

UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI-2.

No.F.1-40/89(P.S)

2/10 Oct., 1995

The Registrar,

Sub:- Minimum qualifications prescribed for the appointment
of Physical Education Personnel in Universities and
Colleges.

.....
Sir/Madam,

I am directed to say that in pursuance of the revision of scales of pay of Physical Education Personnel in Universities and Colleges as notified by the Govt. of India, Ministry of HRD, Department of Education vide letter No.F.1-21/87-U.I dated 22nd July, 1988, the University Grants Commission had under consideration the revision of minimum qualifications required for the recruitment for the Physical Education Personnel in Universities and Colleges. These qualification has since been finalised and approved by the Commission in consultation with the Ministry of HRD, Department of Education.

These Regulations have been sent to Assistant Controller Commercial, Govt. of India, Department of Publications, (Urban Development and Employment) Civil Lines, Delhi for publication in the Gazette of India.

A copy of the notification is enclosed herewith for your information and necessary action. It is requested that the contents of the above letter may please be brought to the notice of Colleges affiliated to your University.

Receipt of this letter may please be acknowledged.

Yours faithfully,

D.B. Singh

(D.B. Singh)

Under Secretary

Encl: As above.

To be published in the Gazette of India Part-III Section - 4.

UNIVERSITY GRANTS COMMISSION
BAH DUB SHAH ZAFAR MARG
NEW DELHI-110002

No.F.1-40/89(CPP/PS)

Dated:-

19/10/95

NOTIFICATION

In exercise of the powers conferred by Clause (e) of sub-section (1) of section 25 read with section 14 of University Grants Commission Act, 1956 (3 of 1956), and in supersession of the Government of India Notification No. F.1-1/82 UI dated 15th December, 1982, the University Grants Commission hereby makes the following regulations, namely:-

1. Short Title, application and Commencement:

(1) These regulations may be called the University Grants Commission (Qualifications required of a person to be appointed to the post of Assistant Director, Deputy Director and Director of Physical Education & Sports in Universities, deputed to be Universities, colleges and Institutions affiliated to it) Regulations, 1995.

- (ii) They shall apply to every University established or incorporated by or under a Central Act, Provisional Act or a State Act, every institution including a constituent or an affiliated college recognised by the Commission, in consultation with the University concerned under Clause (f) of Section 2 of the UGC Act, 1956 and every institution deemed to be a University under Section 3 of the said Act.
- (iii) They shall come into force with immediate effect.

2. Qualifications:

No person shall be appointed to the posts of Assistant Director, Deputy Director and Director of Physical Education & Sports in Universities, deemed to be Universities/Colleges or in any of institutions including constituent or affiliated colleges recognised under Clause (f) of Section 2 of the UGC Act, 1956 or in an institution deemed to be a university under Section 3 of the said Act in the subject if he does not fulfill the requirement as to the qualifications for the post of Asstt. Director, Deputy Director and Director of Physical Education & Sports as provided in the Schedule-I.

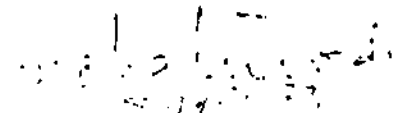
Provided that any relaxation in the prescribed qualifications can only be made by a University in regard to the posts under it or any of the institutions including constituent or affiliated colleges recognized under Clause (f) of Section 2 of the aforesaid Act or by an institution deemed to be a university under Section 3 of the said Act with the prior approval of the USC.

Provided further that these regulations shall not be applicable to such cases where selection through duly constituted selection committees for making appointments to the posts of Asstt. Director, Deputy Director and Director of Physical Education & Sports in Universities, deemed to be universities, colleges have been made prior to the enforcement of these regulations.

3. Consequences of failure of Universities to comply with recommendations of the Commission; as per provisions of Section 14 of the USC Act, 1956:

If any university grants affiliation in respect of any course of study to any college referred to in sub-Section (5) of Section 13-A in contravention of the provisions of that sub-section or fails within Three Years to comply with any recommendation made

by the Commission under Section 14 or Section 15, or contravene the provisions of any rule made under Clause (f) or Clause (c) of sub-Section (2) of Section 25 or of any regulation made under Clause (c) or Clause (f) or Clause (g) of Section 26, the Commission, after taking into consideration the cause, if any, shown by the University for such failure or contravention, may withhold from the University the grants proposed to be made out of the fund of the Commission.


