

ANNEXURE-II

BACK GROUND OF PHYSICAL EFFICIENCY TEST

Andhra Pradesh state government has been pioneer in promoting Physical literacy for all age groups. In Andhra Pradesh for the selection of candidates for admission into colleges of Physical Education courses i.e U.G.P.Ed/ B.P.Ed a common entrance test is conducting and meritorious candidates are allotted to different colleges. The test is based on organizing Physical Events.

Andhra Pradesh Government first time introduced Teacher Eligibility Test (TET) for physical Education candidates. 20 marks for APTET (20%) weightage and 80 marks for Teacher Recruitment Test (TRT)-2018. Among 80 marks, 50 marks are allocated for theory part (MCQs) and remaining 30 marks are allocated for conduct of Physical Efficiency Test to ensure that well qualified and competent Physical Education candidates get selected so as to promote quality of physical Education.

The following events to be organised under Physical Efficiency Test :-

- | | | | |
|--------------|--|---|------------------|
| 1. Runs | - 100mts for all (Men and Women)
(Or)
400mts for Women
(Or)
800mts for Men | } | -10 Marks |
| 2. Jumps- | High Jump (Or) Long Jump(both Men & Women) | | -10 Marks |
| 3. Throws- | Shot Put (Compulsory) | | -10 Marks |
| Total | | | -30 Marks |

(Note:- Every participant should participate in one run, one Jump and throw (Compulsory) as per his/her option.)

For participation of candidate in the Physical Efficiency Test events will be awarded one mark per each event.

Physical Efficiency Test events will be conducted as shown above both for men and women for six different age categories i.e

- < 25 years
- 26-30 years
- 31-35 years
- 36-40 years
- 41-45 years
- > 46 years

Performance of events (Runs) will be measured in time expressed in seconds, and events like jumps and throws will be measured in meters. The performance of the Candidate in the above three events is significantly dependent on age and gender. Accordingly tables are shown to measure the performance and award of marks under six different age groups both men and women are shown below.

Physical Efficiency Test

TOTAL MARKS: 30 (Run-10 marks, Jump-10 marks and Throw-10 marks)

Norms for Six Age category groups for Run, Jump and Throw for Male and Female

MALE:- RUN:100 Meters/ 800 Meters (can choose any one)

JUMP: LONG JUMP/ HIGH JUMP (can choose any one)

SHORT PUT: Compulsory.

FEMALE:- RUN:100 Meters/ 400 Meters (can choose any one)

JUMP: LONG JUMP/ HIGH JUMP (can choose any one)

SHORT PUT: Compulsory.

1. RUN: Maximum Marks -10

Male Score	100 Meter					
	≤ 25	26-30	31-35	36-40	41-45	46-50
0.1	16.23	16.63	17.01	17.41	17.81	18.23
0.4	16.00	16.40	16.80	17.20	17.60	18.00
0.6	15.77	16.17	16.59	16.99	17.39	17.78
0.8	15.54	15.94	16.38	16.79	17.18	17.55
1.1	15.31	15.71	16.17	16.58	16.97	17.33
1.4	15.08	15.48	15.96	16.37	16.76	17.10
1.7	14.85	15.25	15.75	16.17	16.55	16.88
2.1	14.62	15.02	15.54	15.96	16.33	16.65
2.5	14.39	14.79	15.33	15.75	16.12	16.43
2.9	14.16	14.56	15.12	15.55	15.91	16.20
3.3	13.93	14.33	14.91	15.34	15.70	15.98
3.8	13.70	14.10	14.70	15.14	15.49	15.75
4.3	13.47	13.86	14.48	14.93	15.28	15.53
4.8	13.24	13.63	14.27	14.72	15.07	15.30
5.4	13.01	13.40	14.06	14.52	14.86	15.08
6	12.78	13.17	13.85	14.31	14.65	14.85
6.6	12.55	12.94	13.64	14.10	14.44	14.63
7.2	12.32	12.71	13.43	13.90	14.22	14.40
7.8	12.09	12.48	13.22	13.69	14.01	14.18
8.5	11.86	12.25	13.01	13.48	13.80	13.95
9.2	11.63	12.02	12.80	13.28	13.59	13.73
10	11.40	11.79	12.59	13.07	13.38	13.50

