

Department of Physical Education & Sports Sciences
(Faculty of Inter-disciplinary & Applied Sciences), University of Delhi, C/O
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SPORTS PROFICIENCY WEIGHTAGE CRITERIA FOR B.P.ED. AND M.P.ED. 2022-23 (MM-20)

1. Sports Proficiency Weightage (SPW-1) International:

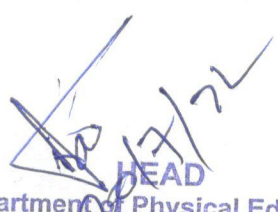
Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded out of 20	Certificate issuing Authority
Represented India in Olympic Games/World Championship/World Cup/Common Wealth Games/Asian Games/Asian Championship/South Asian Games/Paralympic Games	Gold	20	IOC/ISF/CGF/OCA/ SAOC/ IPC/IOA/NSF Recognized and Funded by Ministry of Youth Affairs & Sports (MYAS), Govt. of India.
	Silver	15	
	Bronze	13	
	Participation	12	

2. Sports Proficiency Weightage (SPW-2):

Note: List of Games/Sports to be considered for Awarding the Sports Proficiency Marks i.e. SPW-2 to SPW-7 is like this:-

***Team Games:** Baseball (M), Basketball (M&W), Cricket (M&W), Football (M&W), Handball (M&W), Hockey (M&W), Kabaddi (M&W), Kho-Kho (M&W), Netball (W), Softball (W) and Volleyball (M&W)

***Dual & Combat Sports:** Badminton (M&W), Boxing (M&W), Gymnastics (M&W), Judo (M&W), Squash (M&W), Table-Tennis (M&W), Taekwondo (only Kyorugi) (M&W), Tennis (M&W) and Wrestling (Only Free Style) (M&W).


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***Individual Sports:** Archery (only recurve and compound) (M&W), Athletics (M&W), Chess (M&W), Diving (M&W), Shooting (only 10 meter Pistol and 10 meter Air Rifle) (M&W), Swimming (M&W) and Weight Lifting (M&W).

***Special Note:** Yoga is allowed only for Khelo India University Games, Khelo India Youth Games, All India Inter University Championship and Inter College Championship

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
Sr. National/ All India Interstate/All India Interzonal/ National Games/ Federation Cup/ Khelo India Games * Note: only Listed Games will be considered)	Gold	10	Respective National Sports/Games Federation/ Association that must be Affiliated with I.O.A. except Organizing body of Khelo India Games under the Ministry of Youth Affairs and Sports, GOI & Cricket (BCCI).
	Silver	8	
	Bronze	6	
	Participation	4	

3. Sports Proficiency Weightage SPW-3:

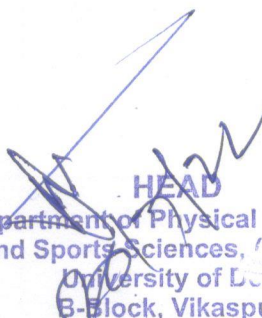
Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
Youth Championship/ Youth Khelo India Games * Note: only Listed Games will be considered)	Gold	9	Respective National Sports/Games Federation/ Association that must be Affiliated with I.O.A. except Organizing body of Khelo India Games under the Ministry of Youth Affairs and Sports, GOI & Cricket (BCCI).
	Silver	7	
	Bronze	5	

4. Sports Proficiency Weightage SPW-4:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
A.I.U. * Note: only Listed Games will be considered)	Gold	8	A.I.U. **Respective University
	Silver	7	
	Bronze	6	

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	Participation**	5	which has been represented by the Participant.
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5. Sports Proficiency Weightage SPW-5:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
Zonal Inter University. * Note: only Listed Games will be considered)	Gold	6	Respective University which has been represented by the Participant.
	Silver	5	
	Bronze	4	
	Participation	3	

6. Sports Proficiency Weightage SPW-6:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
National Rural Women Championship/National Youth Championship/ National Sports Festival * Note: only Listed Games will be considered)	Gold	4	Respective Organizing Body of Ministry of Youth Affairs and Sports, GOI.
	Silver	3	
	Bronze	2	

