

Delhi University Sports Council

University Pologround, University of Delhi,
Delhi-110009

Recent photograph of
the Candidate

**FORMAT CERTIFICATE OF FITNESS TEST FOR ADMISSION
ON THE BASIS OF SPORTS IN UNDER GRADUATE COURSES
(To be filled by the Candidate)**

College/ Institute _____
(Where Applied for Admission on the Basis of Sports)

Name of the Candidate: _____
(Block Letters)

Father's Name: _____

Mother's Name: _____

Gender: _____ Nationality _____

CBSE / State Board Roll No. : _____
(Specified in Mark Sheet)

Game /Sport: _____

(Signature of the Candidate)

Fitness Test

Strength	Endurance	Speed
<u>Standing Broad Jump</u> 1.65 mts. for Men 1.15 mts. for Women	<u>1000mts. Run/Walk</u> 5.00 min for Men 6.00 min for Women	<u>50 mts. Dash</u> 8.00 sec. for Men 9.00 sec. for Women

**Note: Candidate needs to qualify any one Fitness Test item in Archery, Chess and Shooting.
Candidate needs to qualify any two Fitness Test items in other Games / Sports.**

Certification by the Convenor, Sports Admission Committee stating the Fitness Test item/s qualified by the candidate:-

1. _____

2. _____

Convenor,
Sports Admission Committee

(Chairperson (Principal))
Sports Admission Committee

(Seal of the College / Institute)