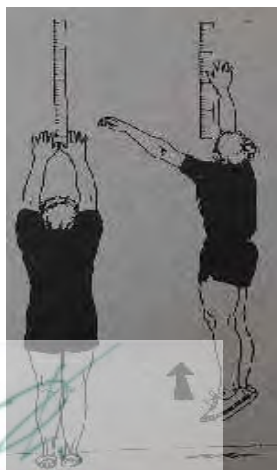
Validity: A validity of 0.78 has been reported with the criterion of a sum of four track and field event scores.

Equipment and Materials: A yardstick, several pieces of chalk, and a smooth wall surface of at least 12 feet from the floor are required.

Directions: The performer should stand with one side towards a wall, heels together, and hold a 1 inch piece of chalk in the hand nearest to the wall. Keeping the heels together, on the floor, he should reach upward as high as possible and make a mark on the wall. The performer then jumps as high as possible and makes another mark at the height of his jump.

Scoring: The number of inches between the reach and the jump marks measured to the nearest half inch is the score. Three to five trials are allowed and the best trial is recorded as the score.

Additional Pointers: (a) A double jump or a 'crow hop' should not be permitted upon take-off. (b) The chalk should not be extended any further than necessary beyond the fingertips to make the standing and jumping marks. (c) The reliability and validity of the test can be slightly improved if the performer practices the jump until it is correctly executed before being tested. (d) Body weight may be included to score in terms of foot-pounds.



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***Vertical Jump scoring table**

GENDER AND AGE	100	90	80	70	60	50	40	30	20	10	0
Boys and Girls 9,10,11	16	15	14	12	11	10	9	7	4	2	0
Boys 12,13,14	20	18	17	16	14	13	11	9	5	2	0
Girls 12,13,14	16	15	14	13	12	11	10	8	4	2	0
Boys 15 to 17	25	24	23	21	19	16	12	8	5	2	0
Girls 15 to 17	17	16	15	14	13	11	8	6	3	2	0
Men 18 to 34	26	25	24	23	19	16	13	9	8	2	0
Women 18 to 34	14	13	13	12	10	8	6	4	2	1	0

Reference: Harold T. Friermood, 'Volleyball skill contest for Olympic development' in United States Volleyball Rules and Reference guide of the U.S. Volleyball Association, Berne, Ind.: USVBA printer, 1967, pp 134-135.

Raw scores are located in the chart in accordance with age and sex, and percentile scores are located across the top.

Age	Boys			Girls		
	Satisfactory	Good	Very Good	Satisfactory	Good	Very Good
8	30-32	33-35	36 & above	26-29	30-33	34 & above
9	33-35	36-38	39 & above	29-32	33-36	37 & above
10	36-38	39-41	42 & above	32-35	36-39	40 & above
11	39-41	42-44	45 & above	35-38	39-43	44 & above
12	42-45	46-50	51 & above	39-42	43-47	48 & above
13	44-47	48-53	54 & above	43-46	47-50	51 & above
14 & above	46-50	51-56	57 & above	46-49	50-53	54 & above

Reference: Sports Medicine Centre, Pune

College Men Cms	Performance level	College Women Cms	Marks
66 and above	Advanced	49 and above	20
53 to 65	Advance intermediate	37 to 48	16
34 to 52	Intermediate	21 to 36	12
25 to 33	Advanced beginner	13 to 20	08
0 to 24	Beginner	0 to 12	04



YOGA

Flexibility Test (Sit and Reach)

Test Aim and Purpose: To measure the development of hip and back flexion as well as extension of the hamstring muscles of the legs. The object is to see how far you can extend your fingertips beyond your foot line with the legs straight.

Sports Specificity: (1) Vaulting, diving, and trampoline skills; (2) Straight-arm, straight-leg press to handstand in floor exercises as well as in other gymnastics skills.

Age Level: Ages six through college.

Sex: Satisfactory as a test for both boys and girls.

Reliability: An 'r' of 0.94 was found when the best score of three trials was recorded from separate testing and correlated.

Objectivity: An 'r' of 0.99 was found when the scores from an experienced tester were correlated with scores from an inexperienced tester.

Validity: Face validity was accepted for this test.

Equipment: Flexomeasure case with yard stick and tape.

Directions: (1) Line up the 15 inch mark of the yardstick with a line on the floor and tape the ends of the stick to the floor so that the flexomeasure case (window side) is face down. (2) Sit down and line up your heels with the near edge of the 15 inch mark and slide your seat back beyond the zero end of the yardstick. (3) Have a partner stand and brace his or her toes against your heels. Also, have an assistant on each side to hold your knees in a locked position as you prepare to stretch. (4) With heels not more than 5 inches apart, slowly stretch forward, while pushing the flexomeasure case as far down the stick as possible with the fingertips of both hands. Take your reading at the near edge of the flexomeasure case.

Scoring: The best of three trials measured to the nearest quarter of an inch is your test score.

Sit and Reach Test

Men (in Cms.)	Women (in Cms.)	Level	Marks
23 $\frac{3}{4}$ and above	25 $\frac{3}{4}$ and above	Advanced	20
21 $\frac{1}{4}$ to 23 $\frac{1}{2}$	22 $\frac{1}{2}$ to 25 $\frac{1}{2}$	Advanced Intermediate	16
18 $\frac{3}{4}$ to 21	20 to 22 $\frac{1}{4}$	Intermediate	12
17 to 18 $\frac{1}{2}$	18 to 19 $\frac{3}{4}$	Advanced Beginner	08
Below 16 $\frac{3}{4}$	Below 17 $\frac{3}{4}$	Beginner	04



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Manual for Physical Efficiency Test


Data is based on the scores of 100 college men and 100 college women at Corpus Christi State University, Corpus Christi, TX. 1977.

Age	Boys			Girls		
	Satisfactory	Good	Very Good	Satisfactory	Good	Very Good
8	4 to 6	7 to 9	10 or more	4 to 6	7 to 10	11 or more
9	4 to 7	8 to 10	11 or more	4 to 7	8 to 11	12 or more
10	5 to 8	9 to 11	12 or more	5 to 8	9 to 12	13 or more
11	6 to 9	10 to 12	13 or more	5 to 8	9 to 12	13 or more
12	6 to 9	10 to 13	14 or more	6 to 10	11 to 14	15 or more
13	7 to 10	11 to 14	15 or more	6 to 11	12 to 16	17 or more
14 & above	7 to 10	11 to 14	15 or more	7 to 11	12 to 16	17 or more

Reference: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 79 and 80.



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Page 30

BASKETBALL

Johnson Basketball Test Battery

Johnson Basketball Test Battery: It is probably the oldest but the most commonly used test and was constructed in 1934 by Johnson during his research work for Master's thesis. This test is a battery of seven test items which includes three items of basic skill and four items of potential basketball ability as described below: (a) Basic Basketball Skill Test Items: (i) Field Goal Speed Test (ii) Basketball Throw for accuracy (iii) Basketball Dribble Test

(a) Johnson Basic Basketball Skill Test Items: To establish validity of the test battery, Johnson divided 180 high school basketball boys into two groups, 'good' and 'poor'. The 'good' group of boys included those basketball players who represented in the school's basketball teams and the 'poor' group of boys included those basketball players who were not selected for representing their school's basketball squad. There were fifty boys in the first group 'good' and 130 in the second group 'poor'. A validity 'coefficient' of 0.88 had been reported between test scores of both 'poor' and 'good' group boys. The reliability and the validity coefficient of the basic test items battery have been reported by Johnson to be 0.93 and 0.84 respectively (Clarke and Clarke, 1987). Brief description of the three items consulting basic basketball skill testing in the Johnson Basketball Battery is given below:

(i) Johnson Field Goal Speed Test: The tester asks the basketball player (examinee) to stand in any position under the basket and is required to make maximum number of baskets in 30 seconds. The number of successful baskets thrown in 30 seconds provides the score for this test. This item measures the ability of the examinee to make successive field goals as quickly as possible under the stress of time.

(ii) Johnson Basketball Throw for Accuracy (Passing Test): This test item measures the shoulder strength and the ability of consistent accurate throws. In this test either a rectangular (Clarke and Clarke, 1987) or a circular archery type target (Kirkendall et al., 1987) is placed on a wall (fig). The examinee, standing at a distance of 40 feet from the target, makes ten trials for hitting the ball in the center of the target. For hitting, the examinee uses either the overhead or the hook pass method.

Position of Examinee, Tester and Recorder: the examinee stands just outside the forty feet line in front of the target. The tester stands 5 to 10 feet inside the 40 feet line on



the right side of the examinee and the recorder stands on the right side of the target about 5 to 7 feet away from the target wall towards the tester (fig).

Scoring: For each hitting in the inner rectangle / circle or its line-three points are awarded; for each hitting in the middle rectangle or circle and its line-two points; and for each pass hitting in the outer circle / rectangle and the line-one point is awarded. The total ten trials, score is used for evaluating basketball passing test item of the battery.