7. Sports Proficiency Weightage SPW-7:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
State Championship/ Inter College Championship * Note: only Listed Games will be considered)	Gold	3	Respective State's Sports/ Games Federation/ Association that should be affiliated with respective National Federation/ Association and further it should be affiliated IOA except Cricket (BCCI)/ respective organizing body of the University.
	Silver	2	
	Bronze	1	


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I. Description of Physical Fitness Test for Admission to B.P.Ed. & M.P.Ed. (2022-23) MM=20 Marks

Note: Five Times candidates of the available seats in each category will be called for Sports Proficiency and Fitness Test as per written test merit

The Modified Canadian Physical Fitness Test will be used. A brief description of the test is given below:

Male	Female
(a) 8'6" Long Jump	(a) 5'6" Long Jump
(b) Vaulting Horse Jump of 5' height	(b) Vaulting Horse Jump of 4' height
(c) 7 times Crossing Over the width of 6' River.	(c) 5 times Crossing Over the Width of 4' River.
(d) Crossing over the Hurdle of 91.4 cms. height.	(d) Crossing over the Hurdle 76.2 cms. height.
(e) Forward Roll on Mat. (one)	(e) Forward Roll on Mat. (one)
(f) Sprinting from the end line after one Forward Roll on Mat to finish line/starting point.	(f) Sprinting from the end line after one Forward Roll on Mat to finish line/starting point.

Note:

1. Candidate seeking admission to various courses shall be required to complete the physical fitness test as above without any foul irrespective of time limit.
2. However marks will only be awarded to a candidate in accordance with the table-I. In case a Candidate clocks a time which is not mentioned in table I (More than 38 seconds) such candidate will not be awarded any marks for his/her performance. If a candidate clocks 23.15 seconds or less then, 20 marks will be awarded.
3. Maximum of three chances/Trials will be given to each candidate.
4. If a candidate leaves the test incomplete he/she shall be disqualified for that trial/chance.


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J. Physical Fitness Test Marking Scheme for Admission to B.P.Ed. & /or M.P.Ed. (2022-23)


Time Taken (in Second)	Score	Time Taken (in Second)	Score	Time Taken (in Second)	Score
38.15	0.00	31.40	9.00	24.65	18.00
38.00	0.20	31.25	9.20	24.50	18.20
37.85	0.40	31.10	9.40	24.35	18.40
37.70	0.60	30.95	9.60	24.20	18.60
37.55	0.80	30.80	9.80	24.05	18.80
37.40	1.00	30.65	10.00	23.90	19.00
37.25	1.20	30.50	10.20	23.75	19.20
37.10	1.40	30.35	10.40	23.60	19.40
36.95	1.60	30.20	10.60	23.45	19.60
36.80	1.80	30.05	10.80	23.30	19.80
36.65	2.00	29.90	11.00	23.15	20.00
36.50	2.20	29.75	11.20		
36.35	2.40	29.60	11.40		
36.20	2.60	29.45	11.60		
36.05	2.80	29.30	11.80		
35.90	3.00	29.15	12.00		
35.75	3.20	29.00	12.20		
35.60	3.40	28.85	12.40		
35.45	3.60	28.70	12.60		
35.30	3.80	28.55	12.80		
35.15	4.00	28.40	13.00		
35.00	4.20	28.25	13.20		
34.85	4.40	28.10	13.40		
34.70	4.60	27.95	13.60		
34.55	4.80	27.80	13.80		
34.40	5.00	27.65	14.00		
34.25	5.20	27.50	14.20		
34.10	5.40	27.35	14.40		
33.95	5.60	27.20	14.60		
33.80	5.80	27.05	14.80		
33.65	6.00	26.90	15.00		
33.50	6.20	26.75	15.20		
33.35	6.40	26.60	15.40		
33.20	6.60	26.45	15.60		
33.05	6.80	26.30	15.80		
32.90	7.00	26.15	16.00		
32.75	7.20	26.00	16.20		
32.60	7.40	25.85	16.40		
32.45	7.60	25.70	16.60		
32.30	7.80	25.55	16.80		
32.15	8.00	25.40	17.00		
32.00	8.20	25.25	17.20		
31.85	8.40	25.10	17.40		
31.70	8.60	24.95	17.60		


