

No.F.1(9-3)-DYAS/Estt/2022/ 10,269 - 70
Government of Tripura
Directorate of Youth Affairs & Sports
Shiksha Bhavan, 4th Floor, Office Lane, Agartala.

Dated, Agartala, 24/11/ 2022.

NOTIFICATION

The guideline and scoring of physical fitness test submitted by the committee has been examined by the members of Recruitment Board for direct filling up of 100 (one hundred) posts of Jr. PI, present in the meeting and the parameter of Physical Fitness Test is finalized as noted hereunder.

1) COOPER TEST: - To measure aerobic endurance (12 minutes continuous run) covered distance will be considered (one Attempt). (Measure in meters).

MEN	WOMEN
1500 meters	1400 meters

2) PUSH UP: - To measure strength endurance of upper body (one Attempt) for 60 seconds. (Measure in number)

MEN	WOMEN
08 No	05 No

3) CHIN-UPS/PULL-UPS (Upper hand grip for men and under hand grip for women): -To measure strength of Upper Limbs (one Attempt) for 60 seconds. (Measure in number)

MEN	WOMEN
04 No	02 No

4) STANDING BROAD JUMP: - To measure exclusive strength of Lower Limbs (Two Attempts). (Measure in cm).

MEN	WOMEN
131 cm and above	111 cm and above


5) SHUTTLE RUN (4 x 10 meters): - To measure agility (one attempt) (Measure in second).

MEN	WOMEN
23 seconds and below	27 seconds and below

6) SIT AND REACH: - (To measure flexibility (Measured in cm) (one attempt).(Measure in number)

MEN	WOMEN
0 and above	0 and above

The members of the Committee are hereby directed to follow the above the parameter of Physical Fitness Test accordingly.


(S. B. Debbarma)

Director
Youth Affairs & Sports
Tripura

Copy for information & necessary action to: -

1. The Secretary to the Govt. of Tripura, Education (YAS) Department, Agartala.
2. The Chairman of the Committee of Physical Fitness Test, Directorate of YAS, Agartala.