Rectangular Target Size:

Inner rectangle = 20" X 10"

Middle rectangle = 40" X 25"

Outer rectangle = 60" X 40"

Height of the target = 14"

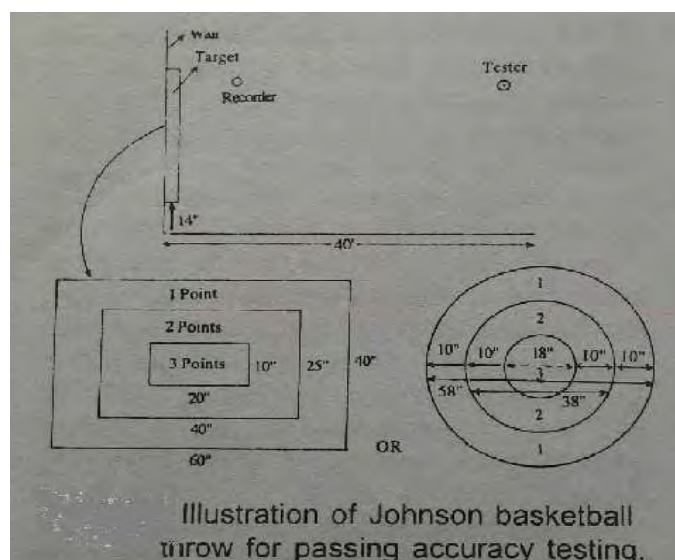
Circular Target Size:

Inner circle = 18" Diameter (9" radius)

Middle circle = 38" Diameter (19" radius)

Outer circle = 58" Diameter (29" radius)

Height of the target = 36"



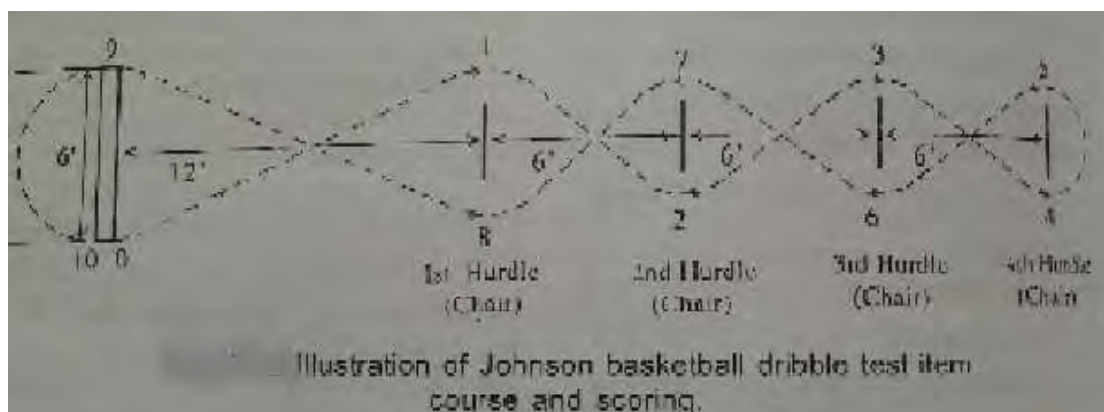
(iii) Johnson Basketball Dribble Test: This test item has been designed with the purpose of measuring ball handling ability and agility level of the examinee.

The examinee is required to cover a maximum distance while dribbling around obstacles in 30 seconds. Four obstacles (chairs or hurdles) are arranged in a straight line at six feet apart. The first obstacle is 12 feet away from the starting line which is 6 feet wide. The subject is asked to begin dribbling from one end of the starting line

and is required to dribble for 30 seconds in a zigzag manner around the turnings at each obstacle point, approaching the first obstacle on the opposite side of the starting point and by turning about at the fourth obstacle as shown in the figure.

Scoring: the score is equal to the number of zones covered in 30 seconds. The scoring pattern is also illustrated in figure. In short, the examinee gets one point on crossing each obstacle. However, two sides of the last obstacle and the starting line mark provide two separate points as they represent the boundaries of two zones each.

The above three Johnson basketball basic skill test items constitute the basketball skill test battery and the three scores added together constitute the Johnson basketball test battery score which may be compared directly among basket baler's score or after converting to 'T' Scores.



Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp 358-360

- **Basketball : Test for Administration - Johnson's Basketball Test (Maximum 20 Marks)**

Scoring	Marking
3 points	20 Marks
2 points	13 Marks
1 point	07 Marks



FOOTBALL

McDonald Soccer Skill Test

In 1951 during his post graduate study, McDonald constructed the soccer skill test for measuring accurate kicking, ball control and judgment of a moving ball in soccer. The test was constructed on college men and the validity coefficient of the test ranged from 0.63 to 0.94. The author has selected controlled kicking skill as the most fundamental skill element of soccer playing. He conducted the kicking test with a restraining line distance of 9 feet, 15 feet, 21 feet and 30 feet from the kickboard. However, the test with a nine feet restraining distance provided the highest validity coefficient and is in common use of soccer skill testing.

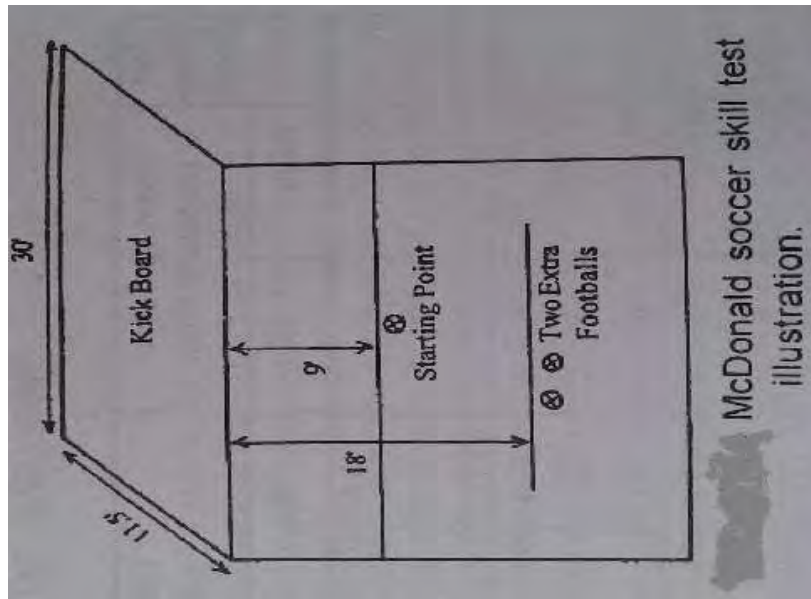
Equipment: A stopwatch, a soccer kickboard, three soccer balls, soccer field and marking powder.

Field Dimensions: The test field is prepared to administer the skill test as shown in figure. An 11.5 feet high and 30 feet wide kick board is used for the test. A horizontal restraining line is marked at a distance of 9 feet from the kickboard. One soccer ball is placed on the 9 feet restraining line. Two extra balls are placed on the 18 feet line as shown in figure.

Test Administration: The subject (examinee) is instructed to make maximum number of kicks in 30 seconds by keeping the ball in his control while using any type of kick and ball control method. On the signal 'Ready?' Go! The timer starts the stopwatch and the subject starts kicking the stationary ball from or behind the restraining line and continues kicking the rebounding ball as rapidly as control permits until the 30 seconds time limit expires (indicated by the timer). In case, the ball fails to rebound sufficiently, the subject has the option either to retrieve the same ball or to take one of the extra balls with the help of either hands or feet, after placing the retrieved or the extra ball on or just behind the 9 feet restraining line, the subject continues kicking the ball again.

Scoring: The subject is given four attempts of 30 seconds each and the final test score is provided by the sum of kicks of the three best trails.





Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 371-372

- **Football : Test for Administration - Mc Donald's Soccer Skill Test (Maximum 20 Marks)**

Scoring	Marking
30 Seconds	1 Mark per hit



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HOCKEY

SAI Hockey Skill Test

SAI Hockey Skill Test: The three items of the hockey skill test are:

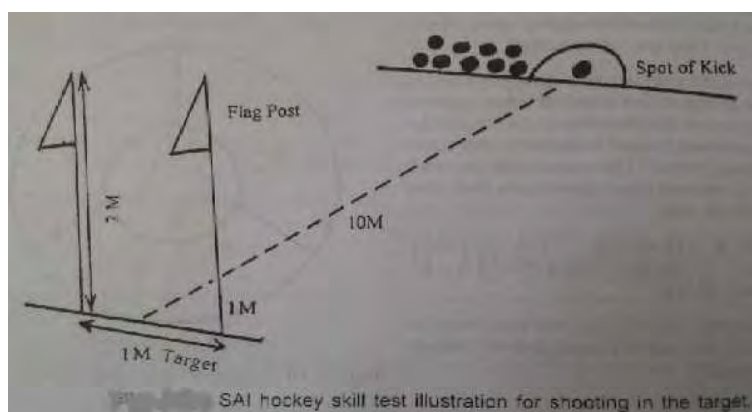
- (i) Shooting in the target (goal)
- (ii) Balancing the ball on the stick
- (iii) Moving with the ball

(i) Shooting in the Target: This test item is aimed at measuring the ball shooting ability of the hockey player.

Equipment: Hockey sticks, hockey cork balls, two flag posts, measuring tapes and marking powder.

Test/ Target Dimensions: A target is formed by pegging two flag posts (each of two meters height) at a distance of one meter from each other. A restraining line at a distance of ten meters from the target is marked on the ground as shown in the figure. Ten balls are placed near the shooting spot on the restraining line. The subject is asked to hit all the ten balls into the target one by one.

Scoring and Evaluation: The number of accurate hits is scored with the help of SAI norms enlisted in the table below.



