



Shri Ram College, Muzaffarnagar
(An Autonomous College)
Affiliated to Maa Shakumbhari University, Saharanpur

Date: 21.08.2026

Admission Notice / Circular

Subject: Admission to B. P. Ed., M. P. Ed. and BPES Programmes – Session 2026–27

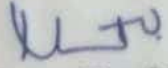
This is to inform all eligible students and prospective applicants that Shri Ram College (Autonomous), Muzaffarnagar is conducting the Physical Fitness Test for admission to the following programmes offered by the Department of Physical Education:

1. Bachelor of Physical Education (B. P. Ed.)
2. Master of Physical Education (M. P. Ed.)
3. Bachelor of Physical Education and Sports (BPES)

The **Physical Fitness Test for admission** will be conducted as per the following schedule:

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

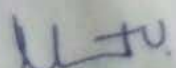
Date & Course	Time	Venue
1 September 2026 (BPES)	09:00 A.M.	Shri Ram Sports Complex, Shri Ram College, Muzaffarnagar (An Autonomous College)
2 September 2026 (B. P. Ed.) & (M. P. Ed.)	09:00 A.M.	Shri Ram Sports Complex, Shri Ram College, Muzaffarnagar (An Autonomous College)


(Neetu Singh)

Admission Coordinator

Copy to:

1. The Chairman, Governing Body, Shri Ram College, Muzaffarnagar – for kind information and perusal.
2. The Principal, Shri Ram College, Muzaffarnagar – for kind information.
3. The Controller of Examinations, Shri Ram College, Muzaffarnagar – for information and necessary action.
4. The Finance Officer, Shri Ram College, Muzaffarnagar – for information and necessary action.
5. The Head of Department, Department of Physical Education, Shri Ram College, Muzaffarnagar – for information.
6. College Website, for information and wide circulation.
7. Guard File, for record.


(Neetu Singh)

Admission Coordinator

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.

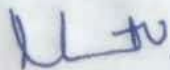
Documents to Bring Important Instructions for Physical Fitness Test – Admission

1. 6 Recent passport-size photographs.
2. Aadhaar Card/valid identity proof.
3. High School Certificate and Mark Sheet.
4. Intermediate Certificate and Mark Sheet.
5. Graduation Mark Sheet/Degree, wherever applicable.
6. Transfer/Migration Certificate, wherever applicable.
7. Category Certificate, if applicable.
8. Other documents as required for the respective programme.
9. A printed copy of the online registration form.
10. Original academic, sports and category certificates, along with two sets of self-attested photocopies, wherever applicable.
11. Prescribed affidavit on ☐ 10/- stamp paper, duly completed and signed, before appearing in the Physical Fitness Test.
12. A Medical Fitness Certificate issued/certified by a recognized medical/government institution.
13. Candidates must report at the venue at least 30 minutes before the scheduled test time.
14. Candidates must wear proper sports attire and sports shoes suitable for the Physical Fitness Test.
15. Candidates participating in the Physical Fitness Test do so at their own risk. In case of any injury sustained during the test, the candidate shall be responsible for the same, subject to applicable law and institutional rules.
16. Candidates must produce all original documents for verification at the time of the Physical Fitness Test/admission. Admission will be subject to fulfillment of the prescribed eligibility criteria and successful document verification.



(Prof. Parerna Mittal)
Principal

Shri Ram College, Muzaffarnagar
(An Autonomous College)

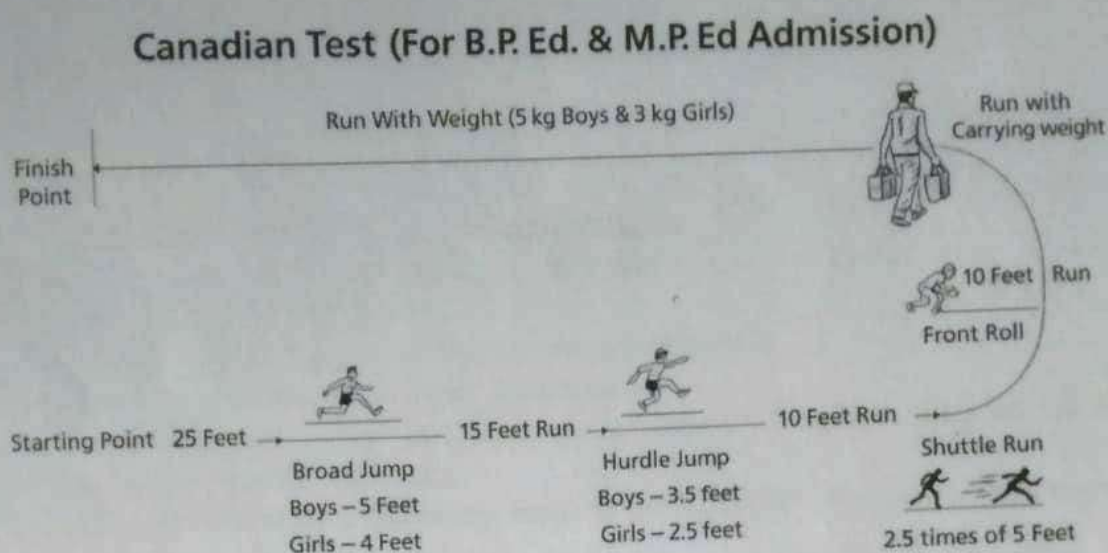


(Mrs. Neetu Singh)
Admission Coordinator
Shri Ram College, Muzaffarnagar
(An Autonomous College)



(Parmod Kumar)
Chairperson, Sports Council
Shri Ram College, Muzaffarnagar
(An Autonomous College)

Test for B. P. Ed. & M. P. Ed. : The Physical Fitness Test for B.P.Ed. and M.P.Ed. admission will be based on the **Modified Canadian Physical Fitness Test.**



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 5 feet (male) & 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.

