

SPORTS PROFICIENCY WEIGHTAGE CRITERIA FOR B.Sc. (PE,HE&S) 2022-23 (MM-30)

Note:

- a) As per Eligibility Criteria for admission to B.Sc. Physical Education, Health and Sports, 50% weightage will be given to CUET scores and 50% weightage is for the performance-based test.

Entrance Test 50 %

Sports Proficiency Award 50 %

- (i) Sports Proficiency Certificate = 30%
(ii) Sports Proficiency Fitness = 20%

- b) There can be a maximum of three highest Sports Proficiency certificates to be attached with application, keeping in view the complexities of Sports Performance. Only highest Sports Achievement will be awarded as Sports Proficiency Marks.
- c) One Medical Fitness Certificate of the applicant should be attached with the application form. (Sample Copy attached)
- d) Seven (07) times of the number of sanctioned seats will be considered based upon CUET merit for admission process 2022-23
- e) Sports Achievement/s for the award of Sports Proficiency Mark i.e. cut of date 1st April 2017 (from 1st April, 2017 to 30th June 2022) for the admission process 2022-23 will be considered.

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

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded out of 30	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	30	IOC/ISF/CGF/OCA/ SAOC/ IPC/IOA/NSF Recognized and Funded by Ministry of Youth Affairs & Sports (MYAS), Govt. of India.
	Silver	25	
	Bronze	23	
	Participation	21	

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-6 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 Kyesugi) (M&W), Tennis (M&W) and Wrestling(only freestyle)(M&W).

***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).

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*Special Note: Yoga is allowed only for Khelo India School Games and SGFI (Games)

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
Sr. National/Jr. National/ All India Interstate/All India Interzonal/ National Games/ Federation Cup/ Khelo India Games * Note: only Listed Games will be considered)	Gold	18	Respective National Sports Federation/Association that must be Affiliated with I.O.A. except Khelo India Games & Cricket (BCCI).
	Silver	15	
	Bronze	13	
	Participation	8	

3. Sports Proficiency Weightage SPW-3:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
National School Games Federation of India/ Khelo India Schools Games. * Note: only Listed Games will be considered)	Gold	14	SGFI/ Ministry of Youth Affairs and Sports, Govt. of India authorized body.
	Silver	12	
	Bronze	10	
	Participation	7	

4. Sports Proficiency Weightage SPW-4:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
Inter-district State Championship/ State Championship/ Women National Championship/ Rural National Championship/ CBSE National/ KVS National/ DAV National Championship. * Note: only Listed Games will be considered)	Gold	6	Respective State's Games/ Sports Body that should be affiliated with National Body which is further affiliated with IOA.
	Silver	5	
	Bronze	4	


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5. Sports Proficiency Weightage SPW-5:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
School State Championship/ Delhi Schools Inter Zonal/Distt. Level (Open) Championship/Navodya National/Public Schools National/CBSE Regional/State Women Rural Championship/ National Sainik School Championship * Note: only Listed Games will be considered)	Gold	4	Respective Organizing Body.
	Silver	3	
	Bronze	2	

6. Sports Proficiency Weightage SPW-6:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
Delhi School Zonal/ KVS Regional/ CBSE Cluster/ Navodya Regional/ DAV Regional/ Regional Sainik School Championship * Note: only Listed Games will be considered)	Gold	3	Respective Organizing Body.
	Silver	2	
	Bronze	1	


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D. DESCRIPTION OF PHYSICAL FITNESS TEST FOR ADMISSION TO B.SC. (PE, HE & SPORTS) (2022-23)


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

b) Fitness test and Medical Certificate is mandatory for Physical Fitness Test on the Prescribed format provided by the Department that is available on the site.

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


Male	Female
(a) 8' Long Jump	(a) 5' Long Jump
(b) Vaulting Horse Jump of 5' height	(b) Vaulting Horse Jump of 4' height
(c) 7 times Crossing Over the width of 4'8" River.	(c) 5 times Crossing Over the Width of 3' 6" 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:


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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-H. In case a candidate clocks a time which is not mentioned in table H (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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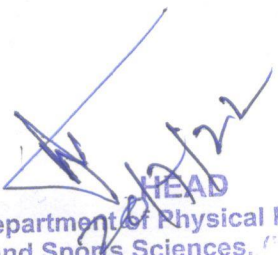
E. Physical Fitness Test Marking Scheme for Admission to B.Sc. (PE,HE&S) 2019-20

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		
31.55	8.80	24.80	17.80		

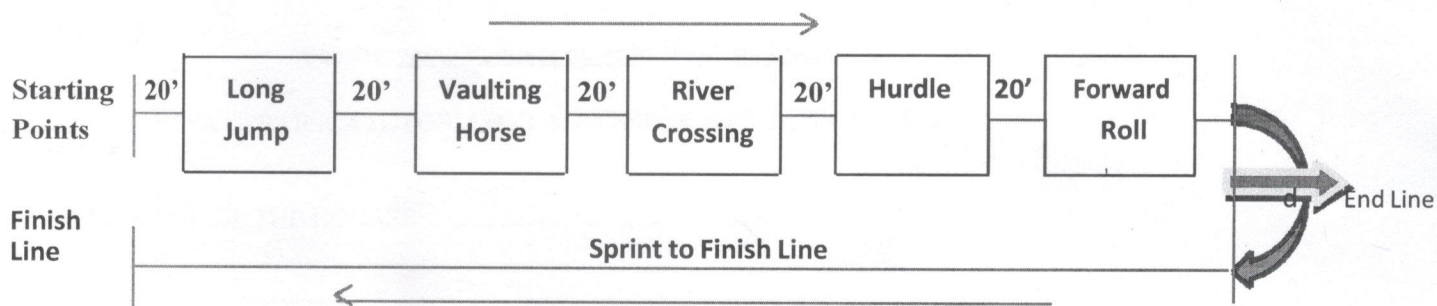

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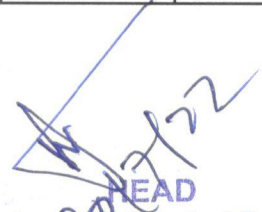
A Candidate will be awarded marks on the basis of above table. For example, if a candidate clocks 28.10 seconds the marks to be awarded will be 13.40 and so on. However, if a candidate clocks 23.15 seconds and below then he/she will be awarded 20 marks. Further, if a candidate clocks 23.16 seconds &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


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F.Illustration of Physical Fitness Test for Admission to B.Sc. (PE, HE & Sports) 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.Sc. (PE, HE&S)	MEN	8'	5'	4'8" (7 times)	91.4cms	On mat (one)	Sprint to Finish Line
	WOMEN	5'	4'	3'6" (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:
10. 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)


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