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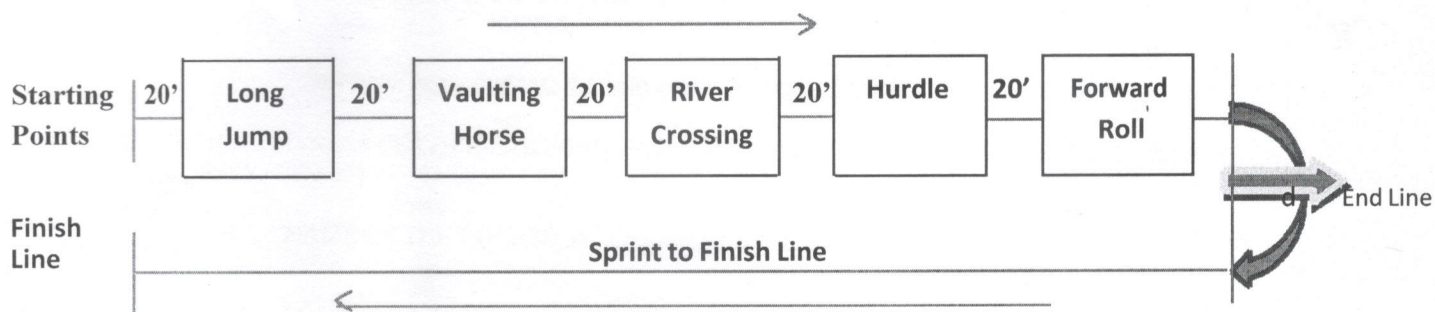
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31.55	8.80	24.80	17.80		
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A Candidate will be awarded marks on the basis of above table. For example, if a candidate clocks 28.10 seconds the marks to be awarded will be 13.40 and so on. However, if a candidate clocks 23.15 seconds and below then he/she will be awarded 20 marks. Further, if a candidate clocks 23.16 seconds & above but below 23.30 seconds he/she will be awarded 19.80 marks.


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K. Illustration of Physical Fitness Test for Admission to B.P.Ed & M.P.Ed (2022-23)



The Candidate will sprint after crossing the End Line up to Finish Line/Starting Point							
Course		Long Jump	Vaulting Horse	River Crossing	Hurdles	Forward Roll	Sprint
B.P.Ed. & M.P.Ed.	MEN	8'6"	5'	6' (7 times)	91.4cms	On mat (one)	Sprint to Finish Line
	WOMEN	5'6"	4'	4' (5 times)	76.2 cms	One mat (one)	


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G. MEDICAL FITNESS CERTIFICATE FORM FOR ADMISSION TO B.Sc. (PE, HE & S) B P.Ed. /M.P.Ed.
COURSES (2022-23)

1. NAME OF THE COURSE
2. NAME:
3. AGE & GENDER.....
4. FATHER'S NAME
5. MOTHER'S NAME
6. PULSE:
7. B.P.:
8. WEIGHT:
9. HEIGHT:
11. CHEST CIRCUMFERENCE: NORMAL AND EXPANDED:.....
11. CVS:
12. CHEST:
13. ABDOMEN:
14. EYE: (i) Colour Vision..... (ii) Visual acuity.....
(a) Without Glasses..... (b) With Glasses.....
15. After careful personal Examination of Mr. / Ms.....

I hereby certify that he/she is fit to take Physical Fitness Test of the PG admission test 2019-20
(University of Delhi).

SIGNATURE OF CANDIDATE

SIGNATURE OF MEDICAL OFFICER

(with stamp, Registration Number, Mobile No.)

(Medical Officer should have a minimum of M.B.B.S. Degree)