



DR. MEGHNAD SAHA COLLEGE


ADMIT CARD FOR PHYSICAL FITNESS TEST: 2019-20

Date :19-06-2019

Time : 9:30 am

Venue : College Campus

Note: Bring (i) All academic credentials and sport achievement certificates in original; (ii) Print-out of the Application Form and (iii) proper uniform and shoes for appearing in the Physical Fitness Test

| | | |
|------------------------------------|--|--|
| Form No | DMS1902859 |  CHEST NO: |
| Name | ALAMGIR ALAM | |
| Gender | