

## Norms For B.P.Ed. /M.P.Ed. Entrance 2024-2025

### FITNESS TEST

### SPORTS PARTICIPATION

(Max Marks - 20)

#### Cooper's 12 min run/walk Test (Max Marks 20)

#### Level of Participation

Marks

| Male                   |      | Female                 |      | S.N. |  | Marks |
|------------------------|------|------------------------|------|------|--|-------|
| Distance<br>(in meter) | Mark | Distance<br>(in meter) | Mark |      |  |       |
| 1300 - 1399            | 1    | 1100 - 1199            | 1    | 3    | School state in 1 game (Central & State Govt.)   | 3     |
| 1400 - 1499            | 2    | 1200 - 1299            | 2    | 4    | School state 2 games or more (Central & State Govt.)                                       | 4     |
| 1500 - 1599            | 3    | 1300 - 1399            | 3    | 5    | School state 1 <sup>st</sup> /2 <sup>nd</sup> place holder                                 | 5     |
| 1600 - 1699            | 4    | 1400 - 1499            | 4    | 6    | Open state in 2 or more games (All Affiliated game)  | 6     |
| 1700 - 1799            | 5    | 1500 - 1599            | 5    | 7    | School National/SGFI/Santosh trophy  | 7     |
| 1800 - 1899            | 6    | 1600 - 1699            | 6    | 8    | Open National (not affiliated to All)  | 8     |
| 1900 - 1999            | 7    | 1700 - 1799            | 7    | 9    | Inter college (Sector H.E.) in 1 games   | 9     |
| 2000 - 2099            | 8    | 1800 - 1899            | 8    | 10   | Inter college (Sector H.E.) 1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> place holder | 10    |
| 2100 - 2199            | 9    | 1900 - 1999            | 9    | 11   | Inter college (Sector H.E.) in 2 or more games   | 11    |
| 2200 - 2299            | 10   | 2000 - 2099            | 10   | 12   | Inter sector (State H.E.) in 1 game, International Participation (not affiliated to All)   | 12    |
| 2300 - 2399            | 11   | 2100 - 2199            | 11   | 13   | Inter sector (State H.E.) 1 <sup>st</sup> /2 <sup>nd</sup> /3 <sup>rd</sup> place holder   | 13    |
| 2400 - 2499            | 12   | 2200 - 2299            | 12   | 14   | Inter sector (State H.E.) in 2 or more games   | 14    |
| 2500 - 2599            | 13   | 2300 - 2399            | 13   | 15   | Open national in 1 game (All Affiliated game, Organized by Federation/Association)         | 15    |
| 2600 - 2699            | 14   | 2400 - 2499            | 14   | 16   | Inter University in 1 game, open National 2 or more game, Ranji & Vizzy Trophy             | 16    |
| 2700 - 2799            | 15   | 2500 - 2599            | 15   | 17   | Inter University 2 or more games/Inter University Zonal level place holder                 | 17    |
| 2800 - 2899            | 16   | 2600 - 2699            | 16   | 18   | Inter University All India place holder (medal winner)/ Khelo India Participation          | 18    |
| 2900 - 2999            | 17   | 2700 - 2799            | 17   | 19   | Inter National Participation (Olympic, Asian and Commonwealth Games)                       | 19    |
| 3000 - 3099            | 18   | 2800 - 2899            | 18   | 20   | Inter National (Medal Winner) (Olympic, Asian and Commonwealth Games)                      | 20    |
| 3100 - 3199            | 19   | 2900 - 2999            | 19   |      |  |       |
| 3200m and above        | 20   | 3000m and above        | 20   |      |  |       |

  

| S.N. | Achievements   | (Max Marks - 10) |
|------|--|------------------|
| 1    | NCC/NSS Camp   | 1                |
| 2    | Sports/ Tournament organization Experience (School/College/ District)                | 2                |
| 3    | Sports/ Tournament organization Experience (State/National/University/International) | 3                |
| 4    | NCC 'A'/NSS 'A' Certificate  | 4                |
| 5    | NCC 'B'/NSS 'B' Certificate  | 5                |
| 6    | NIS 6 Weeks Course   | 6                |
| 7    | NCC 'C'/NSS 'C' Certificate  | 7                |
| 8    | NIS 6 Weeks Course in 2 games  | 8                |
| 9    | NIS 6 Weeks Course in 3 games  | 9                |
| 10   | NIS Diploma (1 Year)   | 10               |

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23/5/24

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