* Run Measured in Seconds

Male		800 Meter				
Score	≤ 25	26-30	31-35	36-40	41-45	46-50
0.1	2.52	2.63	2.73	2.82	2.93	3.03
0.4	2.50	2.60	2.70	2.80	2.90	3.00
0.6	2.48	2.58	2.67	2.78	2.87	2.97
0.8	2.45	2.55	2.65	2.75	2.84	2.94
1.1	2.43	2.53	2.62	2.73	2.82	2.91
1.4	2.41	2.50	2.59	2.70	2.79	2.88
1.7	2.39	2.48	2.56	2.68	2.76	2.85
2.1	2.36	2.45	2.54	2.66	2.73	2.81
2.5	2.34	2.43	2.51	2.63	2.70	2.78
2.9	2.32	2.40	2.48	2.61	2.68	2.75
3.3	2.29	2.38	2.45	2.58	2.65	2.72
3.8	2.27	2.35	2.43	2.56	2.62	2.69
4.3	2.25	2.33	2.40	2.54	2.59	2.66
4.8	2.22	2.30	2.37	2.51	2.56	2.63
5.4	2.20	2.28	2.34	2.49	2.54	2.60
6	2.18	2.25	2.32	2.46	2.51	2.57
6.6	2.16	2.23	2.29	2.44	2.48	2.54
7.2	2.13	2.20	2.26	2.42	2.45	2.50
7.8	2.11	2.18	2.23	2.39	2.42	2.47
8.5	2.09	2.15	2.21	2.37	2.40	2.44
9.2	2.06	2.13	2.18	2.34	2.37	2.41
10	2.04	2.10	2.15	2.32	2.34	2.38

* Run measured in Minutes

2. Jump: Maximum Marks -10

Male		High Jump				
Score	≤ 25	31-30	31-35	36-40	41-45	46-50
0.1	1.18	1.09	1.01	0.93	0.85	0.78
0.4	1.20	1.12	1.04	0.96	0.88	0.80
0.6	1.23	1.15	1.07	0.99	0.91	0.83
0.8	1.25	1.17	1.09	1.01	0.93	0.85
1.1	1.28	1.20	1.12	1.04	0.96	0.88
1.4	1.30	1.23	1.14	1.07	0.98	0.90
1.7	1.33	1.25	1.17	1.10	1.01	0.93
2.1	1.35	1.28	1.19	1.12	1.04	0.95
2.5	1.38	1.31	1.22	1.15	1.06	0.98
2.9	1.40	1.33	1.24	1.18	1.09	1.00
3.3	1.43	1.36	1.27	1.20	1.11	1.03
3.8	1.45	1.39	1.30	1.23	1.14	1.05
4.3	1.48	1.41	1.32	1.26	1.17	1.08
4.8	1.50	1.44	1.35	1.28	1.19	1.10
5.4	1.53	1.46	1.37	1.31	1.22	1.13
6	1.55	1.49	1.40	1.34	1.24	1.15
6.6	1.58	1.52	1.42	1.37	1.27	1.18
7.2	1.60	1.54	1.45	1.39	1.30	1.20
7.8	1.63	1.57	1.47	1.42	1.32	1.23
8.5	1.65	1.60	1.50	1.45	1.35	1.25
9.2	1.68	1.62	1.52	1.47	1.37	1.28
10	1.70	1.65	1.55	1.50	1.40	1.30

* Jump Measured in Meters

Male	Long Jump					
	Score	≤ 25	31-30	31-35	36-40	41-45
0.1	1.88	1.87	1.85	1.81	1.77	1.75
0.4	2.10	2.06	2.02	1.98	1.94	1.90
0.6	2.32	2.25	2.19	2.15	2.11	2.06
0.8	2.54	2.45	2.37	2.32	2.27	2.21
1.1	2.76	2.64	2.54	2.49	2.44	2.37
1.4	2.98	2.83	2.72	2.66	2.60	2.52
1.7	3.20	3.03	2.89	2.84	2.77	2.68
2.1	3.42	3.22	3.06	3.01	2.93	2.83
2.5	3.64	3.41	3.24	3.18	3.10	2.99
2.9	3.86	3.60	3.41	3.35	3.26	3.14
3.3	4.08	3.80	3.59	3.52	3.43	3.30
3.8	4.30	3.99	3.76	3.69	3.60	3.45
4.3	4.51	4.18	3.93	3.86	3.76	3.61
4.8	4.73	4.38	4.11	4.03	3.93	3.76
5.4	4.95	4.57	4.28	4.20	4.09	3.92
6	5.17	4.76	4.46	4.37	4.26	4.07
6.6	5.39	4.96	4.63	4.55	4.42	4.23
7.2	5.61	5.15	4.80	4.72	4.59	4.38
7.8	5.83	5.34	4.98	4.89	4.75	4.54
8.5	6.05	5.53	5.15	5.06	4.92	4.69
9.2	6.27	5.73	5.33	5.23	5.08	4.85
10	6.49	5.92	5.50	5.40	5.25	5.00