(ii) Balancing the ball on the stick: this test item is aimed to measure the balancing ability of the hockey player.

Equipment: Hockey stick and cork balls.

Test Procedures: The subject is asked to balance the ball on the blade of the hockey stick continuously for the maximum duration possible. Up to the 11 years age group, the subject allowed placing the ball on the stick with hand while in case of the subject

of 12 years and above, the ball is to be lifted from the ground by the subject with the help of the hockey stick and continue balancing. The subject may move around, if needed to maintain the balance of the longest duration. The moment the ball is placed on the stick or lifted from the ground and brought under control on the stick, a stopwatch is started and the moment the ball falls down from the stick, the stopwatch is stopped and the time is recorded accurate only up to seconds. Two trials may be given.

Scoring and Evaluation: Out of the two trials, the better one, longer duration time is converted to points with the help of SAI norms enlisted in the table below.

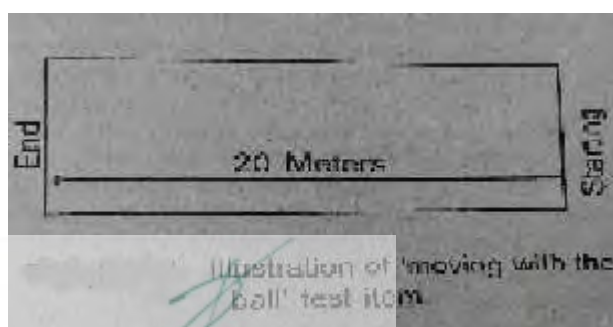
(iii) Moving with the ball: this test item is aimed to measure the ball controlling ability of the hockey player when moving with the ball.

Equipment: A stopwatch, hockey stick, cork balls, tape and marking powder.

Test Dimensions: Two horizontal lines, one called starting line and the other end line, are marked at a distance of 20 meters as shown in the figure.

Test Administration: The subject must stand behind the starting line by holding the hockey stick in both the hands; the hockey ball must be placed on the start line. On the signal, 'Go!' The subject must start moving forward by rolling the ball with the stick without breaking the contact of the blade of the stick on the ball and try to cross the finish line with the ball as early as possible. The forward movement of the ball with the blade of the stick should be rolling movement. A stopwatch is started simultaneously to the signal 'Go' and is stopped as soon as the ball and the subject cross the finish line. Each subject is given two trials and better of the two is considered for evaluation.

Scoring and Evaluation: The minimum time taken to reach the end line with the ball is scored with the help of SAI norms enlisted in the table below.



Savitribai Phule Pune University
Manual for Physical Efficiency Test

Age Group (years)	Shooting Target (Accurate hits)		Balancing Ball (seconds)		Moving with the ball (seconds)		Score	Marks
	Boys	Girls	Boys	Girls	Boys	Girls		
10 years	6	5	15 & more	10 & more	4.70 & less	5.99 & less	3	
	5	4	10-14	05-09	4.71-5.99	6.01-6.79	2	
	4	3	05-09	03-05	6.00-7.30	6.80-8.09	1	
11 years	7	6	20 & more	15 & more	4.55 & less	5.34 & less	3	
	6	5	15-19	10-14	4.56-5.89	5.35-6.64	2	
	5	4	10-14	05-09	5.90-7.15	6.65-7.99	1	
12 years	8	7	25 & more	20 & more	4.40 & less	5.19 & less	3	
	7	6	20-24	15-19	4.41-5.69	5.20-6.49	2	
	6	5	15-19	10-14	5.70-7.00	6.50-7.79	1	
13 years	9	8	25 & more	20 & more	4.30 & less	5.10 & less	3	
	8	7	20-24	15-19	4.31-4.39	5.11-5.19	2	
	7	6	15-19	10-14	4.40-5.00	5.20-5.30	1	
14 years	11	10	25 & more	20 & more	4.20 & less	5.00 & less	3	
	10	9	20-24	15-19	4.21-4.29	5.10-5.10	2	
	9	8	15-19	10-14	4.30-4.37	5.11-5.19	1	


Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports

Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 369-370

Age Group (years)	Shooting Target (Accurate hits)		Balancing Ball (seconds)		Moving with the ball (seconds)		Score	Marks
	Boys	Girls	Boys	Girls	Boys	Girls		
14 years & above	11	10	25 & more	20 & more	4.20 & less	5.00 & less	3	20
	10	9	20-24	15-19	4.21-4.29	5.10-5.10	2	13
	9	8	15-19	10-14	4.30-4.37	5.11-5.19	1	07



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KABADDI AND KHO-KHO
6 X 10 Meters Shuttle Run for Agility

Test Aim: To determine the agility of the subject.

Equipment: Stopwatch, lime powder.

Procedure: The subject stands behind the starting line. On getting a starting signal 'go' he runs faster, goes nearest to the other line and touches it with the one hand turns and comes back to starting line, touches it with hand, turns and repeats it for a total of 5 times and 6th time runs over as fast as possible.

Scoring: The time taken by the performer to complete the course of 6 x 10 meters to the nearest 1/10th of a second is recorded as score of the test. Only one chance is given.

Note: Participants are not allowed to use spikes and the area should be firm and non-slippery.

Age	Boys			Girls		
	Satisfactory	Good	Very Good	Satisfactory	Good	Very Good
8	18.3-17.5	17.4-16.5	16.4 & less	19.3-18.3	18.2-17.2	17.1 & less
9	18.0-17.2	17.1-16.3	16.2 & less	19.0-18.0	17.9-16.9	16.8 & less
10	17.5-16.5	16.4-15.5	15.4 & less	18.5-17.2	17.1-16.2	16.1 & less
11	17.1-16.2	16.1-15.4	15.3 & less	18.0-17.0	16.9-15.0	15.9 & less
12	16.8-16.0	15.9-15.2	15.1 & less	17.2-16.8	16.7-16.3	16.2 & less
13	16.5-15.9	15.8-15.1	15.0 & less	16.8-16.4	16.3-15.9	15.8 & less
14 yrs & above	16.3-15.8	15.7-15.0	14.9 & less	16.4-16.0	15.9-15.5	15.4 & less

Reference: Prospectus of Andhra Pradesh Sports School, Hakim pet, Secunderabad, Page no. 10 and Sports medicine center, Pune.

Age	Boys			Girls		
	Satisfactory	Good	Very Good	Satisfactory	Good	Very Good
14 yrs & above	16.3-15.8	15.7-15.0	14.9 & less	16.4-16.0	15.9-15.5	15.4 & less
Marks	20	13	07	20	13	07



VOLLEYBALL

SAI Volleyball Test

Sports Authority of India is using a three item test for measuring the volleyball skill of 10 to 14 years old children for sporting talent at young age (SAI 1992). The three test items are described below:

- (i) Accuracy of service test item.
- (ii) Wall Volleying test item
- (iii) Medicine ball throw test item

(i) Accuracy of Service Test Item: The purpose of this test item is to measure the ability of exactness of service.

Equipment: A mini volleyball court measuring 6 meters X 12 meters having a net at a height of 2.1 meters to 2.2 meters and 10 mini volleyballs.

Test Administration: The subject is asked to stand in the service zone of the volleyball court and using a mini volleyball, he/she has to serve the ball correctly over the net into the designated half as determined earlier. The examinee is instructed to use the underhand service. He/she is given ten attempts out of which five are to be serviced into the right half of the court and five into the left half of the court.

Scoring: The number of services made correctly in the left and right half court is counted. The number of correct services is then converted into points with the help of the table given below.

(ii) Wall Volleying Test Item: The purpose of this test item is to test the subject's control on volleyball pass.

Equipment: A smooth training wall, a good quality marking chalk and a mini volleyball.

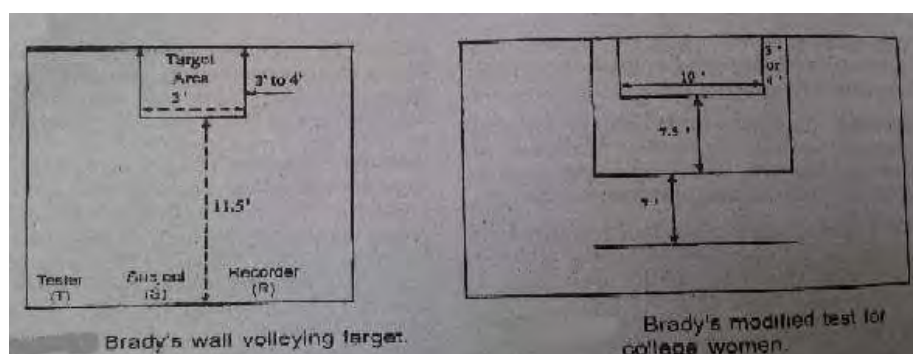
Test Administration: A horizontal line at the height of 3 meters from the ground level is drawn on the training wall. A restraining line at a distance of 2.5 meters from the training wall is marked on the floor. The player is required to stand behind the restraining line with a mini volleyball in his or her hand. The player (examinee) has to throw the ball vertically upwards from the standing position and make volley pass on the training wall above three meters high line. He/she is then required to make another



volley pass vertically upwards when the ball rebounds from the wall and sit on the floor and make pass vertically upward over the head from the sitting position and stand-up to make a volley pass against in the same cyclic order till his/her control over the volleyball without any drop. Each subject is given three attempts and the best of the three scores is considered for evaluation.

