



शारीरिक शिक्षा एवं खेल विभाग
Department of Physical Education and Sports
हरियाणा केन्द्रीय विश्वविद्यालय, महेन्द्रगढ़
Central University of Haryana, Mahendergarh
(संसद के अधिनियम संख्या 25)2009(के तहत स्थापित, नैक से 'ए' ग्रेड प्राप्त)
(Established vide Act No. 25 (2009) of Parliament, Accredited 'A' Grade by NAAC)

No. CUH/PHY.EDU. /2025/

30th June, 2025

Schedule of Physical Fitness Test and Sports Weightage for Admission of Master of Physical Education (M.P.Ed.) 2025-26

The admission to the Master of Physical Education (M.P.Ed.) programme 2025-26 will be as per the following criteria.

1. 50% of the CUET Marks
2. 25% of the Highest Sports Certificate Weightage as Annexure Attached.
3. 25% of the Fitness Test Score as Annexure Attached.

Final List will be displayed after the completion of Physical Fitness Test on 07.07.2025 (Monday)

The Schedule of Admission to M.P.Ed. Programme 2025-26 is as follows.

Sr. No.	Activity/Event	Date
1.	Date of Physical Fitness Test and Highest Sports Certificate Verification	07-07-2025 (Monday- Morning 06.30 A.M. onwards)
2.	Display of Category-Wise allotment list and offer of admission (First Counselling)	07-07-2025 (Monday)
3.	Online payment of Fees for first round allottee	Upto 09-07-2025 (Wednesday)
4.	Display of Vacant Seats, if any	10-07-2025 (Thursday)
5.	Display of Category-Wise allotment list and offer of admission (Second Counselling)	11-07-2025 (Friday)
6.	Online payment of Fees for Second round allottee	Upto 13-07-2025 (Sunday)
7.	Display of Vacant Seats, if any	14-07-2025 (Monday)
8.	Commencement of Classes	15-07-2025 (Tuesday)

Note:

1. Students will be provided unfurnished hostel accommodation for 06.07.2025 (Monday) night stay at a rate of Rs. 125/- in Boy's and Girl's Hostel respectively.
2. Reporting Time in the Department of Physical Education: 10.00 A.M. for Verification and submission of documents (Hard copy of Application form and relevant Supporting documents).
 - Hard copy of Application form along with copy of all the Educational Testimonials &

- need to produce Original Testimonial during verification.
- Highest Sports Achievement Certificate in Original along with hard copy.
- Medical Fitness Certificate for Physical Efficiency Test by approved Medical Practitioner.

Physical Fitness Test: 07.07.25 (Monday)

Reporting Time: 06.30 A.M. on words

- Personal Sports Kit (Proper kit is mandatory to appear in Physical Fitness Test)
 - ❖ 50 mtr Sprint
 - ❖ Overhead Medicine Ball Throw- Men - 3 Kg/ Women- 2 Kg
 - ❖ Standing Broad Jump
 - ❖ One Km Run

Department Admission Committee

For any queries you can reach us at:

1. Hodphe@cuh.ac.in
2. **Dr. Sandeep Dhull – 7042679177**
3. **Dr. Kumar P -9884944069**

Guidelines for Sports Merit Criteria for M.P.Ed. Programme (Max. 25 Marks)

1. The following marks are to be awarded for the highest performance in sports for the last three years.
 - a) A person getting any of the first three positions in the Olympic / World Game/ Commonwealth Game/ World Cup Tournaments / Asian Games/ International Championship- **25 marks**
 - b) A person representing India in the above said games / Tournaments- **20 marks**
 - c) 1st position in All India Inter-University / Senior National approved games competition conducted by the respective Federations- **16 marks**
 - d) 2nd position in the above said competitions- **15 marks**
 - e) 3rd position in the above said competitions -**14 marks**
 - f) 1st position in Zonal Inter-University competitions- **13 marks**
 - g) 2nd position in the above said competitions- **12 marks**
 - h) 3rd position in the above said competitions- **11 marks**
 - i) A person representing University in the Inter-University / State in the Senior National/ Junior Nationals Competitions - **6 marks**
 - j) 1st, 2nd or 3rd Position in State Competitions - **5 marks**

2. List of Games/ Sports for weightage

Team Games	Dual & Combat Sports	Individual Sports
Baseball (M); Basketball (M&W); Cricket (M&W); Football (M&W); Handball (M&W); Kabaddi (M&W); Kho-Kho (M&W); Netball (M&W); Softball (W) and Volleyball (M&W)	Badminton (M&W); Boxing (M&W); Gymnastics (M&W); Judo (M&W); Squash (M&W); Table-Tennis (M&W); Taekwondo (only Kyesugi) (M&W); Tennis (M&W) and Wrestling (only freestyle) (M&W)	Archery (only recurve and compound) (M&W); Athletics (M&W); Chess (M&W); Diving (M&W); Shooting (only 10-meter pistol and 10-meter Air Rifle) (M&W); Swimming (M&W) and Weight Lifting (M&W)

