



INFORMATION REGARDING PHYSICAL FITNESS TEST- MPED- PGAT 2021

Candidates those who are **appeared** in PGAT-2021 (MPed Written Test) call for PFT as per given schedule along with important documents such as **ADMIT CARD** and **AADHAR Card/ Any Government issued ID Proof**.

DATE- Dec 13th (Monday) to Dec 16th (Thursday), 2021

REPORTING TIME- 08:00 A.M.

VENUE- MCC Ground/ Gymnasium, Science Faculty, University of Allahabad, Prayagraj

NOTE-Detail schedule (Roll Number AND Date wise) will be informed shortly.

PHYSICAL FITNESS TEST

Physical Fitness Test (PFT): Marks will be awarded in Physical Fitness on the basis of performance in

- 1000 Meters Run/Walk,
- 50 Meters Sprint,
- Standing Broad Jump and
- Over Head Back Throw

IMPORTANT INSTRUCTION: -

Social distancing measures as per GOI guideline in current scenario of COVID-19 to ensure health & safety. Candidates are required to adhere to guidelines and new process of social distancing and hygiene to ensure safety & health of their own and fellow candidates.

The candidate should submit a medical certificate through registered **Government Medical Officer** just before the PFT (on the test day).

The candidate take part in PFT at their own risk and responsibility, as well as, risk of injury, the University shall not have any responsibility in the event of any such miss happening taking place. The University will not be responsible for any compensation arising out of injury during the normal course of study.

The candidate should wear proper sports wears and shoes during PFT.



MPED PHYSICAL FITNESS TEST

PERFORMANCE CONVERSION TABLE

50 METERS SPRINT

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
5.7 and Below	100	8.6	38	6.7 and Below	100	9.6	38
5.8	97	8.7	37	6.8	97	9.7	37
5.9	95	8.8	36	6.9	95	9.8	36
6.0	93	8.9	35	7.0	93	9.9	35
6.1	90	9	34	7.1	90	10	34
6.2	87	9.1	33	7.2	87	10.1	33
6.3	85	9.2	32	7.3	85	10.2	32
6.4	83	9.3	31	7.4	83	10.3	31
6.5	80	9.4	30	7.5	80	10.4	30
6.6	77	9.5	29	7.6	77	10.5	29
6.7	75	9.6	28	7.7	75	10.6	28
6.8	73	9.7	27	7.8	73	10.7	27
6.9	70	9.8	26	7.9	70	10.8	26
7.0	68	9.9	25	8.0	68	10.9	25
7.1	66	10	24	8.1	66	11	24
7.2	64	10.1	23	8.2	64	11.1	23
7.3	62	10.2	22	8.3	62	11.2	22
7.4	60	10.3	21	8.4	60	11.3	21
7.5	58	10.4	20	8.5	58	11.4	20
7.6	56	10.5	19	8.6	56	11.5	19
7.7	54	10.6	18	8.7	54	11.6	18
7.8	52	10.7	17	8.8	52	11.7	17
7.9	50	10.8	16	8.9	50	11.8	16
8.0	48	10.9	15	9.0	48	11.9	15
8.1	46	11	14	9.1	46	12	14
8.2	44	11.1	13	9.2	44	12.1	13
8.3	42	11.2	12	9.3	42	12.2	12
8.4	40	11.3	11	9.4	40	12.3	11
8.5	39	11.4 and above	10	9.5	39	12.4 and above	10



**MPED Physical Fitness Test
PERFORMANCE CONVERSION TABLE
STANDING BROAD JUMP**

Men		Women	
Distance (Meters)	Points	Distance (Meters)	Points
2.80 and above	100	2.30 and Above	100
2.75-2.79	96	2.25-2.29	96
2.70-2.74	92	2.20-2.24	92
2.65-2.69	88	2.15-2.19	88
2.60-2.64	84	2.10-2.14	84
2.55-2.59	80	2.05-2.09	80
2.50-2.54	77	2.00-2.04	77
2.45-2.49	74	1.95-1.99	74
2.40-2.44	71	1.90-1.94	71
2.35-2.39	68	1.85-1.89	68
2.30-2.34	65	1.80-1.84	65
2.25-2.29	62	1.75-1.79	62
2.20-2.24	59	1.70-1.74	59
2.15-2.19	56	1.65-1.69	56
2.10-2.14	53	1.60-1.64	53
2.05-2.09	50	1.55-1.59	50
2.00-2.04	48	1.50-1.54	48
1.95-1.99	46	1.45-1.49	46
1.90-1.94	44	1.40-1.44	44
1.85-1.89	42	1.35-1.39	42
1.80-1.84	40	1.30-1.34	40
1.75-1.79	38	1.25-1.29	38
1.70-1.74	36	1.20-1.24	36
1.65-1.69	34	1.15-1.19	34
1.60-1.64	32	1.10-1.14	32
1.55-1.59	30	1.05-1.09	30
1.50-1.54	28	1.00-1.04	28
1.45-1.49	26	0.95-0.99	26
1.40-1.44	24	0.90-0.94	24
1.35-1.39	22	0.85-0.89	22
1.30-1.34	20	0.80-0.84	20
1.25-1.29	19	0.75-0.79	19
1.20-1.24	18	0.70-0.74	18
1.15-1.19	17	0.65-0.69	17
1.10-1.14	16	0.60-0.64	16
1.05-1.09	15	0.55-0.59	15
1.04 and Below	14	0.54 and Below	14