Scoring: Each subject is given scoring in the form of number of completed successful volleyball cycles in a single attempt till his/her control over the ball. One cycle is constituted by one volley pass and one over head pass that means one pass against the training wall in a standing position and one pass above head from the sitting position.

Evaluation: The number of cycles in the best attempts is converted into evaluation points with the help of SAI norms enlisted in the table below.



(iii) Medicine Ball Throw Test Item: The purpose of this test time is to measure the general throwing ability of the potential volleyball players.

Equipment: Three medicine balls weighing one kilogram each, measuring tape and marking powder.

Test Administration: For conducting the medicine ball throw test item, a field of 20 meters in length is marked in one meter intervals with the marking powder.

The first line on the ground is designated as a throwing line. The subject is instructed to stand behind the throwing line as close as possible without touching the line. Then the subject is asked to throw 1 kilogram medicine ball as far as possible by keeping the ball behind the neck above the shoulder. The throw is to be made without taking any benefit to stop movement.

Scoring: Each subject is given three trials and the best distance is measured for scoring. Scoring is made with the help of SAI norms enlisted in the table below.



Savitribai Phule Pune University
Manual for Physical Efficiency Test

Age Group	Accuracy of Wall		Volley		Medicine Ball Throw		Points	Marks
	Services		Test					
	Number of correct services		Number of Cycles		Meters			
	Boys	Girls	Boys	Girls	Boys	Girls		
10 years	7	6	3	1.5	11.00 & more	9.00 & more	3	---
	6	5	2	1.0	9.90-10.90	7.00-8.90	2	---
	5	4	1	0.5	7.00-9.80	5.00-6.90	1	---
11 years	8	7	4	2.0	13.00 & more	10.00 & more	3	---
	7	6	3	1.5	10.00-12.90	8.00-9.90	2	---
	6	5	2	1.0	8.00-9.90	6.00-7.90	1	---
12 years	9	8	5	3.0	15.00 & more	12.00 & more	3	---
	8	7	4	2.0	12.00-14.90	10.00-11.90	2	---
	7	6	3	1.5	9.90-11.90	8.00-9.90	1	---
13 years	10	9	6	4.0	17.00 & more	14.00 & more	3	---
	9	8	5	3.0	15.00-16.90	12.00-13.90	2	---
	8	7	4	2.0	13.00-14.90	11.00-11.90	1	---
14 years & above	10	9	6	4.0	19.00 & more	16.00 & more	3	20
	9	8	5	3.0	17.00-18.90	14.00-15.90	2	13
	8	7	4	2.0	15.00-16.90	12.00-13.90	1	07

Courtesy: D. K. Kansal, Textbook of Applied Measurement Evaluation and Sports

Selection, Sports and Spiritual Science Publications, New Delhi (2008), Pp. 381-382

Age Group	Accuracy of Services		Wall Volley Test		Medicine Ball Throw		Points	Marks
	Number of correct services		Number of Cycles		Meters			
	Boys	Girls	Boys	Girls	Boys	Girls		
14 years & above	10	9	6	4.0	19.00 & more	16.00 & more	3	20
	9	8	5	3.0	17.00-18.90	14.00-15.90	2	13
	8	7	4	2.0	15.00-16.90	12.00-13.90	1	07



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PART – B

PART	EVENT	STUDENT	TESTS FOR EVALUATION
Part A	100 m. Run	(Male and Female)	50 yard dash
	400 m. Run	(Male and Female)	
Part B	High Jump or Pole Vault	(Male and Female)	Standing Vertical Jump
	Long Jump	(Male and Female)	
	Triple Jump	(Male and Female)	
Part C	12.5 Km. Cross Country	(Male)	Cooper's Test (12 minutes run and walk test)
	5 Km. Cross Country	(Female)	
	1500 m. Run	(Male)	
Part D	Rope Climbing	(Male)	Medicine Ball put for male and
	Chin Ups/Flex Arm hang	(Male and Female)	Sit Ups test for female
	Sit Ups	(Male and Female)	
	Push Ups and Modified push ups	(Male and Female)	



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FIFTY YARD DASH

Objective: To measure speed (acceleration).

Age Level: Ages six through seventeen.

Sex: Satisfactory for both boys and girls.

Reliability: None reported.

Objectivity: None reported.

Validity: Face validity is accepted.

Equipment: Two stopwatches or a watch with a split-second timer is needed. A suitable running area to allow the fifty-yard run plus extension for stopping is also required.

Directions: It is advised that two subjects run at the same time. Both start from a standing position. The command to go the starter drops his arm so that the timer at the finish line can start the timing. The subjects run as fast as possible across the finish line.

Scoring: The elapsed time from the starting signal until the runner crosses the finish line is measured to the nearest tenth of a second

Percentile	Sex	Age					
		6	7	8	9	10	11
99 th	Boys	8.3	8.4	7.6	7.5	7.3	7.4
	Girls	9.2	8.6	8.0	7.7	7.7	7.5
90 th	Boys	8.8	8.6	7.9	7.8	7.6	7.7
	Girls	9.4	8.9	8.4	8.0	7.8	7.6
80 th	Boys	9.0	8.8	8.1	8.0	7.	7.9
	Girls	9.7	9.1	8.7	8.2	8.0	7.8
70 th	Boys	9.3	9.1	8.4	8.1	8.0	8.1
	Girls	9.9	9.4	8.9	8.5	8.4	8.0
60 th	Boys	9.4	9.2	8.6	8.3	8.2	8.3
	Girls	10.1	9.5	9.1	8.7	8.6	8.1
50 th	Boys	9.5	9.5	8.7	8.4	8.3	8.4
	Girls	10.2	9.9	9.3	9.0	8.8	8.5
40 th	Boys	9.5	9.7	9.0	8.7	8.5	8.6
	Girls	10.5	10.0	9.5	9.2	9.1	9.0
30 th	Boys	9.9	10.1	9.2	8.9	8.7	8.8
	Girls	10.9	10.2	9.9	9.5	9.4	9.4
20 th	Boys	10.6	10.5	9.7	9.4	9.0	9.4
	Girls	11.5	10.8	10.5	10.0	9.8	9.7
10 th	Boys	12.5	12.3	12.6	11.4	10.5	9.8
	Girls	13.4	14.8	17.5	12.5	11.4	10.8
N	Boys	27	116	126	203	149	50
	Girls	31	101	113	100	82	32



Savitribai Phule Pune University
Manual for Physical Efficiency Test


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Percentile	Girls								Percentile
	10	11	12	13	14	15	16	17	
100 th	6.0	6.0	5.9	6.0	6.0	6.4	6.0	6.4	100 th
95 th	7.0	7.0	7.0	7.0	7.0	7.1	7.0	7.1	95 th
90 th	7.3	7.4	7.3	7.3	7.2	7.3	7.3	7.3	90 th
85 th	7.5	7.6	7.5	7.5	7.4	7.5	7.5	7.5	85 th
80 th	7.7	7.7	7.6	7.6	7.5	7.6	7.5	7.6	80 th
75 th	7.9	7.9	7.8	7.7	7.6	7.7	7.7	7.8	75 th
70 th	8.0	8.0	7.9	7.8	7.7	7.8	7.9	7.9	70 th
65 th	8.1	8.0	8.0	7.9	7.8	7.9	8.0	8.0	65 th
60 th	8.2	8.1	8.0	8.0	7.9	8.0	8.0	8.0	60 th
55 th	8.4	8.2	8.1	8.0	8.0	8.0	8.1	8.1	55 th
50 th	8.5	8.4	8.2	8.1	8.0	8.1	8.3	8.2	50 th
45 th	8.6	8.5	8.3	8.2	8.2	8.2	8.4	8.3	45 th
40 th	8.8	8.5	8.4	8.4	8.3	8.3	8.5	8.5	40 th
35 th	8.9	8.6	8.5	8.5	8.5	8.4	8.6	8.6	35 th
30 th	9.0	8.8	8.7	8.6	8.6	8.6	8.8	8.8	30 th
25 th	9.0	9.0	8.9	8.8	8.9	8.8	9.0	9.0	25 th
20 th	9.2	9.0	9.0	9.0	9.0	9.0	9.0	9.0	20 th
15 th	9.4	9.2	9.2	9.2	9.2	9.0	9.2	9.1	15 th
10 th	9.6	9.6	9.5	9.5	9.5	9.5	9.9	9.5	10 th
5 th	10.0	10.0	10.0	10.2	10.4	10.0	10.5	10.4	5 th
0 th	14.0	13.0	13.0	15.7	16.0	18.0	17.0	12.0	0 th

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Savitribai Phule Pune University
Manual for Physical Efficiency Test