* Jump Measured in Meters

3. Short put: Maximum Marks -10

Male	Short Put					
	Score	≤ 25	31-30	31-35	36-40	41-45
0.1	5.14	5.04	4.93	4.81	4.69	4.57
0.4	5.50	5.36	5.22	5.08	4.94	4.80
0.6	5.87	5.68	5.51	5.35	5.19	5.04
0.8	6.23	5.99	5.80	5.62	5.45	5.27
1.1	6.60	6.31	6.09	5.89	5.70	5.51
1.4	6.96	6.63	6.38	6.16	5.95	5.74
1.7	7.33	6.95	6.67	6.44	6.21	5.98
2.1	7.69	7.26	6.95	6.71	6.46	6.21
2.5	8.06	7.58	7.24	6.98	6.71	6.45
2.9	8.42	7.90	7.53	7.25	6.96	6.68
3.3	8.79	8.21	7.82	7.52	7.22	6.92
3.8	9.15	8.53	8.11	7.79	7.47	7.15
4.3	9.52	8.85	8.40	8.06	7.72	7.39
4.8	9.88	9.16	8.69	8.33	7.98	7.62
5.4	10.25	9.48	8.98	8.60	8.23	7.86
6	10.61	9.80	9.27	8.87	8.48	8.09
6.6	10.98	10.12	9.56	9.15	8.74	8.33
7.2	11.34	10.43	9.84	9.42	8.99	8.56
7.8	11.71	10.75	10.13	9.69	9.24	8.80
8.5	12.07	11.07	10.42	9.96	9.49	9.03
9.2	12.44	11.38	10.71	10.23	9.75	9.27
10	12.80	11.70	11.00	10.50	10.00	9.50

* Shortput measured in Meters

1. RUN: Maximum Marks -10

Female		100 Meter			
Score	≤ 25	26-30	31-35	36-40	41-45
0.1	20.32	21.59	22.87	24.16	25.30
0.4	20.00	21.25	22.50	23.75	25.00
0.6	19.68	20.91	22.13	23.35	24.70
0.8	19.36	20.56	21.76	22.94	24.40
1.1	19.03	20.22	21.40	22.54	24.10
1.4	18.71	19.88	21.03	22.13	23.80
1.7	18.39	19.53	20.66	21.73	23.50
2.1	18.07	19.19	20.29	21.32	23.20
2.5	17.74	18.85	19.92	20.92	22.90
2.9	17.42	18.50	19.56	20.51	22.60
3.3	17.10	18.16	19.19	20.11	22.30
3.8	16.78	17.82	18.82	19.70	22.00
4.3	16.45	17.47	18.45	19.30	21.69
4.8	16.13	17.13	18.08	18.89	21.39
5.4	15.81	16.78	17.72	18.49	21.09
6	15.49	16.44	17.35	18.08	20.79
6.6	15.16	16.10	16.98	17.68	20.49
7.2	14.84	15.75	16.61	17.27	20.19
7.8	14.52	15.41	16.24	16.87	19.89
8.5	14.20	15.07	15.88	16.46	19.59
9.2	13.87	14.72	15.51	16.06	19.29
10	13.55	14.38	15.14	15.65	18.99

* Run Measured in Seconds

Female		400 Meter			
Score	≤ 25	26-30	31-35	36-40	41-45
0.1	2.05	2.07	2.09	2.11	2.13
0.4	2.00	2.03	2.05	2.07	2.10
0.6	1.95	1.99	2.01	2.03	2.07
0.8	1.91	1.94	1.96	1.99	2.04
1.1	1.86	1.90	1.92	1.95	2.01
1.4	1.81	1.85	1.88	1.90	1.98
1.7	1.76	1.81	1.84	1.86	1.95
2.1	1.72	1.77	1.79	1.82	1.92
2.5	1.67	1.72	1.75	1.78	1.89
2.9	1.62	1.68	1.71	1.74	1.86
3.3	1.57	1.63	1.66	1.70	1.83
3.8	1.53	1.59	1.62	1.66	1.80
4.3	1.48	1.55	1.58	1.61	1.77
4.8	1.43	1.50	1.53	1.57	1.74
5.4	1.38	1.46	1.49	1.53	1.71
6	1.34	1.41	1.45	1.49	1.68
6.6	1.29	1.37	1.41	1.45	1.65
7.2	1.24	1.33	1.36	1.41	1.62
7.8	1.19	1.28	1.32	1.36	1.59
8.5	1.15	1.24	1.28	1.32	1.56
9.2	1.10	1.19	1.23	1.28	1.53
10	1.05	1.15	1.19	1.24	1.50

