

### 20.3: B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION, AND SPORTS (B.Sc. (PE,HE & S))

1. As per Eligibility Criteria for admission to B.Sc. Physical Education, Health Education, and Sports, (B.Sc. (PE,HE&S)) 50% weightage will be given to CUET score and 50% weightage is for the Sports Performance-Based Test also called Sports Proficiency Test.
2. The Sports Proficiency Test marks of 50% will be as per the following criteria:
  - (i) Sports Certificate: 30% weightage
  - (ii) Sports Fitness: 20% weightage
3. There can be a maximum of three highest Sports certificates to be submitted in the CSAS-2022 Application form, keeping in view the complexities of Sports Performance. Only the highest Sports Achievement will be awarded as Sports Proficiency Marks.
4. One Medical Fitness Certificate of the candidate should be submitted in the application form. (refer to Annexure - IV for the prescribed format of the certificate).
5. Sports Certificates must be issued between 1<sup>st</sup> April 2017 to 30<sup>th</sup> June 2022.

#### 20.3.1 Sports Proficiency Weightage (SPW-I) International:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded out of 30	Certificate issuing Authority
Represented India in Olympic Games/ World Championship/ World Cup/ Common Wealth Games/ Asian Games/ Asian Championship/ South Asian Games/ Paralympic Games	Gold	30	IOC/ISF/CGF/OCA/ SAOC/ IPC/IOA/NSF Recognized and Funded by Ministry of Youth Affairs & Sports (MYAS), Govt. of India.
	Silver	25	
	Bronze	23	
	Participation	21	

Note: Yoga is allowed only for Khelo India School Games and SGFI (Games)

### List of Games/Sports for awarding the Sports Proficiency Marks of SPW-2 to SPW-6:

Team Games	Dual & Combat Sports	Individual Sports
Baseball (M); Basketball (M&W); Cricket (M&W); Football (M&W); Handball (M&W); Hockey (M&W); Kabaddi (M&W); Kho-Kho (M&W); Netball (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)

#### 20.3.2. Sports Proficiency Weightage SPW-2:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
Sr. National/Jr. National/ All India Interstate/All India Interzonal/ National Games/ Federation Cup/ Khelo India Games Note: only Listed Games will be considered)	Gold	18	Respective National Sports Federation/Association that must be Affiliated with I.O.A. except for Khelo India Games & Cricket (BCCI).
	Silver	15	
	Bronze	13	
	Participation	8	

#### 20.3.3. Sports Proficiency Weightage SPW-3:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
National School Games Federation of India/ Khelo India Schools Games. Note: only Listed Games will be considered)	Gold	14	SGFI/ Ministry of Youth Affairs and Sports, Govt. of India authorized body.
	Silver	12	
	Bronze	10	
	Participation	7	

#### 20.3.4. Sports Proficiency Weightage SPW-4:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
Inter-district State Championship/ State Championship/ Women National Championship/ Rural National Championship/ CBSE National/ KVS National/ DAV National Championship. Note: only Listed Games will be considered)	Gold	6	Respective State's Games/ Sports Body that should be affiliated with National Body which is further affiliated with IOA.
	Silver	5	
	Bronze	4	

### 20.3.5. Sports Proficiency Weightage SPW-5:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
School State Championship/ Delhi Schools Inter Zonal/Distt. Level (Open) Championship/Navodya National/Public Schools National/ CBSE Regional/State Women Rural Championship/ National Sainik School Championship Note: only Listed Games will be considered)	Gold	4	Respective Organizing Body.
	Silver	3	
	Bronze	2	

### 20.3.6. Sports Proficiency Weightage SPW-6:

Level of Games/ Sports Competitions	Medals/ Participation	Marks to be Awarded	Certificate issuing Authority
Delhi School Zonal/ KVS Regional/ CBSE Cluster/ Navodya Regional/ DAV Regional/ Regional Sainik School Championship. Note: only Listed Games will be considered)	Gold	3	Respective Organizing Body.
	Silver	2	
	Bronze	1	

### 20.3.7. Sports Proficiency Fitness Test

A fitness test and Medical Certificate is mandatory for the Sports Proficiency Test in the prescribed format provided by the Department of Physical Education (Annexure- IV).

The Modified Canadian Physical Fitness Test will be used. A brief description of the test is given below:

	Male		Female
(a)	8' Long Jump	(a)	5' Long Jump
(b)	Vaulting Horse Jump of 5' height	(b)	Vaulting Horse Jump of 4' height
(c)	7 times Crossing Over the width of 4'8' River.	(c)	5 times Crossing Over the Width of 3' 6" River.
(d)	Crossing over the Hurdle of 91.4 cms. height.	(d)	Crossing over the Hurdle 76.2 cms. height.
(e)	Forward Roll on Mat. (one)	(e)	Forward Roll on Mat. (one)
(f)	Sprinting from the end line after one Forward Roll on Mat to finish line/starting point.	(f)	Sprinting from the end line after one Forward Roll on Mat to finish line/starting point.