(Inderjit Khanna)
Secretary

Minimum qualifications required for the appointment for the posts of Assistant Director, Deputy Director and Directors of Physical Education Sports in Universities/Colleges.

DESIGNATIONS, QUALIFICATION AND PAY SCALES :

- (a) University Assistant Director of Physical Education and Sports/College DPEs (Lecturer Scale) (Rs. 2200-75-2800-100-4000).
- (i) Master's Degree in Physical Education (2 years course) Master's Degree in Sports (2 years course) of NS, NIS, Patiala with atleast 55% marks or its equivalent grade plus a consistently good academic record.
 - (ii) Record of having represented the University/College at the Inter University/Inter-Collegiate competitions or the State in National Championship.
 - (iii) Qualifying at the National Test conducted for the purpose by the UGC or any other agency approved by the UGC.
- (b) University Assistant DPEs/College DPEs (Senior Scales) (Rs. 3000-100-3500-125-5000)
- (i) Should have completed eight years of service as an University Assistant DPEs/College DPEs.
 - (ii) Pass the Physical Fitness Test.
 - (iii) consistently good appraisal reports.
 - (iv) should have attended atleast two refresher/orientation courses of about three-four weeks duration each with proper and well defined evaluation procedure.
- (c) University Assistant DPEs/College DPEs (Selection Grade) (Rs. 3700-125-4950-150-5700)
- (i) Completed eight years of service as an University Assistant DPEs/College DPEs in the Senior Scale provided the requirements of 8 years will ^{be} relaxed if the total service of the university

Assistant DPES/College DPES is not less than 16 years.

- (ii) Has attended atleast two refresher/orientation courses, of about three-four weeks duration with proper and well defined evaluation procedure after his placement in the scale of Rs.3000-5000.
 - (iii) Shown evidence of having produced good teams/athletes and of having organised and conducted coaching camps of atleast two weeks duration.
 - (iv) Passed the Physical Fitness Test.
 - (v) Consistently good appraisal reports.
- (d) University Deputy DPES/College DPES (Reader's Scale) (Rs.1700-125-4950-150-5700) (Direct Entry).
- (i) Ph.D. in Physical Education Candidates from outside the University system in addition shall also possess atleast 55% marks or an equivalent grade at the Master's Degree level.
 - (ii) Eight years experience as an University Assistant DPES/College DPES.
 - (iii) Evidence of organising competitions and conducting ~~coaching~~ camps of atleast two weeks duration.
 - (iv) Evidence of having produced good performance teams/athletes for competitions like State/National/Inter University/Combined University etc.
 - (iv) Passed the Physical Fitness Test.
 - (v) Consistently good appraisal reports.
- (e) University DPES (Rs.4500-150-5700-200-7300)
- (i) Ph.D. in Physical Education.

- (ii) Experience of atleast eight years as University Deputy or 12 years as University Assistant DPES/College DPES (Selection Grade).
- (iii) Participation in atleast two National/International Seminars/Conferences..
- (iv) Consistently good appraisal reports.
- (v) Evidence of organising competitions and conducting coaching camps of atleast two weeks duration.
- (vi) Evidence of having produced good performance teams/athletes for competitions like State/National/Inter University/combined University etc.
- (vii) Passed the Physical Fitness Test.**

2.1. OTHER RELATED ISSUES

- (i) Promotion to Selection Grade

Promotion to the Selection grade will be through a process of selection by a selection committee to be set up by the University. The Committee should include atleast two outside experts in Physical Education and Sports, not connected with the University or its colleges.

(ii) Incentives for M.Phil. and Ph.D.

"Candidates who, at the time of their recruitment as Assistant Directors of Physical Education in Universities, and Directors, Instructors of Physical Education in Colleges, possess M.Phil. or Ph.D. degrees in Physical education as the case may be, will be sanctioned one and three advance increments respectively in the scale of Rs.2200-4000 alongwith the benefit of corresponding years of service for the purpose of promotion. The existing incumbents without research degrees and those similarly situated recruited in future, will be eligible for a similar benefit in service for the purpose of promotion as and when they acquire research degrees but will not be eligible for advance increments. Existing incumbents with research degrees will also be eligible for a similar benefit".

(iii) Orientation Programmes

- a) The details of the orientation programme will be those as formulated by the Padmanabhan Committee (Annexure-I). However, the course should be reviewed continuously and modified from time to time to meet the requirements.
- b) The orientation/refresher programmes for the Directors of Physical Education is to be conducted by LNCPE, Gwalior and Aligappa University. In addition to these two institutions, the DGC may also consider identifying a few more institutions Annexure - II region-wise to ensure further (about 5000) participation of University/College DPE personnel in these programmes.