Percentile	Boys								Percentile
	10	11	12	13	14	15	16	17	
100 th	6.0	6.0	6.0	5.8	5.8	5.6	5.6	5.6	100 th
95 th	7.0	7.0	6.8	6.5	6.3	6.1	6.0	6.0	95 th
90 th	7.1	7.2	7.0	6.7	6.4	6.2	6.1	6.0	90 th
85 th	7.4	7.4	7.0	6.9	6.6	6.4	6.2	6.1	85 th
80 th	7.5	7.5	7.2	7.0	6.7	6.5	6.3	6.2	80 th
75 th	7.6	7.6	7.3	7.0	6.8	6.5	6.3	6.3	75 th
70 th	7.8	7.7	7.5	7.1	6.9	6.6	6.4	6.3	70 th
65 th	8.0	7.8	7.5	7.2	7.0	6.7	6.5	6.4	65 th
60 th	8.0	8.0	7.6	7.3	7.0	6.7	6.5	6.5	60 th
55 th	8.1	8.0	7.8	7.4	7.0	6.8	6.6	6.5	55 th
50 th	8.2	8.0	7.8	7.5	7.1	6.9	6.7	6.6	50 th
45 th	8.3	8.1	7.9	7.5	7.2	7.0	6.7	6.7	45 th
40 th	8.5	8.3	8.0	7.6	7.2	7.0	6.8	6.7	40 th
35 th	8.5	8.4	8.0	7.7	7.3	7.1	6.9	6.8	35 th
30 th	8.7	8.5	8.2	7.9	7.5	7.1	6.9	6.9	30 th
25 th	8.8	8.7	8.3	8.0	7.6	7.2	7.0	7.0	25 th
20 th	9.0	9.0	8.4	8.0	7.8	7.3	7.1	7.0	20 th
15 th	9.1	9.1	8.6	8.2	8.0	7.5	7.2	7.1	15 th
10 th	9.5	9.1	8.9	8.4	8.1	7.7	7.5	7.3	10 th
5 th	10.0	9.5	9.2	8.9	8.6	8.1	7.8	7.7	5 th
0 th	12.0	11.9	12.0	11.1	11.6	12.0	8.6	10.6	0 th

Reference: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 250 and 251.



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50 yard dash

Boys 17 yrs and above	Girls 17 yrs and above	Percentile	Marks
Seconds	Seconds		
5.6	6.4	100 th	20
6.0	7.1	95 th	19
6.0	7.3	90 th	18
6.1	7.5	85 th	17
6.2	7.6	80 th	16
6.3	7.8	75 th	15
6.3	7.9	70 th	14
6.4	8.0	65 th	13
6.5	8.0	60 th	12
6.5	8.1	55 th	11
6.6	8.2	50 th	10
6.7	8.3	45 th	09
6.7	8.5	40 th	08
6.8	8.6	35 th	07
6.9	8.8	30 th	06
7.0	9.0	25 th	05
7.0	9.0	20 th	04
7.1	9.1	15 th	03
7.3	9.5	10 th	02
7.7	10.4	5 th	01
10.6	12.0	0 th	00

STANDING VERTICAL JUMP (SARGENT CHALK JUMP)

Objective: To measure explosive strength of the legs in jumping vertically upward.

Age Level: Satisfactory for ages nine through adulthood.

Sex: Satisfactory for both boys and girls.

Reliability: Has been reported as high as 0.93.

Objectivity: An objectivity coefficient of 0.93 was obtained by Jack Clayton, 1969.

Validity: A validity of 0.78 has been reported with the criterion of a sum of four track and field event scores.

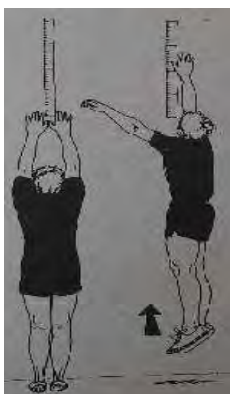
Equipment and Materials: A yardstick, several pieces of chalk, and a smooth wall surface of at least 12 feet from the floor are required.

Directions: The performer should stand with one side towards a wall, heels together, and hold a 1 inch piece of chalk in the hand nearest to the wall. Keeping the heels together, on the floor, he should reach upward as high as possible and make a mark on the wall. The performer then jumps as high as possible and makes another mark at the height of his jump.

Scoring: The number of inches between the reach and the jump marks measured to the nearest half inch is the score. Three to five trials are allowed and the best trial is recorded as the score.



Additional Pointers: (a) A double jump or a 'crow hop' should not be permitted upon take-off. (b) The chalk should not be extended any further than necessary beyond the fingertips to make the standing and jumping marks. (c) The reliability and validity of the test can be slightly improved if the performer practices the jump until it is correctly executed before being tested. (d) Body weight may be included to score in terms of foot-pounds.



***Vertical Jump Scoring Table**

GENDER AND AGE	100	90	80	70	60	50	40	30	20	10	0
Boys and Girls 9,10,11	16	15	14	12	11	10	9	7	4	2	0
Boys 12,13,14	20	18	17	16	14	13	11	9	5	2	0
Girls 12,13,14	16	15	14	13	12	11	10	8	4	2	0
Boys 15 to 17	25	24	23	21	19	16	12	8	5	2	0
Girls 15 to 17	17	16	15	14	13	11	8	6	3	2	0
Men 18 to 34	26	25	24	23	19	16	13	9	8	2	0
Women 18 to 34	14	13	13	12	10	8	6	4	2	1	0

Reference: Harold T. Friermood, 'Volleyball skill contest for Olympic development' in United States Volleyball Rules and Reference guide of the U.S. Volleyball Association, Berne, Ind.: USVBA printer, 1967, pp 134-135.

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Raw scores are located in the chart in accordance with age and sex, and percentile scores are located across the top.

Age	Boys			Girls		
	Satisfactory	Good	Very Good	Satisfactory	Good	Very Good
8	30-32	33-35	36 & above	26-29	30-33	34 & above
9	33-35	36-38	39 & above	29-32	33-36	37 & above
10	36-38	39-41	42 & above	32-35	36-39	40 & above
11	39-41	42-44	45 & above	35-38	39-43	44 & above
12	42-45	46-50	51 & above	39-42	43-47	48 & above
13	44-47	48-53	54 & above	43-46	47-50	51 & above
14	46-50	51-56	57 & above	46-49	50-53	54 & above

Reference: Sports Medicine Centre, Pune

Vertical Jump scoring table (in Cms)

GENDER AND AGE	100	90	80	70	60	50	40	30	20	10
Boys 15 to 17	25	24	23	21	19	16	12	8	5	2
Girls 15 to 17	17	16	15	14	13	11	8	6	3	2
Men 18 to 34	26	25	24	23	19	16	13	9	8	2
Women 18 to 34	14	13	13	12	10	8	6	4	2	1
Marks	20	18	19	14	12	10	08	06	04	02

Reference: Harold T. Friermood, 'Volleyball skill contest for Olympic development' in United States Volleyball Rules and Reference guide of the U.S. Volleyball Association, Berne, Ind.: USVBA printer, 1967, pp 134-135.

Raw scores are located in the chart in accordance with age and sex, and percentile scores are located across the top.



TWELVE MINUTE RUN AND WALK TEST (COOPER'S TEST)

Twelve minute run and walk test (Cooper's Test):

Measurement Objective: To measure cardio-respiratory endurance.

Test Qualities: Validity is 0.90 when correlated with treadmill measurements of oxygen consumption and aerobic capacity. Reliability is 0.94 with test-retest method.

Test Applications: Male and female, junior high through college. Also applicable for adult men and women

Equipment and Materials: Stopwatch or clock with sweep second hand, whistle or starter's pistol, track, football field, or some running area marked so that distance traveled in 12 minutes can be calculated easily.

Procedure: Performers assemble behind starting line. At the starting signal, they run or walk as far as possible within the 12 minute time limit. An experienced pacer should accompany performers around the running area during the actual test. Performers should have experienced some practice in pacing. At the signal to stop, performers should remain where they finished long enough for test administrators to record the distance covered. Ample time should be given for stretching and warm-up as well as post-test cool down.

Scoring: Score is distance in miles covered in 12 minutes. Distance in yards is converted to miles (1760 yards = 1 mile)

Norms: Norms for males and female aged 13 to 19 and 20 to 29 are presented in the table given below. Norms for additional ages are available in Cooper (1977). norms for fifth-through eighth-grade boys and girls are available in Clarke (1976).

Male		Fitness	Female	
13-19	20-29	Class	13-19	20-29
0-1.29 miles	0-1.22 miles	Very poor	0.99 miles	0.95 miles
1.3-1.37	1.22-1.31	poor	1.0-1.18	0.96-1.11
1.38-1.56	1.32-1.49	fair	1.19-1.29	1.12-1.22
1.57-1.72	1.50-1.64	good	1.30-1.43	1.23-1.34
1.73-1.86	1.65-1.76	excellent	1.44-1.51	1.35-1.45
1.87 & above	1.77 & above	superior	1.52 & above	1.46 & above

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Manual for Physical Efficiency Test


Cooper's Test (12 Minute Run and Walk) (1 mile = 1.609 Kms)

Male		Female		Fitness	Marks
13-19	20-29	13-19	20-29	Class	
0-1.29 miles	0-1.22 miles	0.99 miles	0.95 miles	Very poor	00
1.3-1.37	1.22-1.31	1.0-1.18	0.96-1.11	poor	04
1.38-1.56	1.32-1.49	1.19-1.29	1.12-1.22	fair	08
1.57-1.72	1.50-1.64	1.30-1.43	1.23-1.34	good	12
1.73-1.86	1.65-1.76	1.44-1.51	1.35-1.45	excellent	16
1.87 & above	1.77 & above	1.52 & above	1.46 & above	superior	20

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TWO HAND MEDICINE BALLS PUT (6 LBS) MALE

Objective: To measure the power of the arms and shoulder girdle.

Age Level: Ages twelve through college.

Sex: Satisfactory for boys and girls.

Reliability: An 'r' of 0.81 was found for college girls, while 'r' of 0.84 was found for college boys.

