



**Shri Ram College, Muzaffarnagar**  
(An Autonomous College)  
**Department of Physical Education**

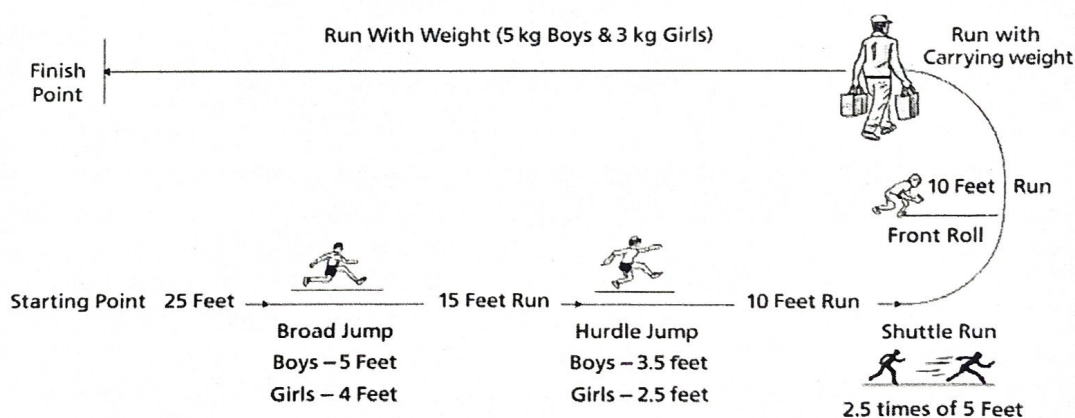
**Schedule for the Fitness Test of the Admission BPES, B. P. Ed. & M. P. Ed.**

(Session 2025–26)

Date & Course	Time	Venue
15th September 2025 (BPES)	09:00 A.M.	Shri Ram Sports Complex, Shri Ram College, Muzaffarnagar, UP
16th September 2025 (B. P. Ed.) & (M. P. Ed.)	09:00 A.M.	Shri Ram Sports Complex, Shri Ram College, Muzaffarnagar, UP

**Test for B. P. Ed. & M. P. Ed. : Modify Canadian Physical Fitness Test**

**Canadian Test (For B.P. Ed. & M.P. Ed Admission)**



**Qualifying Standards of the physical fitness Test for Admission (B. P. Ed. & M. P. Ed.)**

❖ **Time: Male: 35 seconds**

**Female: 40 seconds**

**Physical Fitness test items**

1. Board jump (male) 5 feet & 4 feet (female)
2. Hurdle jump (male 3 feet & female 2.5 feet high)
3. Shuttle run 2.5 times of 5 feet
4. Front roll
5. Carrying weight 5 kg (male) & 3 kg (female)

**Result Criteria for B. P. Ed & M. P. Ed.**

1. The fitness test is only qualifying in nature.
2. Final merit list will be prepared on the basis of marks obtained in Graduation/qualifying examination plus applicable weight age.
3. In case of a tie:
  - i. First preference → Candidate with earlier Date of Birth
  - ii. If still tied → Alphabetical order of candidate's name will be considered.

**Physical Fitness test items and minimum and qualifying standard for Admission BPES**

1. 50 Meter Run-8.00 sec for Men and 9.00 sec for Women
2. Standing Broad Jump---1.65 Meter for Men and 1.15 Meter for Women
3. 1000 Meter Run----5.00 Min for Men and 6.00 Min for Women

**Note:** The candidate must qualify in two events out of three, if first two events are clear than third event should not be required.

**Result Criteria for BPES**

1. The fitness test is only qualifying in nature.
2. Final merit list will be prepared on the basis of marks obtained in applicable weight age.

**Important Instructions for Physical Fitness Test – Admission (BPES / B.P.Ed. / M.P.Ed.)**

1. Only one attempt will be given for each test item. However, in special/adverse circumstances, a second attempt may be permitted at the discretion of the organizing committee.
2. Pregnant female candidates will not be permitted to undergo the physical fitness test. If a pregnant candidate appears for the test, the responsibility will lie entirely with the candidate herself.
3. All candidates must bring a printed copy of their online registration form.
4. All candidates must bring their original Academic, Sports, Cast Category Certificates, along with two sets of self-attested photocopies.
5. All candidates must get the following Affidavit printed on 10 Stamp Paper and duly signed before appearing in the Physical Fitness Test.
6. In case of any injury sustained during the test, the entire responsibility shall rest with the candidate. The Admission Committee and Shri Ram College will not be held responsible in any manner.
7. All candidates must bring a Medical Fitness Certificate, certified by a recognized medical/government institution.

  
(Prof. P. rerna/Mittal)

Principal  
Shri Ram College, Muzaffarnagar

  
(Mrs. Nectu Singh)

Admission Coordinator  
Shri Ram College, Muzaffarnagar

  
(Parmod Kumar)

Chairman, Sports Council  
Shri Ram College, Muzaffarnagar