(iv) National Test

National Test be conducted by the UGC or any other agency approved by the UGC for selection of the University Assistant Directors, Physical Education/ College DPEs in Lecturer's scales, as per the guidelines given in Annexure-II.

(v) Physical Fitness Test

The model guidelines, including the norms for Physical Fitness Test in respect of the SFC personnel are as per Annexure-III for the guidance of the Universities.

Courses of Study for Refresher Courses-Duration
of "Five" Weeks

Course No.1 (For Senior Scale)

Cluster of Subjects to be offered in First Course

1. Physical Fitness
2. Rules of Games and Sports
3. Philosophical, Psychological and Social Concept of Physical Education and sports (Principles).
4. Organisation and Administration of Intramurals and Mass Sports Programme.
5. Recent Trends-national, International Policies on Education and Physical Education and sports.

PRACTICAL

1. Practical Participation in Sports/Physical Fitness Program
2. Officiating and Coaching
3. Tests and Measurements

FIELD PROJECTS

A | The trainee should attend one National Tournament and one Athletic Meet of National level and prepare a critical report, any time before each assessment becomes due.

EVALUATION

Each Paper (including Practicals) will carry 50 mks. and the questions will be in the form of Objective or short answer types.

Course No.2 (For Selection Scale)

1. Measurement and Evaluation and Statistics

2. Rules of Games and Sports.
3. Scientific Methods of Training and Coaching.
4. Curriculum Development related to College and University levels.
5. Bio-mechanics of Sports Techniques.

PRACTICAL

1. Practical Participation in Sports/Physical Fitness Programme.
2. Officiating and Coaching
3. Tests and Measurements.

FIELD PROJECTS

The trainees should attend one National Tournament and one Athletic Meet of National Level and prepare a critical report, any time before each assessment becomes due.

EVALUATION

Each Paper (including Practicals) will carry 50 marks and the questions will be in the form of Objective or short answer types.

Course No. 3 (For Professor Scale)

I. COMPULSORY

1. Exercise Physiology and Sports Medicine
2. Rules of Games and Sports

II. OPTIONAL (Any two of the following)

1. Design and Construction of Physical Education and Sports Facilities.
2. Recent trends in Physical Education & Sports (Planning and Management of Sports facility, sponsorship, sports Management, use of computers in sports, organisation of sports tournament etc.)
3. Introduction of Computer Application in Physical Education/sports.

PRACTICAL

1. Practical Participation in Sports/Physical Fitness Programme
2. Officiating and Coaching
3. Tests and Measurements.

FIELD PROJECTS

The trainee should attend one National Tournament and one Athletic Meet of National Level and prepare a critical report, any time before each assessment becomes due.

EVALUATION

Each Paper (including Practicals) will carry 50 marks and the questions will be in the form of Objective or short answer types.

1. PHYSICAL FITNESS

1. Definition, meaning importance and components of physical fitness.
2. Physiological systems associated with physical fitness
3. methods of physical fitness development:
 - i) Continuous running method
 - ii) Interval running method
 - iii) Circuit training method
 - iv) Weight training
 - v) Fartlek
 - vi) Acceleration runs and pace races
 - vii) Exercises for development of flexibility and coordinative abilities.
4. Tests and Measurements;
 - i) General Physical fitness tests,
 - ii) Specific fitness tests.

2. PHILOSOPHICAL, PSYCHOLOGICAL AND SOCIAL CONCEPT OF PHYSICAL EDUCATION AND SPORTS

Philosophical

- Concepts of Philosophies
- Major concerns of Philosophy
- Implication of Philosophy in Physical Education.
- Development of Philosophical point of view
- Principles derived from Philosophy.

Psychological

- Concept of Psychological *processes.*
- Sources of Psychological *foundations.*
- Learning process
- Types of learning

- Laws and Theories of Learning
- Learning Curve
- Factors promoting Motor learning
- Principles derived from Psychology

Sociological

- Concept of Sociology.
- The Nature of Man
- Social Institutions and their influence on human behaviour
- Games and Sports as man's cultural heritage
- Development of Social Unity
- Principles derived from Sociology

REFERENCE

1. Bucher, Charles A. Foundation of Physical Education, St. Louis; The D.V. Mosby com. 1968 Dollar 9.50
2. Nitton, Eugence E. and Cozens W. An Introduction to Physical Education. Philadelphia, London: W.B. Saunders Co. 1969 Dollar 7.00
3. Oberteuffer, Delbert: Physical Education, New York, Harper and Brothers Publishers, 1970, Dollar 5.95
4. Williams, Jesse Feiring : The Principles of Physical Education.