Note:

- Candidates seeking admission to (B.Sc. (PE, HE&S)) shall be required to complete the physical fitness test without any foul irrespective of the time limit.
- However, marks will only be awarded to a candidate in accordance with Table A. In case a candidate clocks a time that is not mentioned in Table A (More than 38 seconds), such a candidate will not be awarded any marks for his/her performance. If a candidate clocks 23.15 seconds or less, then 20 marks will be awarded.
- Maximum of three chances/trials will be given to each candidate.
- If a candidate leaves the test incomplete, he/she shall be disqualified for that trial/chance.



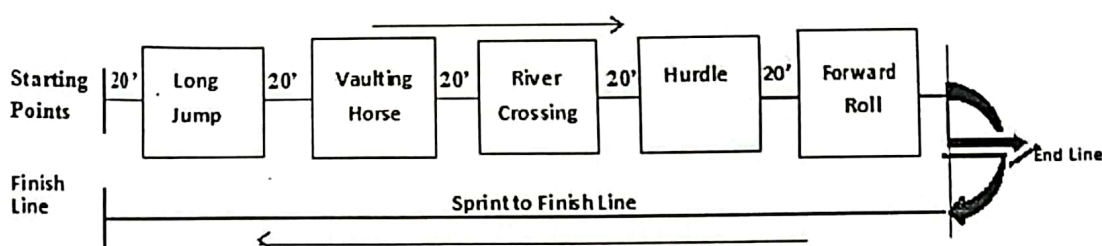
**TABLE A**

Time Taken (in Second)	Score	Time Taken (in Second)	Score	Time Taken (in Second)	Score
38.15	0.00	31.40	9.00	24.65	18.00
38.00	0.20	31.25	9.20	24.50	18.20
37.85	0.40	31.10	9.40	24.35	18.40
37.70	0.60	30.95	9.60	24.20	18.60
37.55	0.80	30.80	9.80	24.05	18.80
37.40	1.00	30.65	10.00	23.90	19.00
37.25	1.20	30.50	10.20	23.75	19.20
37.10	1.40	30.35	10.40	23.60	19.40
36.95	1.60	30.20	10.60	23.45	19.60
36.80	1.80	30.05	10.80	23.30	19.80
36.65	2.00	29.90	11.00	23.15	20.00
36.50	2.20	29.75	11.20		
36.35	2.40	29.60	11.40		
36.20	2.60	29.45	11.60		
36.05	2.80	29.30	11.80		
35.90	3.00	29.15	12.00		
35.75	3.20	29.00	12.20		
35.60	3.40	28.85	12.40		
35.45	3.60	28.70	12.60		
35.30	3.80	28.55	12.80		
35.15	4.00	28.40	13.00		
35.00	4.20	28.25	13.20		
34.85	4.40	28.10	13.40		
34.70	4.60	27.95	13.60		
34.55	4.80	27.80	13.80		
34.40	5.00	27.65	14.00		
34.25	5.20	27.50	14.20		
34.10	5.40	27.35	14.40		
33.95	5.60	27.20	14.60		
33.80	5.80	27.05	14.80		
33.65	6.00	26.90	15.00		
33.50	6.20	26.75	15.20		
33.35	6.40	26.60	15.40		
33.20	6.60	26.45	15.60		
33.05	6.80	26.30	15.80		
32.90	7.00	26.15	16.00		
32.75	7.20	26.00	16.20		
32.60	7.40	25.85	16.40		
32.45	7.60	25.70	16.60		
32.30	7.80	25.55	16.80		
32.15	8.00	25.40	17.00		

32.00	8.20	25.25	17.20		
31.85	8.40	25.10	17.40		
31.70	8.60	24.95	17.60		
31.55	8.80	24.80	17.80		

A Candidate will be awarded marks on the basis of Table A. For example, if a candidate clocks 28.10 seconds the marks to be awarded will be 13.40, and so on. However, if a candidate clocks 23.15 seconds and below then he/she will be awarded 20 marks. Further, if a candidate clocks 23.16 seconds & above but below 23.30 seconds he/she will be awarded 19.80 marks.

### Illustration of Physical Fitness Test for Admission to B.Sc. (PE, HE & Sports) 2022-23



The Candidate will sprint after crossing the End Line up to Finish Line/Starting Point						
	Long Jump	Vaulting Horse	River Crossing	Hurdles	Forward Roll	Sprint
MEN	8'	5'	4' 8" (7 times)	91.4cms	On mat (one)	Sprint to Finish Line
WOMEN	5'	4'	3' 6" (5 times)	76.2 cms	One mat (one)	