



Date: 12<sup>th</sup> October 2023

**Backlog Physical Education Practical Exam**

**(Semester 2) October 2023 Notice**

Please note only the following students are eligible to appear for the Backlog Semester 2 Physical Education Exam - October 2023.

Sr. No.	Seat No.	Sr. No.	Seat No.	Sr. No.	Seat No.	Sr. No.	Seat No.	Sr. No.	Seat No.
1	2401	16	2470	31	2570	46	2656	61	1580
2	2406	17	2475	32	2589	47	2661	62	1621
3	2408	18	2476	33	2592	48	2663	63	1644
4	2409	19	2483	34	2597	49	2664	64	1684
5	2416	20	2507	35	2598	50	2665	65	1696
6	2418	21	2509	36	2603	51	2667	66	1704
7	2423	22	2514	37	2607	52	2668	67	1053
8	2424	23	2524	38	2608	53	1502	68	402
9	2425	24	2527	39	2610	54	1507	69	403
10	2431	25	2528	40	2613	55	1512	70	414
11	2433	26	2529	41	2615	56	1519		
12	2441	27	2537	42	2626	57	1535		
13	2443	28	2549	43	2638	58	1539		
14	2450	29	2563	44	2641	59	1572		
15	2466	30	2567	45	2654	60	1574		

**Mr. Anirudha Sharma**  
**Director of Physical Education & Sports**



## Practical Exam details –

Each Student has to submit the practical exam data and journal through google form (Link given below)

Sr. No	Test Name	Instructions
1	12 Minute Run & Walk Test	Student has to use <b>Strava: Track Running, Cycling &amp; Swimming App</b> to record the data. Student has to run/ walk for <b>12 minutes only</b> . After running for 12 minutes, screenshot has to be taken of the performance along with your after run picture inserted in the performance data in the Strava app. Please note if there is no picture found of you then the performance will not be considered.
2	Stand and Bend Test	Student has to <b>stand straight</b> with <b>both legs close</b> to each other. They have to bend forward, <b>without bending their knees have to go down as much as possible</b> and hold at the final position and ask any of your family member to take your <b>picture from your right side only</b> . (While taking a picture, make sure that you are seen completely and also pictures taken from front angle will not be considered)
3	Bent Knee Sit Ups	Student has to perform <b>Bent knee situps for 30 seconds</b> . Video has to be made while doing this exercise from the right side of the student. Video has to be of 30seconds only. Only fully completed situp will be counted as 1.

### Note:

- Students have to make sure that they submit their data only once in the google form. Link - <https://forms.gle/nqgRmLAbSLm6qV6s8>
- Students have to share 1 image of 12 Minute Run & Walk Test, 1 image of Stand and Bend Test and 30 seconds video of Bent Knee Sit Ups in the google form.
- Project Work has also to be submitted along with the practical performance data.
- Last date for submission of this data is 30<sup>th</sup> October 2023. No responses will be accepted after that with any reasons.
- Student can send an email to [anirudha.sharma@symbiosiscollege.edu.in](mailto:anirudha.sharma@symbiosiscollege.edu.in) in case of any doubts or clarification.

**Mr. Anirudha Sharma**

**Director of Physical Education & Sports**