ORGANISATION AND ADMINISTRATION OF INTRAMURALS AND MASS SPORTS PROGRAMMES

1. Meaning, objectives and purposes of intramurals
2. General policies and guidelines for organisation and administration - Administration personnel.
3. Organisation-Activities scheduling, Awards and point systems
4. Units and types of tournaments.
5. Co-education intramurals-Planning and selection organisation and Administration. Guidelines.
6. Meaning and significance of mass-sports programmes.
7. Categories of mass-sports competitive, non-competitive and demonstrations.
8. Organisation and Administration of mass-sports programmes.

REFERENCES

1. Daughtery and Woods-Physical Education and Int^lmural Programmes.
 2. Charles Bucher-Administration of Physical Education and Athletic Programmes.
 3. Two experiences progressors-Organisation, Administration and Recreation in Physical Education.
 4. Clayne Jensen-Administrative Management of Physical Education and Athletic programmess.
4. RECENT TRENDS-NATIONAL AND INTERNATIONAL POLICY ON EDUCATION AND PHYSICALEDUCATION AND SPORTS.
1. National Education Policy and its impact on Physical Education.
 2. National Sports Policy
 3. UNESCO Charter on Physical Education and Sport
 4. Changing concept in Physical Education
 5. Olympism
 6. Professionalism and Sport
 7. Children and competitive Sport
 8. Women and Sport

REFERENCES

1. Government of India' National Policy on Education
 2. Government of India's national Policy on Sport
 3. UNESCO Charter on Phy. Education & Sports.
 4. News papers and Journals
5. MEASUREMENT, EVALUATION AND STATISTICS
1. INTRODUCTION

Concept of Measurement and Evaluation, Need and Importance of Measurement and Evaluation.
 2. Test Evaluation

Criteria of Test Selection, steps in constructing skill test.

3. Suggestions for Administering Tests
4. Tests of Physical Fitness, Motore Fitness, Cardio-respiratory Endurance and Skill.

STATISTICS

1. Need and Importance of Statistics
2. Measures of Central Tendency
 - Calculation of Mean, Median and Mode
3. Measures of Variability
 - Computation of Standard Deviation
4. Correlation
 - Computation of product-moment, Correlation from grouped and ungrouped data.

REFERENCE

1. Application of Measurement in Health and Physical Education By ~~D. Clarke~~ H. HARRISON CLARKE
2. Measurement in Physical Education, By Donald D. Mathew.
3. Measurement and Evaluation in Physical Education By Phillips and Hornak.
4. Research Processes in Physical Education, Recreation and Health By David Clarke and Harrison Clarke H/
5. Fundamental Statistics in Psychology and Education By J.P. Guilford.

SCIENTIFIC METHODS OF TRAINING AND COACHING

1. Sports Training-Aim, Tasks, Characteristics and Principles of Sports Training
2. Training load-Inner and outer loads important features (Intensity, Density, Duration and Frequency). Relationship between load and adaptation, conditions of adaptation.
3. Training means for the development of strength, speed, endurance, flexibility and co-ordinative abilities.
4. Training Plans-Long term development plans, Olympic plan Annual Plan, Sectional plans and day plans,

periodisation Cyclic process of training.

3. Diet for sportsmen, specific diet before competition.

7. CURRICULUM DEVELOPMENT AT COLLEGES AND UNIVERSITY LEVELS

1. Meaning and Principles of Curriculum Development.
2. Elements and Steps in Curriculum construction .
3. Organisation and Administration of Physical Education in Higher Education-Department, School and Colleges
4. Faculty and Staff.
5. Growth, development, needs and interests of college and university students.
6. Basic instruction programmeinstruction
7. Co-education curricula
8. Administrative policies.

REFERENCES

1. Cowell and Hazelto^{TV}-Curriculum designs in Physical Education
2. Daughtery and Woods-Physical Education and Intramural programme, organisation and Admn.
3. Bucher^{Charles A.}-Foundations of Physical Education. Bucher, Charles (C.S.A.)

