

Students will be evaluated as per the standard criteria given in Annexure I

ANNAXURE - I

Ready Reckoner for M.P. Ed Physical Efficiency Tests

Marks	Tests for Men					Tests for Women				
	Shuttle Run 4X10 M.	Sit and Reach	Standing Broad Jump	Sit Ups (One min)	Medicine Ball Throw (2 Kg.)	Shuttle Run 10X4 M.	Sit and Reach	Standing Broad Jump	Sit Ups (One min)	Medicine Ball Throw (1 Kg)
	Second	Centimetre	Meter	Numbers	Meter	Second	Centimetre	Meter	Numbers	Meter
10	Less than 9.91	Above 15 cm	Above 2.30	Above 35	Above 10	Less than 11.00	Above 20cm	Above 1.80	Above 30	Above 10
09	9.90 to 10.10	13-15 cm	2.10 to 2.29	30-34	9.50 to 9.99	11.01 to 11.50	18-20 cm	1.60 to 1.79	25-29	9.50 to 9.99
08	10.11 to 10.40	10-12 cm	1.90 to 2.09	25-29	9.00 to 9.49	11.51 to 12.00	15-17 cm	1.40 to 1.59	20-24	9.00 to 9.49
07	10.41 to 10.70	7-9 cm	1.70 to 1.89	20-24	8.50 to 8.99	12.01 to 12.50	12-14 cm	1.20 to 1.39	17-19	8.50 to 8.99
06	10.71 to 11.20	4-6cm	1.50 to 1.69	17-19	8.00 to 8.49	12.51 to 13.00	9-11cm	1.00 to 1.19	14-16	8.00 to 8.49
05	11.21 to 11.70	1-3 cm	1.30 to 1.49	14-16	7.00 to 7.99	13.01 to 13.50	6-8 cm	0.90 to 0.99	11-13	7.00 to 7.99
04	11.71 to 12.20	-2-0 cm	1.10 to 1.29	11-13	6.00 to 6.99	13.51 to 14.00	3-5cm	0.80 to 0.89	8-9	6.00 to 6.99
03	12.21 to 12.70	-5- (-3) cm	0.90 to 1.09	8-10	5.00 to 5.99	14.01 to 14.50	0-2cm	0.70 to 0.79	6-7	5.00 to 5.99
02	12.71 to 13.20	-8- (-6) cm	0.80 to 0.89	5-7	4.00 to 4.99	14.51 to 15.00	-3- (-1) cm	0.60 to 0.69	4-5	4.00 to 4.99
01	Above 13.20	Above (-8) cm	Below 0.80	Less than 5	Less than 4	Above 15.00	Above (-3) cm	Below 0.60	Less than 4	Less than 4

Note:- 1. Weight of Medicine Ball For Men 2 Kg. And For Women 1 Kg.

2. The Medicine ball throw must follow the following instructions .

- a) The Athlete sits on the floor with his legs fully extended ,feet 24 inches apart and the back against a wall
 - b) The ball is held with the hands on the side and slightly behind the center and back against the center of the chest .The forearms are positioned parallel to the ground.
 - c) The Athlete throws the medicine ball vigorously as far straight forward as he can while maintaining the back against the wall.
 - d) The distance will be measured from the wall to where the ball lands in meters.
3. Sit ups should be performed with bending knees and keeping both hand behind neck.

A. DESCRIPTION OF TESTS

1] 4 x 10 Meters Shuttle Run Test :

Equipments: Two blocks of wood (2" x 2" x 4"), stopwatches and marking powder.

Test Administration: Two parallel lines are marked on the floor 10 meters apart. The two wooden blocks are placed behind one of the lines. The subject is asked to start from behind the other line. On the signal ready? Go, the timer starts the watch and the subject runs towards the blocks, picks-up one block, runs back to the starting line, places the block behind the starting line, runs back and picks-up the second block to be carried back across the starting line. As soon as the second block is placed on the ground, the timer stops the watch and records the time.

Scoring: The time is recorded to the nearest 10th of a second as the score of the test item.

Rules: Only one trial shall be allowed unless the teacher believes the pupil has not had a fair opportunity.

2] Sit and Reach Test:

Purpose: This test measures the flexibility of the lower back and hamstring muscles.

