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DEPARTMENT OF PHYSICAL EDUCATION  
PANJAB UNIVERSITY, CHANDIGARH

Dated: - 22.08.2022

Physical Efficiency Test/Admission Notice

Physical Efficiency Test for admission to B.P.Ed. 1<sup>st</sup> Semester & M.P.Ed. 1<sup>st</sup> Semester Courses will be held on 07.09.2022 at 7.30 A.M. at Panjab University Sports Grounds.

Further, the interview/counseling for the qualified candidates of Physical Efficiency Test will be held on 07.09.2022 at 2:30 P.M. in the Department of Physical Education, Arts Block-II, Panjab University, Chandigarh.

All the students are advised to come in proper Sports Kit and bring their all Original Documents and Photo ID (Aadhar Card).

| Category | Long Jump<br>(Distance) | Vaulting Horse<br>(Height) | Ditch (Distance)<br>6 Times | Hurdle<br>(Height) | Forward Roll | 100' Run with Half Body Weight |
|----------|-------------------------|----------------------------|-----------------------------|--------------------|--------------|--------------------------------|
| Men      | 11'6"                   | 6'6"                       | 6'6"                        | 3'6"               | 1            |                                |
| Women    | 8'6"                    | 4'6"                       | 4'6"                        | 3'0"               | 1            |                                |

- Note: - 1. Maximum Qualifying Time: 35 Seconds. Two Chances will be given.
2. Only those students who have qualified PU CET (PG) examination (B.P.Ed and M.P.Ed 1<sup>st</sup> Semester) are eligible to appear for Physical Efficiency Test.

*(Prof. Dalwinder Singh)*  
Chairman

Chairman  
Department of Physical Education  
Panjab University, Chandigarh

*Approved, as recommended,  
by the BOC, as per order.*

*20/8/22*