* Run Measured in Minutes

2. Jump: Maximum Marks -10

Female		High Jump			
Score	≤ 25	26-30	31-35	36-40	41-45
0.1	0.77	0.72	0.68	0.64	0.59
0.4	0.80	0.75	0.70	0.65	0.60
0.6	0.83	0.78	0.72	0.66	0.61
0.8	0.86	0.81	0.74	0.68	0.63
1.1	0.89	0.84	0.75	0.69	0.64
1.4	0.92	0.87	0.77	0.70	0.65
1.7	0.95	0.90	0.79	0.71	0.66
2.1	0.98	0.93	0.81	0.73	0.68
2.5	1.01	0.96	0.82	0.74	0.69
2.9	1.04	0.99	0.84	0.75	0.70
3.3	1.07	1.02	0.86	0.76	0.71
3.8	1.10	1.05	0.88	0.78	0.73
4.3	1.13	1.08	0.89	0.79	0.74
4.8	1.16	1.11	0.91	0.80	0.75
5.4	1.19	1.14	0.93	0.81	0.76
6	1.22	1.17	0.95	0.83	0.78
6.6	1.25	1.20	0.96	0.84	0.79
7.2	1.28	1.23	0.98	0.85	0.80
7.8	1.31	1.26	1.00	0.86	0.81
8.5	1.34	1.29	1.02	0.88	0.83
9.2	1.37	1.32	1.03	0.89	0.84
10	1.40	1.35	1.05	0.90	0.85

* Jump Measured in Meters

Female		Long Jump			
Score	≤ 25	26-30	31-35	36-40	41-45
0.1	1.86	1.72	1.54	1.36	1.21
0.4	2.00	1.83	1.65	1.47	1.30
0.6	2.15	1.94	1.76	1.58	1.39
0.8	2.29	2.04	1.88	1.70	1.47
1.1	2.44	2.15	1.99	1.81	1.56
1.4	2.58	2.26	2.11	1.92	1.65
1.7	2.73	2.37	2.22	2.03	1.74
2.1	2.87	2.47	2.33	2.15	1.82
2.5	3.02	2.58	2.45	2.26	1.91
2.9	3.16	2.69	2.56	2.37	2.00
3.3	3.31	2.79	2.68	2.48	2.08
3.8	3.45	2.90	2.79	2.60	2.17
4.3	3.60	3.01	2.90	2.71	2.26
4.8	3.74	3.11	3.02	2.82	2.34
5.4	3.89	3.22	3.13	2.93	2.43
6	4.03	3.33	3.25	3.05	2.52
6.6	4.18	3.44	3.36	3.16	2.61
7.2	4.32	3.54	3.47	3.27	2.69
7.8	4.47	3.65	3.59	3.38	2.78
8.5	4.61	3.76	3.70	3.50	2.87
9.2	4.76	3.86	3.82	3.61	2.95
10	4.90	3.97	3.93	3.72	3.04

* Jump Measured in Meters

3. Short put: Maximum Marks -10

Female	Short Put				
	Score	≤ 25	26-30	31-35	36-40
0.1	3.23	3.15	3.06	2.97	2.91
0.4	3.50	3.40	3.30	3.20	3.10
0.6	3.77	3.66	3.54	3.44	3.30
0.8	4.03	3.91	3.78	3.67	3.49
1.1	4.30	4.17	4.02	3.91	3.69
1.4	4.56	4.42	4.26	4.14	3.88
1.7	4.83	4.68	4.50	4.38	4.08
2.1	5.10	4.93	4.74	4.61	4.27
2.5	5.36	5.19	4.98	4.85	4.47
2.9	5.63	5.44	5.22	5.08	4.66
3.3	5.89	5.70	5.46	5.32	4.86
3.8	6.16	5.95	5.70	5.55	5.05
4.3	6.43	6.21	5.94	5.79	5.25
4.8	6.69	6.46	6.18	6.02	5.44
5.4	6.96	6.72	6.42	6.26	5.64
6	7.22	6.97	6.66	6.49	5.83
6.6	7.49	7.23	6.90	6.73	6.03
7.2	7.76	7.48	7.14	6.96	6.22
7.8	8.02	7.74	7.38	7.20	6.42
8.5	8.29	7.99	7.62	7.43	6.61
9.2	8.55	8.25	7.86	7.67	6.81
10	8.82	8.50	8.10	7.90	7.00

* Shortput measured in Meters

Sd/- K Sandhya Rani

Commissioner of School Education