Equipment: Sit and Reach Box

Procedure: This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor- the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one

reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at least two seconds while the distance is recorded. Make sure there are no jerky movements.

Scoring: The score is recorded to the nearest centimeter or half inch as the distance reached by the hand. Some test versions use the level of the feet as the zero mark.

3] Standing Broad Jump Test:

Purpose : This test measures the power of legs in jumping horizontal distance.

Equipments: Floor, mat or long jump pit may be used, measuring tape, marking tape /chalk or a peg.

Test Administration: A demonstration of the standing broad jump will be given to a group of subjects to be tested. The subject will be asked to stand behind the starting line with the feet parallel to each other. The subject will be instructed to jump as farthest as possible by bending knees and swinging arms to take off for the broad jump in the forward direction.

Scoring: The distance between the starting line and the nearest point of landing provides the score of the test. The best performance (maximum distance) out of three trials will be recorded in meters as the final score of the test.

4] Sit-Ups (One Min.):

Equipments: Clean floor, mat, or dry turf and stopwatch.

Description: The pupil lies on the back with the knees bent, feet on the floor, and heels not more than 12 inches (30.48 cm) from the buttocks. The angle at the knees should be less than 90 degrees. The pupil puts the hands on the back of the neck with fingers clasped and places the elbows squarely on the mat, floor, or turf. The pupil's feet are held by his or her partner to keep them in touch with the surface. The pupil tightens the abdominal muscles and brings the head and elbows forward as he or she curls up, finally touching the elbows to the knees. This action constitutes one sit-up. The pupil returns back to the starting position with his elbows on the surface before he sits up again. The timer gives the signal Ready? Go!, and the sit-up performance is started on the word Go! Performance is stopped on the word stop. The number of correctly executed sit-ups performed in 60 seconds is recorded as the score.

Rules: Only one trial shall be allowed unless the teacher believes the pupil has not had a fair opportunity.

Scoring: Record the number of correctly executed sit-ups in 60 seconds.

5] Medicine Ball Throw:

Purpose : This test is used to measure the power of arms and shoulder girdles .

Equipments: A Medicine ball of 2 Kg for men and 1 Kg for women, marking materials and measuring tape.

Test administration:

- a) The Athlete sits on the floor with his legs fully extended, feet 24 inches apart and the back against a wall.
- b) The ball is held with the hands on the side and slightly behind the center and back against the center of the chest. The forearms are positioned parallel to the ground.
- c) The athlete throws the medicine ball vigorously as far straight forward as he can while maintaining the back against the wall.
- d) The distance will be measured from the wall to where the ball lands in meters.
- e) Each subject will be given two trials.

Scoring: The longest distance will be measured in meters will be the score of the test.

B. DETAILS OF THE FIELD TEST

Only CET appeared candidates will be allowed for the Field Test.

Candidates will have to produce the hall ticket of online CET Exam duly signed by the online CET exam Authority.

Field Test will be conducted only on the Field Test Center mentioned on the HallTicket.

There will be no any change in the Field Test Center once allotted in any circumstances.

1. Action Against candidates found guilty of Misconduct/ use of Unfair Means:

Candidates are advised in their own interest **that they should not furnish any particulars that are false, tampered with or fabricated and should not suppress any material information while submitting on-line application. At the time of examination or in subsequent admission procedure, if a candidates (or has been) found guilty of:-**

- i. Using unfair means
- ii. Impersonating or procuring impersonification by any person or
- iii. Misbehaving in the Examination Hall or disclosing, publishing, reproducing, or any information therein in whole or part thereof in any form or by any means, verbal or written, electronically or mechanically for any purpose or
- iv. Resorting to any irregular or improper means in connection with his/her candidature or
- v. Obtaining support of his/her candidature by unfair means, or
- vi. Carrying Mobile Phones or similar electronic devices of communication in the examination hall, such a candidate may, in addition to rendering himself/herself liable to criminal prosecution, be liable to be disqualified from the examination/admission for which he/she is a candidate. The candidate himself/herself will be responsible for the possible consequences.
- vii. Any unruly behavior/misbehavior in the Examination Hall will result in the cancellation of the candidature.