8. BIOMECHANICS OF SPORTS TECHNIQUES

Biomechanics: Meaning and scope in Physical Education Basic Concepts

- Forms of motion
- Linear Kinematics
- Angular kinematics
- Linear Kinetic
- Angular kinetics
- Fluid mechanics; Air Resistance and Water Resistance

Techniques of Biomechanics:

- Photography-still and Motion pictures
- Electromyography
- Dynamometry
- Computer simulation

Biomechanical Analysis of Sports techniques

- Track and Field, Gymnastics
- Hockey, Football, Basketball, Volleyball
- Swimming

REFERENCES

1. James G. Hay, The Biomechanics of Sports Techniques
2. Simonian, Fundamentals of Sports Biomechanics
3. John Bunn, Scientific Principles of Coaching

9. EXERCISE PHYSIOLOGY AND SPORTS MEDICINE

Exercise Physiology

- Meaning, Concept and importance in Physical Education
- Skeletal Muscle, structure and function
- Circulatory system, composition and function
- Respiratory system, composition and function
- Metabolism-Anaerobic and Aerobic changes
- Exercise and training-effects on different systems
- nutrition and sports performance

Sports Medicine

- Concept of sports medicine
- Need and scope of sports medicine in Physical Education
- Role of sports medicine
- Prevention of injuries-principles
- Treatment of injuries
- Rehabilitation of injuries

REFERENCES

1. Fox and Mathes, Physiological Basis of Physical Education and Athletics
2. Morehouse and Miller, Exercise Physiology
3. Karpoovitch, Physiology of Muscular Activity
4. William J. F. sports medicine
5. Morehouse and Rash, sports medicine for trainer

10. DESIGN AND CONSTRUCTION OF PHYSICAL EDUCATION AND SPORTS FACILITIES.

1. The significance of construction and maintenance of Physical Education and Sports facilities.
2. principles of planning and construction of sports

facilities.

- 3. Construction and maintenance of Indoor and outdoor facilities
 - a) Construction and maintenance of outdoor facilities
 - b) Construction of Physical Education and sports facilities in an open space (Multipurpose use of open space)
 - c) Construction and maintenance of special sports grounds-Basketball, Hockey, Football, Volleyball, Badminton, Track and Cricket
 - d) Construction of multipurpose Indoor Halls.
 - e) Construction and maintenance of Swimming Pools and Gymnasiums

REFERENCES

- 1. Administrative management of Phy. Education and Athletic Programmes By Glayne R. Jenson.
- 2. Administration of Physical Education and Athletic programme by Charles A. Bucher.
- 3. Administration of Physical Education for Schools and Colleges By William L. Hughes, Esther French, Nelson G. Lahsten.
- 4. Sports Building and Playing fields By Richard Sudeel and D. Tennyson Watens.
- 5. Construction and maintenance of sports facilities. By Wilfried Ehrlet.

Psychology AND SOCIOLOGY OF SPORTS.

11. FEBB000007A000S80000000Y00BF5000T

- 1. Concept and importance of Sport Psychology
- 2. Personality-Nature of Personality, personality traits Sportsman, Relationship of Personality to sport, performance
- 3. Motivation-Role of motivation in Sport, Extrinsic and Intrinsic Motivation
- 4. Psychology of Competition-Psychological preparation for athletic excellence
- 5. Concept and importance of sport sociology
- 6. Sport a cultural product-Influence of Social Institutions on involvement and success in sport, sport involvement and self construction in a mass society.
- 7. Sport groups and organisations-composition and structure

of sport Groups, Leadership in Sport Groups, Sport Organisation, Processes and performance.

8. Importance social issues and sport. Sport and collective violence, sport and social changes.

REFERENCES

1. Alderman R.B. Psychological Behaviour in Sport, Philadelphia London, Saunder Company, 1974.
2. Cratty B.J., Psychology of Contemporary sports/Englewood cliffs N.J. Prentice Hall, Inc. 1976.
3. Cratty B.J. Psychological preparation ad Athletic Excellence, Movement Publication Inc. New York 1980.
4. Loy, McPherson, Kenyon; Sport and social system Addison Wesley Publishing Company, California 1978.
5. Loy, Mcpherson, Kenyon; Sport, Culture and Society a reader on the Sociology of sport, Lea and Gebiger, Philadelphia 1981.
6. Ball and Loy, Sport and Social Order. Addison-Wesley Publishing company Mentor Park, California, 1975.
12. Introduction to computer Science.