3. Resolving of ties:

In the case of a tie at any stage in the preparation of the merit list, candidates securing equal marks will be bracketed together. Their inter-se-merit will be determined according to the following criteria:

A candidate getting higher percentage of marks in the Overall merit (excluding weightage) shall rank higher in order of merit.

That if two or more candidates secure equal marks in (i), the candidate senior in age shall rank higher in the order of merit.

ANNEXURE-II

PHYSICAL FITNESS BATTERY TEST CUH

OVERHEAD BACKTHROW

(Performance conversion table)

Men (3 kg Medicine Ball)		Women (2 kg Medicine Ball)	
Distance (in meters)	Points	Distance (in meters)	Points
15.00 and above	100	12.50 and above	100
14.50	95	12.00	95
14.00	90	11.50	90
13.50	85	11.00	85
13.00	80	10.50	80
12.50	76	10.00	76
12.00	72	09.50	72
11.50	68	09.00	68
11.00	64	08.50	64
10.50	60	08.00	60
10.00	56	07.50	56
09.50	52	07.00	52
09.00	48	06.50	48
08.50	44	06.00	44
08.00	40	05.50	40
07.50	37	05.00	37
07.00	34	04.50	34
06.50	31	04.00	31
06.00	28	03.50	28
05.50	25	03.00	25
05.00	23	02.50	23
04.50	21	02.00	21
04.00	19	01.50	19
03.50 and above	17	01.00 and below	17

Annexure-III
STANDING BROAD JUMP
(Performance Conversion Table)

Men		Women	
Distance (Meters)	Points	Distance (in Meters)	Points
2.85 and above	100	2.35 and above	100
2.80 - 2.84	95	2.30 – 2.34	95
2.75 - 2.79	91	2.25 – 2.29	91
2.70 – 2.74	87	2.20 – 2.24	87
2.65 – 2.69	84	2.15 – 2.19	84
2.60 – 2.64	81	2.10 – 2.14	81
2.55 – 2.59	78	2.05 – 2.09	78
2.50 – 2.54	75	2.00 – 2.04	75
2.45 – 2.49	72	1.95 – 1.99	72
2.40 – 2.44	69	1.90 – 1.94	69
2.35 – 2.39	66	1.85 – 1.89	66
2.30 – 2.34	63	1.80 – 1.84	63
2.25 – 2.29	60	1.75 – 1.79	60
2.20 – 2.24	57	1.70 – 1.74	57
2.15 – 2.19	54	1.65 – 1.69	54
2.10 – 2.14	51	1.60 – 1.64	51
2.05 – 2.09	48	1.55 – 1.59	48
2.00 - 2.04	45	1.50 – 1.54	45
1.95 – 1.99	43	1.45 – 1.49	43
1.90 – 1.94	41	1.40 – 1.44	41
1.85 – 1.89	39	1.35 – 1.39	39
1.80 – 1.84	37	1.30 – 1.34	37
1.75 – 1.79	35	1.25 – 1.29	35
1.70 – 1.74	33	1.20 – 1.24	33
1.65 – 1.69	31	1.15 – 1.19	31
1.60 – 1.64	29	1.10 - 1.14	29
1.55 – 1.59	27	1.05 – 1.09	27
1.50 – 1.54	25	1.00 – 1.04	25
1.45 – 1.49	24	0.95 – 0.99	24
1.40 – 1.44	23	0.90 – 0.94	23
1.35 – 1.39	22	0.85 – 0.89	22
1.30 – 1.34	21	0.80 – 0.84	21
1.25 – 1.29	20	0.75 – 0.79	20
1.20 – 1.24	19	0.70 – 0.74	19
1.15 – 1.19	18	0.65 – 0.69	18
1.10 – 1.14	17	0.60 – 0.64	17
1.05 – 1.09	16	0.55 – 0.59	16
1.00 – 1.04	15	0.50 – 0.54	15

Annexure-IV
50 METERS SPRINT

(Performance Conversion Table)

