



Date: 01/04/2024

Backlog Physical Education Practical Exam
(Semester 2) 2024 Notice

Dear Students,

All who have a Backlog in Physical Education Semester 2 Exam have to report in **Indoor Sports section, 4th Floor on 16th April 2024 at 12.15 am** for the practical exam in a proper sports attire.

The format of the exams will be as follows: -

1. Physical Fitness Tests

75 Marks

The Physical Fitness Test will consist of

Sr. No	Fitness Factor	Test Name	Marks
1	Cardio Vascular Endurance	Queens Step Test	25
2	Flexibility	Stand and Bend Test	25
3	Muscular Strength & Endurance	Bent Knee Sit Ups	25
Total			75

2. Project Work

25 Marks

Project work details are as follows,


Games to be selected for project work are **Football, Basketball, Cricket, Athletics, Handball, Badminton, Volleyball, Tennis, Chess, Kabaddi & Kho-Kho** only.


Project has to cover the following points only:-

- 1) History of the Game
- 2) Ground Measurements – Drawn Diagram with Proper Labelling
- 3) Skills of the Game
- 4) Basic Rules of the Game

For submission of project work PDF file has to be sent with your name and exam seat number written on each page of the journal.

Note – It is mandatory to submit journal along with the practical exam data.


Mr. Anirudha Sharma
Director of Physical Education
and Sports


Dr. Yogini Chiplunkar
Controller of Examination