

Marks Allocation Chart of Physical Education Examinations Test

Sr. No.	CARDIO VASCULAR ENDURANCE (Any One)					FLEXIBILITY			MUSCULAR STRENGTH & ENDURANCE (Any one)		
	MODIFIED QUEENS COLLEGE TEST		12 MINTUE RUN WALK			SIT AND REACH TEST			BENT KNEE SIT UPS		
	Men & Women (Performance in Beats per minute)		Men (In meters)	Women (In meters)		Men (in cms)	Women (in cms)		Men (NUMBER OF SIT UPS)	Women (NUMBER OF SIT UPS)	
	Marks out of 10					Marks out of 05			Marks out of 10		
	Perform.	Marks Obt.	Perform.	Perform.	Marks Obt.	Perform.	Perform.	Marks Obt.	Perform.	Perform.	Marks Obt.
1	≤ 148	10	≥2641	≥2261	10	≥ 42.01	≥42.51	5	≥ 44	≥ 35	10
2	149 – 156	9	2461 – 2640	2111 – 2260	9	38.01 – 42.00	40.01 – 42.50	4	40 – 43	30 – 34	9
3	157 – 160	8	2351 – 2460	2001 – 2110	8	40.01 – 42.50	44.1 – 45.5	3	37 – 39	28 – 29	8
4	161 – 163	7	2271 – 2350	1941 - 2000	7	29.51 – 34.50	42.6 – 44	2	35 – 36	25 – 27	7
5	164 – 166	6	2191 – 2270	1871 – 1940	6	≤ 29.50	41.6 – 42.5	1	32 – 34	23 – 24	6
6	167 – 170	5	2131 – 2190	1811 – 1870	5				30 – 31	21 – 22	5
7	171 – 172	4	2061 – 2130	1761 – 1810	4				28 – 29	18 – 20	4
8	173 – 180	3	1971 – 2060	1681 – 1760	3				25 – 27	15 – 17	3
9	181 – 184	2	1971 – 2060	1621 – 1680	2				23 – 24	11 – 14	2
10	≥185	1	≤ 1870	≤ 1620	1				≤22	≤ 10	1
Marks based on percentile norms Ref.: Johnson, B. L. & Nelson, J. K. (1986). Practical Measurement for evaluation in physical education (3rd edn) Mc Millan Publishing Company USA. Pg. 161			(Marks based on percentile norms Ref: Hoffman J. (2006). Norms for fitness performance & health. Human Kinetics. USA. Pg. 73)			(Marks based on percentile norms Ref.: Hoffman J. (2006). Norms for fitness performance & health. Human Kinetics. USA. Pg. 102)			(Marks based on percentile norms Ref: The Cooper Institute (2006). Physical fitness specialist course and certification. Texas, USA. Pg. 29 & 36)		