Affidavit

Photo

I, Mr./Ms. _____,

Son/Daughter of Shri _____,

Resident of _____

do hereby solemnly affirm.

1. That I am applying for admission in BPES / B. P. Ed. / M. P. Ed. Course at Shri Ram College, Muzaffarnagar
2. That I will participate in the Physical Fitness Test organized by Shri Ram College, Muzaffarnagar
3. That I do not suffer from any disease, mental or bodily infirmity, or disability that may make me unfit
4. I am not pregnant at the time of the Physical Fitness Test. (In case of female candidate)
5. That in case of any injury or health issue during the test, I will bear the whole responsibility myself, and the College / Admission Committee will not be held responsible in any manner.
6. That I am **not currently employed** in any Government, Semi-Government, Private, or other organization.
7. That I am **not currently enrolled or studying** in any other University, College, or educational institution.
8. That all the documents provided by me (Academic, Sports, Cast Category Certificates, etc.) are true, genuine and correct to the best of my knowledge.

Date: _____ Place: _____

Signature of Candidate: _____ Name of Candidate: _____

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

Score Sheet for Admission in BPES Courses (Session 2025-26)

Applied Course : _____
Reg. No.: _____
Mobile No.: _____
Candidate Name: _____
Father's Name: _____
Mothers Name: _____
Gender: _____ Category: _____



Physical Fitness Test

Result:

Obstacle	50 Meter Run	Standing Broad Jump	1000 Meter Run	
Result (Q/NQ)				

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

Sports Weight age (Max. 10 Marks)

S. No.	Position	National		Jr. National/Inter Univ.		State/Cluster		Obtained
		Individual	Team	Individual	Team	Individual	Team	
1	1 st	10	9	9	6	6	5	
2	2 nd	9	8	8	5	5	4	
3	3 rd	8	7	7	4	4	3	
4	4 th	7	6	6	3	3	2	
5	Participation	6	5	5	2	2	1	

Physical Fitness Test (Qualify/Not Qualify) + Sports Weight age = _____

Candidate signature: _____ Examiner signature: _____

Declaration:

Certified that I, Mr./Ms. _____, Son/Daughter of Shri _____,

_____ hereby declare that:

1. I do not have any disease, mental or bodily infirmity, or disability that may make me unfit for the BPES Physical Fitness Test.
2. If at any stage I am found suffering from any disease or declared unfit for the Physical Fitness Test, or if any type of injury occurs during the test, I shall bear the whole responsibility myself and the College/authorities shall not be held responsible.
3. (In case of girl candidate) I am not pregnant.
- 4.

Date: _____

Candidate Signature: _____

Shri Ram College, Muzaffarnagar

(An Autonomous College)

Department of Physical Education

Score Sheet for Admission in B. P. Ed. / M. P. Ed. Courses (Session 2025-26)

Applied Course : _____
Reg. No.: _____
Mobile No.: _____
Candidate Name: _____
Father's Name: _____
Mothers Name: _____
Gender: _____ Category: _____

Photo

(A) Sports Weight age (Max. 16 Marks)

Level of Participation/Position	Marks	Obtained
International Participation (Only)	16	
Senior National (1st-3rd Place)	15	
Senior National Participation	14	
All India Inter-University (1st-3rd Place)	13	
Inter-University Participation	12	
Inter-University Zonal (1st-3rd Place)	10	
Inter-University Zonal Participation	9	
State Level (1st-3rd Place)	07	
State Level Participation	06	
Inter-Collegiate (1st-3rd Place)	04	
Inter-Collegiate Participation	03	
District Level (1st-3rd Place)	02	
District Level Participation	01	

(B) University/Other Weight age (Max. 4 Marks)

Weight age	Marks	Obtained
Graduate of M S University, Saharanpur	04	
NCC C/G-II Certificate	03	
NCC B/G-I Certificate	02	
NSS 240 hrs + 2 Camps (7 & 10 days)	03	
NSS 240 hrs + 1 Camp (7/10 days)	02	
NSS 240 hrs + 120 hrs Camp	01	

(C) Academic Marks (80 Marks);

(D) Physical Fitness Test (Qualify/Not Qualify)

Obstacle	Broad Jump	Hurdle Jump	Shuttle Run	Front Roll	Weight Carrying	Time Qualify
Q/NQ						

Total (A+B+C) = _____

Candidate signature: _____ Examiner signature: _____

Declaration:

Certified that I, Mr./Ms. _____, Son/Daughter of Shri _____

_____ hereby declare that:

- I do not have any disease, mental or bodily infirmity, or disability that may make me unfit for the B. P. Ed. / M. P. Ed. Physical Fitness Test.
- If at any stage I am found suffering from any disease or declared unfit for the Physical Fitness Test, or if any type of injury occurs during the test, I shall bear the whole responsibility myself and the College/authorities shall not be held responsible.
- (In case of girl candidate) I am not pregnant.

Date: _____

Candidate Signature: _____