MPED Physical Fitness Test
PERFORMANCE CONVERSION TABLE

OVERHEAD BACK THROW

Men (3 Kg.)		Women (2 Kg.)	
Distance (Meters)	Points	Distance (Meters)	Points
15.00 and above	100	12.50 and above	100
14.50	94	12.00	94
14.00	89	11.50	87
13.50	84	11.00	81
13.00	79	10.50	76
12.50	74	10.00	71
12.00	69	9.50	66
11.50	66	9.00	61
11.00	63	8.50	57
10.50	60	8.00	53
10.00	57	7.50	49
9.50	54	7.00	45
9.00	51	6.50	41
8.50	48	6.00	38
8.00	45	5.50	35
7.50	42	5.00	32
7.00	39	4.50	29
6.50	36	4.00	26
6.00	33	3.50	23
5.50	30	3.00	20
5.00	28		
4.50	26		
4.00	24		
3.50	22		
3.00 and below	20		



**MPED Physical Fitness Test
PERFORMANCE CONVERSION TABLE**

1000 METERS RUN / WALK

Men				Women			
Timing (Sec)	Points	Timing (Sec)	Points	Timing (Sec)	Points	Timing (Sec)	Points
2:50 & Below	100	3:31-3:32	59	3:50 & Below	100	4:31-4:32	59
2:51	99	3:33-3:34	58	3:51	99	4:33-4:34	58
2:52	98	3:35-3:36	57	3:52	98	4:35-4:36	57
2:53	97	3:37-3:38	56	3:53	97	4:37-4:38	56
2:54	96	3:39-3:40	55	3:54	96	4:39-4:40	55
2:55	95	3:41-3:42	54	3:55	95	4:41-4:42	54
2:56	94	3:43-3:44	53	3:56	94	4:43-4:44	53
2:57	93	3:45-3:46	52	3:57	93	4:45-4:46	52
2:58	92	3:47-3:48	51	3:58	92	4:47-4:48	51
2:59	91	3:49-3:50	50	3:59	91	4:49-4:50	50
3:00	90	3:51-3:52	49	4:00	90	4:51-4:52	49
3:01	89	3:53-3:54	48	4:01	89	4:53-4:54	48
3:02	88	3:55-3:56	47	4:02	88	4:55-4:56	47
3:03	87	3:57-3:58	46	4:03	87	4:57-4:58	46
3:04	86	3:59-4:00	45	4:04	86	4:59-5:00	45
3:05	85	4:01-4:02	44	4:05	85	5:01-5:02	44
3:06	84	4:03-4:04	43	4:06	84	5:03-5:04	43
3:07	83	4:05-4:06	42	4:07	83	5:05-5:06	42
3:08	82	4:07-4:08	41	4:08	82	5:07-5:08	41
3:09	81	4:09-4:10	40	4:09	81	5:09-5:10	40
3:10	80	4:11-4:12	39	4:10	80	5:11-5:12	39
3:11	79	4:13-4:14	38	4:11	79	5:13-5:14	38
3:12	78	4:15-4:16	37	4:12	78	5:15-5:16	37
3:13	77	4:17-4:18	36	4:13	77	5:17-5:18	36
3:14	76	4:19-4:20	35	4:14	76	5:19-5:20	35
3:15	75	4:21-4:22	34	4:15	75	5:21-5:22	34
3:16	74	4:23-4:24	33	4:16	74	5:23-5:24	33
3:17	73	4:25-4:26	32	4:17	73	5:25-5:26	32
3:18	72	4:27-4:28	31	4:18	72	5:27-5:28	31
3:19	71	4:29-4:30	30	4:19	71	5:29-5:30	30
3:20	70	4:31-4:33	29	4:20	70	5:31-5:33	29
3:21	69	4:34-4:36	28	4:21	69	5:34-5:36	28
3:22	68	4:37-4:39	27	4:22	68	5:37-5:39	27
3:23	67	4:40-4:42	26	4:23	67	5:40-5:42	26
3:24	66	4:43-4:45	25	4:24	66	5:43-5:45	25
3:25	65	4:46-4:48	24	4:25	65	5:46-5:48	24
3:26	64	4:49-4:51	23	4:26	64	5:49-5:51	23
3:27	63	4:52-4:54	22	4:27	63	5:52-5:54	22
3:28	62	4:55-4:57	21	4:28	62	5:55-5:57	21
3:29	61	4:58-5:00	20	4:29	61	5:58-6:00	20
3:30	60	5:01 and Above	19	4:30	60	6:01 and Above	19