Objectivity: Reported as high as 0.99 as found by Gene Ford, 1969.

Validity: An 'r' of 0.77 was obtained by correlating distance scores with scores computed by power formula. However, angle of release was not figured in the correlation, although it is a definite limiting factor affecting the validity!

Equipment And Materials: A 6 pound medicine ball, marking material (chalk or tape), small rope, chair, and a tape measure are needed for this test.

Directions: From a sitting position in a straight back chair, the performer holds the ball in both hands with the ball drawn back against the chest and just under the chin. He then pushes the ball upward and outward for maximum distance. The rope is placed around the performer's chest and held taut to the rear by a partner in order to eliminate rocking action during the push. The performer's effort should be primarily with the arms.

Scoring: The distance of the best of three trials measure to the nearest foot is recorded as a score. One practice trial may be taken before scoring.

Additional Pointers: (a) Each of three trials should be taken in succession. (b) Distance is measured from the forward edge of the chair to the point of contact of the ball with the floor.

COLLEGE MEN		COLLEGE WOMEN
SCORES	PERFORMANCE LEVEL	SCORES
26 and above	Advance	15 and above
22 to 25	Advance intermediate	13 to 14
14 to 21	Intermediate	8 to 12
10 to 12	Advance beginner	5 to 7
0 to 9	Beginner	0 to 4

Data is based on 100 score secured from physical education classes at Corpus Christi State University, Corpus Christi, TX. 1976.



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Manual for Physical Efficiency Test

Data is based on 65 scores secured from physical education classes at Corpus Christi State University, Corpus Christi, TX. 1976.

Medicine Ball of 1 kg for up to 10 years, 2 kg for 11 years and above

Reference: Sports medicine centre, Pune, India.

Age	Boys			Girls		
	Satisfactory Marks (07)	Good Marks (13)	Very Good Marks (20)	Satisfactory Marks (07)	Good Marks (13)	Very Good Marks (20)
8 Years	2.26 to 2.50	2.51 to 2.76	2.77 or more	1.80 to 2.13	2.14 to 2.47	2.48 or more
9 years	2.51 to 2.82	2.83 to 3.13	3.14 or more	2.02 to 2.40	2.42 to 2.80	2.81 or more
10 years	2.66 to 3.13	3.14 to 3.59	3.60 or more	2.21 to 2.69	2.70 to 3.18	3.19 or more
11 years	2.50 to 2.96	2.97 to 3.43	3.44 or more	2.41 to 2.84	2.85 to 3.29	3.30 or more
12 years	2.60 to 3.28	3.29 to 3.97	3.98 or more	2.51 to 2.94	2.95 to 3.39	3.40 or more
13 years	3.01 to 3.62	3.63 to 4.23	4.24 or more	2.56 to 3.02	3.03 to 3.49	3.50 or more
14 years & above	3.19 to 3.80	3.81 to 4.41	4.42 or more	2.61 to 3.09	3.10 to 3.59	3.60 or more

Reference: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 208, 209

Medicine ball of 1 kg for up to 10 years, 2 kg for 11 years and above for Boys

Reference: Sports Medicine Centre, Pune, India.

Age	Boys (Mts)			Girls (Mts)		
	Satisfactory	Good	Very Good	Satisfactory	Good	Very Good
14 years & above	3.19 to 3.80	3.81 to 4.41	4.42 or more	2.61 to 3.09	3.10 to 3.59	3.60 or more
Marks	07	13	20	07	13	20

Reference: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 208, 209



SIT-UPS (BENT KNEES) FEMALE

Objectives: To measure the endurance of the abdominal muscles.

Age: Ages ten through college.

Sex: Satisfactory as a test for both boys and girls.

Reliability: Has been reported as high as 0.94.

Objectivity: An 'r' of 0.98 was found for this test.

Validity: Face validity was accepted for this test.

Equipment And Materials: The only equipment required is a mat and yardstick.

Directions: From a lying position on the back, the performer flexes his knees over the yardstick while sliding his heels as close to his seat as possible. The yardstick should be held tightly under the knees until the performer is instructed to slowly slide this feet forward. At the point where the yardstick drops on the mat, the tester marks the heel line and seat line to indicate how far the feet should remain from the seat during the bent-knee sit-up exercise. The performer should interlace the fingers behind the neck and perform sit-ups alternating a left elbow touch of the inside right knee and right elbow touch of the inside left knee. The exercise should be repeated as many times as possible.

Scoring: The total number of repetition is recorded for the score. However, repetitions should not be counted when fingertips do not maintain contact behind the head, when the knees are not touched, or when the pupil pushes off the floor with the elbow.

Additional Points: (a) The feet should rest flat on the floor and may be separated a few inches. (b) The back of the hands should touch the mat each time before curling to the sit-up position. (c) Taping the yardstick to the floor for the seat line helps the performer to maintain proper distance between seats 2 feet.

Raw score norms for sit-ups (bent knees):

College Men	Performance level	College Women
66 and above	Advanced	49 and above
53 to 65	Advance intermediate	37 to 48
34 to 52	Intermediate	21 to 36
25 to 33	Advanced beginner	13 to 20
0 to 24	Beginner	0 to 12





Bent Knee Sit-Ups

Courtesy: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122.

Raw score norms for sit-ups (bent knees) for Girls (repetitions)

College Men	Performance level	College Women
66 and above	Advanced	49 and above
53 to 65	Advance intermediate	37 to 48
34 to 52	Intermediate	21 to 36
25 to 33	Advanced beginner	13 to 20
0 to 24	Beginner	0 to 12

Courtesy: Practical measurement for evaluation in physical education, Third edition- Barry L. Johnson and Jack K. Nelson, Published by S.S. Chhabra for Surjeet Publication, India 1988 with permission from Burgess Publishing Company U.S.A.; Page number 120, 121, and 122



F190210764

**ALL INDIA SHRI SHIVAJI MEMORIAL SOCIETY'S
COLLEGE OF ENGINEERING
Kennedy Road, Near RTO, Pune 411001**

APPLICATION FORM

PHYSICAL EDUCATION AND SPORTS

Name of student	Mustakim Faruk-Shaikh		
Address for Correspondence	- Dambenula Shirur Tal- Shirur Dist- pune		
Class	F.E. Chemical	Roll No	22CH048
		Examination Seat No	F190210764
Section	Chemical		
Gender	Male / Female		
Date of Birth	17-12-2004		
Age	19		
Blood Group	B+		
Height	170cm		
Weight	80kg		
Game Selected	Hand ball		
Medical History/ Illness if any	lung infection		

** The student shall have to choose any one sport events as per the availability if the infrastructure and equipment's in the College. For his/her convenience they may consult the College Director of Physical Education.

I, the undersigned declare that, I shall practice the selected events as per the instructions given by the College Director of Physical Education and abide by the rules made there of further. I declared that, I shall not change or switch over to any other event in the mid of the session and appear the final test in the events selected under this form.


Signature of the Student

Date: 24/06/2023
Place: Pune



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KENNEDY ROAD, PUNE-411 001

ACHIEVMENTS CARD

Physical Education and Sports

Name of the student Mustakim Faruk Sheikh Gender: ☒ Male / ☐ Female

College Name: All India Shri Shivaji Memorial Society's College of Engineering, Pune

Class: F-Electrical Div: 8 Roll Number 22CH048 Exam Seat No. F290210764

Activity	Particular	Out of Marks	Performance	Marks	Signature of the Examiner
Fitness Assessment	Cardiovascular Endurance (12 Min Run/ Walk Test)	10		3	
	Flexibility (Sit and Reach Test)	05	39	4	
	Muscular Strength and Endurance (Sit Ups)	10	40	9	
	Body Composition (Body Fat %)				
	Age : <u>19</u> Years	--	---	---	--
	Height: <u>176</u> CM				
	Weight: <u>80</u> Kg.				
Project Work: General Information of the game		25		12	
Total Marks		50		28	
Grade				B+	