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Annexure-II

LIST OF SUGGESTED CENTRES FOR CONDUCTING COURSES

1. Lakshmibai National College Physical Education, Gwalior
2. Lakshmibai National College of Physical Education, (South Centre), Trivandrum.
3. Punjab University, Chandigarh
4. Guru Nanak Dev University, Amritsar.
5. Govt. College of Physical Education, Patiala.
6. Y.M.C.A. College of Physical Education, Madras.
7. H.V.P.Mandal College of Physical Education, Amravati.
8. Kalyani University, Kalyani.
9. University College of Physical Education, Bangalore.
10. University College of Physical Education, Mysore.
11. Allagappa University College of Physical Education Karaikudi
12. Annamalai University, Annamalai Nagar.
13. Kurukshetra University, Kurukshetra.
14. Maruthi College of Physical Education, Coimbatore.
15. Chandrashekhar Agashe College of Physical Education, Pune.
16. B.P.C.A.College of Physical Education, Wadala, Bombay.
17. Deptt. of Physical Education, BHU, Varanasi.
18. Deptt. of Phy. Edu. & Sports, University of Delhi, Delhi.
19. College of Sports, H.A., Hisar.
20. Deptt. of Physical Education & Sports, Gujarat University, Ahmedabad.

However, the approval to conduct courses to the above Centres is granted initially for three years.

After developing norms and conditions, all the institutes would be assessed and recognition to them may be granted.

NATIONAL TESTS FOR DPES

National Test (both written and physical fitness tests) conducted by the UGC or any other agency approved by the UGC for selection of University Assistant Director of PES/College DPES in the Lecturers Scale.

- I. Written Test
 Paper I : Common paper
 Paper II

(Suggested subjectes)

Physical fitness, Training methods, Coaching Techniques, Tests and Measurements in PE & S.

National/International competitions

Elementary statistics (measure of central tendency, variability, normal distribution, standards and non standard scales and formulation of norms).

- II. Physical Fitness Tests

Physical Fitness is the ability to carry out daily tasks with vigour and alertness, without under fatigue and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies."

The committee on Revision of pay scales on Librarians and Directors of Physical Education in universities and colleges. has stated that the Directors of Physical Education should "be in pink of condition not only when selected but also throughout his career. He should, therefore, undergo periodical fitness and stamina tests. Those who fail in these tests may have to forfeit their promotion prospects".

The three basic components of Physical Fitness are strength, muscular endurance, and cardio-respiratory endurance. The physical fitness test battery envisaged includes the three basic components of physical fitness. Floor push-ups (Men) Flex arm hang (women) to assess strength, sit-ups (men and women) to assess muscular endurance and 12 minutes run/Jog (men)/8 minutes run/jog (women) to assess cardiorespiratory endurance. A limited pilot study has been conducted with Physical Directors and MPED students and norms have been computed on a 10 point scale. Group testing can be done and points can be read off from the scoring table. Separate norms are given for men and women. Minimum points for entrance, for senior scale and for selection grade/Univ. DPES in Readers scale have been prescribed, taking into consideration the age factor.

**PHYSICAL FITNESS TEST (MEN)
SCORING TABLE**

Annexure IV

Points	Floor push-ups (straight dips) (Straight back)	Sit-ups (Bend knee continuous for one minute)	12 Mts Run jog (in meters)	PTS
10	38	48	2800	10
9	34	44	2600	9
8	30	40	2400	8
7	26	36	2200	7
6	22	32	2000	6
5	18	28	1800	5
4	14	24	1600	4
3	10	20	1400	3
2	06	16	1200	2
1	2	12	1000	1

Note: A minimum of 8 pts in each test or 27 in agg regate is prescribed at the entrance test, a minimum of 7 pts in each test or 24 pts in aggregate before moving into the senior scale and a minimum of 6 points in each test or 21 pts in aggregate before moving into the selection grade and for Univ. DPEs in Readers scale.

**PHYSICAL FITNESS TEST (WOMEN)
SCORING TABLE**

Points	I Flex arm hang (in seconds)	II Sit-ups (Bend knee for 1 minute contin- uous)	III 8 minutes for (Run/jog-(distance covered in meters)
10	55	28	1700
9	50	26	1600
8	45	24	1500
7	40	22	1400
6	35	20	1300
5	30	18	1200
4	25	16	1100
3	20	14	1000
2	15	12	900
1	10	10	800

Note: A minimum of 8 pts in each test or 27 in agg regate is prescribed at the entrance test, a minimum of 7 pts in each test or 24 pts in aggregate before moving into the senior scale and a minimum of 6 points in each test or 21 pts in aggregate before moving into the selection grade and for Univ. DPEs in Readers scale.