



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./2026/349

15th June, 2026

Schedule of Physical Fitness Test and Sports Weightage for Admission of Master of Physical Education (M.P.Ed.) 2026-27

The admission to the Master of Physical Education (M.P.Ed.) programme 2026-27 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.

The Final Merit List for M.P.Ed. admissions shall be displayed only after the completion of the Physical Fitness Tests conducted on 15.06.2026 (Monday) and 22.06.2026 (Monday), owing to the extension of the registration schedule.

The Schedule of Admission to M.P.Ed. Programme 2026-27 is as follows.

Sr. No.	Activity/Event	Date
1.	Date of Physical Fitness Test and Highest Sports Certificate Verification	15.06.2026 (Monday) & 22.06.2026 (Monday), from 06:30 A.M. onwards
2.	Display of Category-Wise allotment list and offer of admission (First Counselling)	23-06-2026 (Tuesday)
3.	Online payment of Fees for first round allottee	23-06-2026 (Tuesday) to 24-06-26 (Wednesday)
4.	Display of Vacant Seats, if any	25-06-2026 (Thursday)
5.	Display of Category-Wise allotment list and offer of admission (Second Counselling)	25-06-2026 (Thursday)
6.	Online payment of Fees for Second round allottee	25-06-2026 (Thursday) to 26-06-26 (Friday)
7.	Display of Vacant Seats, if any	27-06-2026 (Saturday)
8.	Display of Category-Wise allotment list and offer of admission (Third Counselling)	27-06-2026 (Saturday)

9.	Online payment of Fees for Third round allottee	27-06-2026 (Saturday) to 29-06-26 (Monday)
10.	Display of Category-Wise allotment list and offer of admission (Third Counselling)	30-06-2026 (Saturday)
11.	Commencement of Classes	14-07-2026 (Tuesday)

Note:

1. Hostel accommodation will be available for M.P.Ed. applicants on the nights of 14.06.2026 (Sunday) and 21.06.2026 (Sunday) in the Boys' and Girls' Hostels, respectively, at a nominal charge subject to availability and University rules.

2. Reporting Time in the Department of Physical Education is **10.00 A.M. on 15.06.2026 (Monday) and 22.06.2026 (Monday)** 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 Testimonials 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: 15.06.26 (Monday) and 22.06.2026(Monday)

- **Students who have appeared for Physical Fitness Test on 15.06.2026 need not to report on 22.06.2026**

Reporting Time: 06.30 A.M.

➤ 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

Annexure-I

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 year.
 - a) A person getting any of the first three positions in the Olympic / World Game/ Common-wealth 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

MEDICAL CERTIFICATE OF FITNESS

I have examined Shri / Kumari / Smt.
Son / Daughter of Shri aged
..... Years, of Village: P.O.
..... P.S

Dist..... State PIN and certify that, he
/ she is free from deafness, defective vision (including colour vision) or any other
infirmity, mental or physical, likely to interfere with the efficiency of his / her work and
found him / her possessing good health.

This certificate is being given to him /her for the purpose of

Signature of Candidate

(To be signed in presence of the Medical Officer)

Signature of Medical Officer:

Name of Medical Officer: Dr.

Registration No.

Dated:

Seal

Note: Medical certificate granted by a qualified medical practitioner holding at least M.B.B.S. Degree and registered with Medical Council of India, shall only be valid. The date of issue of the medical certificate should be within **one year** from the date of application.