Signature of the Student

Signature of
the External Examiner

Signature of
the Internal Examiner

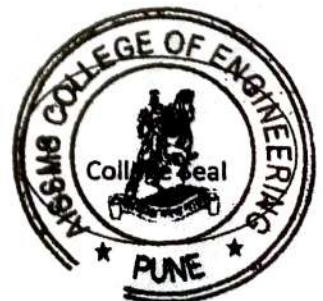
Signature of
the Principal



Date: 24/06/2023

Place: Pune

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AISSMS

COLLEGE OF ENGINEERING

ज्ञानम् सकलजनहिताय
Accredited by NAAC with "A+" Grade



Subject: Physical Education and Sports

S.No	Divi	Class	Roll No.	SeatNo	PRN	Student Name	Marks	Grade	Signature
1	I	Mesh-A	22ME001	F190210509	72229853G	MATEY AARYA CHETAN	25	B	
2	I	Mesh-A	22ME002	F190210725	722299297E	SAHIL RAJU ADAGALE	31	A	
3	I	Mesh-A	22ME003	F190210024	72229915E	AMIN ADITYA SURESH	28	B+	
4	I	Mesh-A	22ME004	F190210027	72229517M	ANARASE YADNYESH	31	A	
5	I	Mesh-A	22ME005	F190210036	72229521K	ARNAV UDAY SHINDE	30	A	
6	I	Mesh-A	22ME006	F190210049	72229530J	ATPADKAR HARSHWARDHAN	29	B+	
7	I	Mesh-A	22ME007	F190210056	72229535K	AVHAD ABHISHEK ADINATH	30	A	
8	I	Mesh-A	22ME008	F190210063	72229539B	BADGIJAR SAHIL PRAKASH	26	B	
9	I	Mesh-A	22ME009	F190210067	72229543L	BAGWAN ABUZAR AYYUB	27	B	
10	I	Mesh-A	22ME010	F190210078	72229550C	BARASKAR VAIBHAV NARHARI	30	A	
11	I	Mesh-A	22ME011	F190210080	72229552K	BARENDAR ANUJA RAMESHWAR	26	A	
12	I	Mesh-A	22ME012	F190210092	72229562G	BHAMRE PRANAV SANJAY	30	A	
13	I	Mesh-A	22ME013	F190210096	72229565M	BHATHIRE OM RATAN	28	B+	
14	I	Mesh-A	22ME014	F190210099	72229568F	BHOGIL SARTHAK BALASAHEB	32	A	
15	I	Mesh-A	22ME015	F190210107	72229574L	BHOSALE KUNAL KUNDLIK	29	B+	
16	I	Mesh-A	22ME016	F190210123	72229588L	BORATE PRATIKSHA KHANDU	27	B+	
17	I	Mesh-A	22ME017	F190210293	72229707G	HRITIKA SACHIN CHAHEKAR	31	A	
18	I	Mesh-A	22ME018	F190210129	72229593G	CHANEORIKAR PUSHPAK	31	A	
19	I	Mesh-A	22ME020	F190210157	72229612G	DAHAKAMBLE DIPAK BANDEPPA	29	B+	
20	I	Mesh-A	22ME021	F190210164	72229617H	DANGMALI PRATHAMESH	26	B	
21	I	Mesh-A	22ME022	F190210165	72229618F	DAPHAL SAKSHI RAMDAS	27	B	
22	I	Mesh-A	22ME023	F190210171	72229624L	DESHMANE GAURLANIL	27	B	
23	I	Mesh-A	22ME024	F190210173	72229626G	DESHMUKH HARSHA JITENDRA	27	B	
24	I	Mesh-A	22ME025	F190210044	72229525B	ATHARVAA SALEEL DESHPANDE	27	B	
25	I	Mesh-A	22ME026	F190210185	72229634H	DHANDE DEEP PRAKASH	27	B	
26	I	Mesh-A	22ME027	F190210186	72229635F	DHANEGAVE ATHARVA	27	B	
27	I	Mesh-A	22ME028	F190210191	72229638L	DHIWAR PRIYANWADHA PRAVIN	28	B+	
28	I	Mesh-A	22ME029	F190210197	72229641L	DHUMAL AISHWARYA SANJAY	30	A	
29	I	Mesh-A	22ME030	F190210198	72229642J	DHUMAL HARSH SHIVAJI	30	A	
30	I	Mesh-A	22ME031	F190210204	72229648H	DIXIT SAURABH AMOL	30	A	
31	I	Mesh-A	22ME032	F190210211	72229651H	DURGAVALE ATHARVA MAHESH	30	A	
32	I	Mesh-A	22ME033	F190210233	72229668B	GAUL MAYUR SACHIN	29	B+	
33	I	Mesh-A	22ME034	F190210237	72229670D	GENGJE SAHIL VILAS	30	A	
34	I	Mesh-A	22ME035	F190210247	72229676C	GHONGADE SUSHANT	29	B+	
35	I	Mesh-A	22ME036	F190210249	72229678K	GHUGE PRATIK GAJANAN	27	B	
36	I	Mesh-A	22ME037	F190210251	72229680M	GHUGE SURAJ SOMNATH	24	C	
37	I	Mesh-A	22ME038	F190210256	72229681K	GODBOLE ROHAN NATHAJI	30	A	
38	I	Mesh-A	22ME039	F190210257	72229682H	GOGAWALE ADITYA PRALHAD	26	B	
39	I	Mesh-A	22ME040	F190210263	72229686L	GONEWAR PRASAD	27	B	
40	I	Mesh-A	22ME041	F190210264	72229687I	GORE SHRADDHA SATISH	25	B	
41	I	Mesh-A	22ME042	F190210269	72229691G	GOVEKAR SHASHANK SOMNATH	25	B	
42	I	Mesh-A	22ME043	F190210278	72229698D	HALDE ABHISHEK SANTOSH	30	B	
43	I	Mesh-A	22ME044	F190210280	72229700K	HANDE CHAITANYA KAVIRAJ	28	B+	
44	I	Mesh-A	22ME045	F190210284	72229703D	HARKARE VEDANT GIRISH	27	B	
45	I	Mesh-A	22ME046	F190210292	72229706J	HOLKAR NUPOOR AMOL	28	B+	
46	I	Mesh-A	22ME047	F190210311	72229720D	JADHAV AARYAN VIJAY	23	B+	
47	I	Mesh-A	22ME048	F190210318	72229724G	JADHAV RUSHIKESH RAVINDRA	28	B+	
48	I	Mesh-A	22ME049	F190210320	72229726C	JADHAV SHREEYA MAKRAND	29	B+	
49	I	Mesh-A	22ME050	F190210322	72229727M	JADHAV VAIBHAV KAMLESH	28	B+	
50	I	Mesh-A	22ME051	F190210324	72229728K	JAGDALE ANISH NARENDRA	27	B	
51	I	Mesh-A	22ME052	F190210328	72229730M	JAGTAP ATHARVA	29	B+	
52	I	Mesh-A	22ME053	F190210330	72229732H	JAGTAP SHRUTIKA SHARAD	30	A	
53	I	Mesh-A	22ME054	F190210335	72229737I	JAMDARE ATHARV VINAYAK	30	A	
54	I	Mesh-A	22ME055	F190210336	72229738G	JARHAD SHUBHAM BABAN	27	B	
55	I	Mesh-A	22ME056	F190210337	72229739F	JAWANE SAURABH AMOL	27	B	
56	I	Mesh-A	22ME057	F190210340	72229742E	JOSHI DEVASHISH ANIRUDDHA	25	B	
57	I	Mesh-A	22ME058	F190210342	72229743C	JOSHI SUMEDH BHUSHAN	26	B	
58	I	Mesh-A	22ME059	F190210344	72229744M	JUMDE AKSHAT ATUL	28	B+	
59	I	Mesh-A	22ME060	F190210370	72229761M	KAMBALE DHAIRYASHIL	25	B	
60	I	Mesh-A	22ME061	F190210372	72229762K	KAMBLE DHEERAJ KUMAR	27	B	
61	I	Mesh-A	22ME062	F190210385	72229770L	KAPASE VAISINAVI KUMAR	28	B+	
62	I	Mesh-A	22ME063	F190210390	72229777F	KARNAVAT ADIT NITIN	28	B+	
63	I	Mesh-A	22ME064	F190210391	72229774C	KARVA PRATHAMESH SATISH	26	B	
64	I	Mesh-A	22ME065	F190210402	72229781F	KEKAN AKASH SUGRIV	30	A	
65	I	Mesh-A	22ME066	F190210403	72229782D	KENDRE ATHARVA	29	B+	