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
5.7 and below	100	8.6	34	6.7 and below	100	9.6	34
5.8	96	8.7	32	6.8	96	9.7	32
5.9	92	8.8	30	6.9	92	9.8	30
6.0	89	8.9	29	7.0	89	9.9	29
6.1	86	9.0	28	7.1	86	10.0	28
6.2	83	9.1	27	7.2	83	10.1	27
6.3	80	9.2	26	7.3	80	10.2	26
6.4	78	9.3	25	7.4	78	10.3	25
6.5	76	9.4	24	7.5	76	10.4	24
6.6	74	9.5	23	7.6	74	10.5	23
6.7	72	9.6	22	7.7	72	10.6	22
6.8	70	9.7	21	7.8	70	10.7	21
6.9	68	9.8	20	7.9	68	10.8	20
7.0	66	9.9	19	7.0	66	10.9	19
7.1	64	10.0	18	8.1	64	11.0	18
7.2	62	10.1	17	8.2	62	11.1	17
7.3	60	10.2	16	8.3	60	11.2	16
7.4	58	10.3	15	8.4	58	11.3	15
7.5	56	10.4	14	8.5	56	11.4	14
7.6	54	10.5	13	8.6	54	11.5	13
7.7	52	10.6	12	8.7	52	11.6	12
7.8	50	10.7	11	8.8	50	11.7	11
7.9	48	10.8	10	8.9	48	11.8	10
8.0	46	10.9	09	9.0	46	11.9	09
8.1	44	11.0	08	9.1	44	12.0	08
8.2	42	11.1	07	9.2	42	12.1	07
8.3	40	11.2	06	9.3	40	12.2	06
8.4	38	11.3 and above	05	9.4	38	12.3 and above	05
8.5	36	-----	-----	9.5	36	-----	-----

Annexure-V
1000 METERS RUN /WALK
(Performance Conversion Table)

Men				Women			
Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points	Timing (Seconds)	Points
3:00 and Below	100	3:41-3:42	59	4:00 and Below	100	4:41-4:42	59
3:01	99	3:43	58	4:01	99	4:43-4:44	58
3:02	98	3:45	57	4:02	98	4:45-4:46	57
3:03	97	3:47	56	4:03	97	4:47-4:48	56
3:04	96	3:49	55	4:04	96	4:49-4:50	55
3:05	95	3:51	54	4:05	95	4:51-4:52	54
3:06	94	3:53	53	4:06	94	4:53-4:54	53
3:07	93	3:55	52	4:07	93	4:55-4:56	52
3:08	92	3:57	51	4:08	92	4:57-4:58	51
3:09	91	3:59	50	4:09	91	4:59-5:00	50
3:10	90	4:01	49	4:10	90	5:01-5:02	49
3:11	89	4:03	48	4:11	89	5:03-5:04	48
3:12	88	4:05	47	4:12	88	5:05-5:06	47
3:13	87	4:07	46	4:13	87	5:07-5:08	46
3:14	86	4:09	45	4:14	86	5:09-5:10	45
3:15	85	4:11	44	4:15	85	5:11-5:12	44
3:16	84	4:13	43	4:16	84	5:13-5:14	43
3:17	83	4:15	42	4:17	83	5:15-5:16	42
3:18	82	4:17	41	4:18	82	5:17-5:18	41
3:19	81	4:19	40	4:19	81	5:19-5:20	40
3:20	80	4:21	39	4:20	80	5:21-5:22	39
3:21	79	4:23	38	4:21	79	5:23-5:24	38
3:22	78	4:25	37	4:22	78	5:25-5:26	37
3:23	77	4:27	36	4:23	77	5:27-5:28	36
3:24	76	4:29	35	4:24	76	5:29-5:30	35
3:25	75	4:31	34	4:25	75	5:31-5:32	34
3:26	74	4:33	33	4:26	74	5:33-5:34	33
3:27	73	4:35	32	4:27	73	5:35-5:36	32
3:28	72	4:37	31	4:28	72	5:37-5:38	31
3:29	71	4:39	30	4:29	71	5:39-5:40	30
3:30	70	4:41	29	4:30	70	5:41-5:43	29
3:31	69	4:44	28	4:31	69	5:44-5:46	28
3:32	68	4:47	27	4:32	68	5:47-5:49	27
3:33	67	4:50	26	4:33	67	5:50-5:52	26
3:34	66	4:53	25	4:34	66	5:53-5:55	25
3:35	65	4:56	24	4:35	65	5:56-5:58	24
3:36	64	4:59	23	4:36	64	5:59-6:01	23
3:37	63	5:02	22	4:37	63	6:02-6:04	22
3:38	62	5:05	21	4:38	62	6:05-6:07	21
3:39	61	5:08	20	4:39	61	6:08-6:10	20
3:40	60	5:11 and above	19	4:40	60	6:11 and above	19