

Date & time: 01/08/2023(9:00AM)

at Dr. Meghnad Saha College Ground

Subject - Physical Education (Major) **Physical Fitness Test** Scoring Table

1. Boys/ Girls 600 Meters Run/walk Test

		Boys					Score
Time	< 2.00 Minute	2.01 min. – 2:30 min.	2.31 min. – 2:40 min.	2.41 min. – 2:50 min.	>2.51 min. –		
Score	25	20	15	10	05		
		Girls					Score
Time	<1.50 Minute	1.51 min. – 2:00 min.	2.01 min. – 2:10 min.	2.11 min. – 2:20 min.	>2.21 min. –		
Score	25	20	15	10	05		

2. Boys/ Girls Backward Direction Overhead Shot-put

		Boys					Score
Distance	< 8.00 Meter	9.01M – 11:00M	11.01M – 12.00M.	12.01M –13.00M	>13.01Meter		
Score	5	10	15	20	25		
		Girls					Score
Distance	< 6.00 Meter	6.01M – 6:50M	6.51M – 7.00M.	7.01M –7.50M	>7.51 Meter		
Score	5	10	15	20	25		
	Total Score(100)	(1+2) add Best of 5(.....)					

3. Bend knee Sit ups

		Boys					Score
No.	>20	21-30	31-40	41-50	>50		
Score	5	10	15	20	25		
		Girls					Score
No.	>10	11-15	16- 20	21-25	>26		
Score	5	10	15	20	25		
	Total Score(100)	(1+2) add Best of 5(.....)					

1. Note; No 3 Bend knee sit Ups is the alternative of Boys/ Girls 600 Meters Run/walk Test due to weather Condition.