22ME059 F19021032 72229535C Chanan Omkar Baleshree

Chanan

68	II	Mech-B	22ME068	F190210417	72229791C	KHINVASARA CHETAN	30	A	
69	II	Mech-B	22ME069	F190210423	72229795F	KHURSALE ADITYA JAYANT	37	B	
70	II	Mech-B	22ME070	F190210430	72229800F	KIRVE MUGDHA KISHOR	28	B	
71	II	Mech-B	22ME071	F190210449	72229813H	KULKARNI AARYAN SUSHANT	28	B	
72	II	Mech-B	22ME072	F190210021	72229513J	AKHILESH SUDHAKAR	20	B	
73	II	Mech-B	22ME073	F190210452	72229814F	KULKARNI ATHARVA BHASKAR	27	B	
74	II	Mech-B	22ME074	F190210453	72229815D	KULKARNI ATHARVA GAJANAN	30	A	
75	II	Mech-B	22ME075	F190210454	72229816B	KULKARNI MANAS NIVAS	20	A	
76	II	Mech-B	22ME076	F190210462	72229820L	KUMKAR SHITAL VIJAY	30	A	
77	II	Mech-B	22ME077	F190210463	72229821J	KURE RUPALI KUSHEBA	29	B+	
78	II	Mech-B	22ME078	F190210466	72229824C	KUSPE RAJESH AVINASH	30	B	
79	II	Mech-B	22ME079	F190210470	72229827H	LANDE ANKIT VIJAY	27	B	
80	II	Mech-B	22ME080	F190210500	72229845F	MANE SHIVAJI MOHAN	29	B+	
81	II	Mech-B	22ME081	F190210501	72229846D	MANE VIVEK ANIL	30	A+	
82	II	Mech-B	22ME082	F190210506	72229851L	MARATHE VARUN RAJIV	28	B+	
83	II	Mech-B	22ME083	F190210508	72229852J	MATE VAISHNAVI DEEPCHAND	28	B+	
84	II	Mech-B	22ME084	F190210510	72229854E	MATWANKAR MANAV	20	A	
85	II	Mech-B	22ME085	F190210541	72229876F	NALAWADE ANUSHKA NAMDEO	29	B+	
86	II	Mech-B	22ME086	F190210053	72229533C	AVANTI NANOTE	29	B+	
87	II	Mech-B	22ME087	F190210549	72229882L	NAYKODI NITESH LAXMAN	29	B+	
88	II	Mech-B	22ME088	F190210559	72229887M	NIRGUDE JATIN AJIT	34	A	
89	II	Mech-B	22ME089	F190210563	72229890M	OM MAHENDRA ABNAVE	33	A	
90	II	Mech-B	22ME090	F190210568	72229892H	OTARI TANAYA RAHUL	20	A	
91	II	Mech-B	22ME091	F190210578	72229902J	PARAKH AMAN SWAPNIL	31	A	
92	II	Mech-B	22ME092	F190210579	72229903G	PARDESHI HEMANT SANJAY	31	A	
93	II	Mech-B	22ME093	F190210580	72229904F	PARDESHI OM NITIN	31	A	
94	II	Mech-B	22ME094	F190210590	72229910K	PATEL ARISH JAVED	32	A	
95	II	Mech-B	22ME095	F190210598	72229914B	PATIL AARYAN VIDYADHAR	32	A	
96	II	Mech-B	22ME096	F190210600	72229915L	PATIL ABHAY SAHEBRAO	30	A	
97	II	Mech-B	22ME097	F190210610	72229919C	PATIL HARSHAL DATTU	30	A	
98	II	Mech-B	22ME098	F190210619	72229926F	PATIL SAGAR SHAMKANT	30	A	
99	II	Mech-B	22ME099	F190210621	72229928B	PATIL SAMAR DHANRAJ	27	B	
100	II	Mech-B	22ME100	F190210632	72229937M	PATIL TEJASWINI SUNIL	31	A	
101	II	Mech-B	22ME101	F190210006	72229502C	ABHIJEET BALU PAWAR	31	A	
102	II	Mech-B	22ME102	F190210644	72229944D	PAWAR ATHARV DHANANJAY	31	A	
103	II	Mech-B	22ME103	F190210655	72229952E	PAWAR SARTHAK VIJAY	29	B+	
104	II	Mech-B	22ME104	F190210657	72229953C	PAWAR SUYASH PRASHANT	33	A	
105	II	Mech-B	22ME105	F190210666	72229961D	PIMPARKAR SARANG PRAMOD	28	B+	
106	II	Mech-B	22ME106	F190210731	72230002G	SALUNKHE MIHIR DINESH	28	B+	
107	II	Mech-B	22ME107	F190210743	72230010H	SATAV KARTIK MEGHSHAM	28	B+	
108	II	Mech-B	22ME108	F190210755	72230017E	SAYED ABUBAKAR EJAJ	30	A	
109	II	Mech-B	22ME109	F190210761	72230022M	SHAIKH MEHAK ALTAJ	32	A	
110	II	Mech-B	22ME110	F190210770	72230028L	SHEDGE VINAY VIVEK	31	A	
111	II	Mech-B	22ME111	F190210791	72230043D	SHINDE VASUDHA MAROTI	29	B+	
112	II	Mech-B	22ME112	F190210798	72230046J	SHITOLE JATIN VILAS	31	A	
113	II	Mech-B	22ME113	F190210801	72230047G	SHIVRAJ SANJAY KADAM	28	B+	
114	II	Mech-B	22ME114	F190210819	72230061B	SONAWANE NAYNESH VIJAY	29	B+	
115	II	Mech-B	22ME115	F190210822	72230064G	SONAWANE VAISHNAVI SUNIL	33	A	
116	II	Mech-B	22ME116	F190210823	72230065E	SONAWANE YUVRAJ NARAYAN	32	A	
117	II	Mech-B	22ME117	F190210825	72230067M	SONKAMBLE MAYUR BHIMDEEP	29	B+	
118	II	Mech-B	22ME118	F190210839	72230075B	SURSE PANKAJ SANJAY	33	A	
119	II	Mech-B	22ME119	F190210844	72230078G	SUTHAR SAWAILAL SAVIARAM	28	B+	
120	II	Mech-B	22ME120	F190210851	72230082E	TAMBE OM CHANDRAKANT	29	B+	
121	II	Mech-B	22ME121	F190210856	72230085K	TARKASH SYNYAAN MUBASHIR	29	B+	
122	II	Mech-B	22ME122	F190210871	72230095G	TIGOTE OMKAR VIKRANT	32	A	
123	II	Mech-B	22ME123	F190210882	72230102C	UPADHYE ARIHANT	32	A	
124	II	Mech-B	22ME124	F190210892	72230123F	WAGHMODE DIGVIJAY	31	A	
125	II	Mech-B	22ME125	F190210922	72230127J	WAWARE ARYAN AJAY	32	A	
126	II	Mech-B	22ME126	F190210929	72230132F	YASH BODADE	30	A	
127	III	Mech-S/W & R	22MS001	F190210028	72229518K	ANDHALE RUSHIKESH PRAKASH	33	A	
128	III	Mech-S/W & R	22MS002	F190210030	72229519H	ANSARI AASHIF KAMRAN	28	A B	
129	III	Mech-S/W & R	22MS003	F190210046	72229527I	ATKAR ROHINI VIJAY	32	A	
130	III	Mech-S/W & R	22MS004	F190210051	72229531G	AUTI PRANAV SANTOSH	29	B+	
131	III	Mech-S/W & R	22MS005	F190210062	72229545G	BAITULE SMEHA SANJAY	33	A	
132	III	Mech-S/W & R	22MS006	F190210073	72229546E	BANG VEDANT NITIN	35	A+	
133	III	Mech-S/W & R	22MS007	F190210091	72229561J	BHAMBURE VINAY SADANAND	34	A	
134	III	Mech-S/W & R	22MS008	F190210133	72229596M	CHAVAN OMKAR PRATAP	30	D	
135	III	Mech-S/W & R	22MS009	F190210140	72229600C	CHINTAMAN LATHARVA AMOL	35	A+	
136	III	Mech-S/W & R	22MS010	F190210144	72229602K	CHOUBEY NAINA SHASHIKANT	35	A+	
137	III	Mech-S/W & R	22MS011	F190210146	72229604F	CHOUDHARI NIRANJAN RAHUL	30	A	
138	III	Mech-S/W & R	22MS012	F190210158	72229613F	DALVI ANJALI DATTATRAY	30	A	
139	III	Mech-S/W & R	22MS013	F190210225	72229617B	GAIKWAD SAMYAK HANUMANT	30	A	
140	III	Mech-S/W & R	22MS014	F190210229	72229624K	GAMANE GANESH BALASAHEB	35	A+	

**Savitribai Phule Pune University**Examination Session 2023
Marks Inward System for Colleges***230705102****1588***

2307051021588

7/5/2023

1 of 7

College Name CEGP010850 - AISSMS College of Engineering [PUNCODE : CFGP010850]
Exam code: 021

Pattern Name 7011905 - F.E.(2019 PAT) **Batch No** 202304187665

Subject Name 107015 - Physical Education-Exercise and Field Activities **Exam Type** AC OUT OF AC|ACN

Teacher Name Kondhare Manisha Manoj (Mob. No.: 9881294721) - Internal Examiner

Total Students	Present Students	Absent Students	Not Applicable	Detained
628	628	0	0	0

Seat No	Marks/Grade	Seat No	Marks/Grade	Seat No	Marks/Grade	Seat No	Marks/Grade
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F190210001	AC	F190210044	AC	F190210078	AC	F190210110	AC
F190210002	AC	F190210045	AC	F190210079	AC	F190210111	AC
F190210006	AC	F190210046	AC	F190210080	AC	F190210112	AC
F190210009	AC	F190210047	AC	F190210081	AC	F190210113	AC
F190210010	AC	F190210048	AC	F190210082	AC	F190210114	AC
F190210013	AC	F190210049	AC	F190210085	AC	F190210115	AC
F190210014	AC	F190210051	AC	F190210087	AC	F190210116	AC
F190210015	AC	F190210052	AC	F190210088	AC	F190210117	AC
F190210016	AC	F190210053	AC	F190210089	AC	F190210119	AC
F190210017	AC	F190210055	AC	F190210090	AC	F190210121	AC
F190210018	AC	F190210056	AC	F190210091	AC	F190210122	AC
F190210019	AC	F190210059	AC	F190210092	AC	F190210123	AC
F190210020	AC	F190210060	AC	F190210094	AC	F190210124	AC
F190210021	AC	F190210061	AC	F190210095	AC	F190210125	AC
F190210022	AC	F190210063	AC	F190210096	AC	F190210126	AC
F190210024	AC	F190210064	AC	F190210097	AC	F190210127	AC
F190210026	AC	F190210065	AC	F190210099	AC	F190210129	AC
F190210027	AC	F190210066	AC	F190210100	AC	F190210131	AC
F190210028	AC	F190210067	AC	F190210103	AC	F190210133	AC
F190210030	AC	F190210068	AC	F190210104	AC	F190210134	AC
F190210034	AC	F190210069	AC	F190210105	AC	F190210137	AC
F190210036	AC	F190210073	AC	F190210106	AC	F190210138	AC
F190210037	AC	F190210074	AC	F190210107	AC	F190210140	AC
F190210038	AC	F190210075	AC	F190210108	AC	F190210143	AC
F190210039	AC	F190210077	AC	F190210109	AC	F190210144	AC



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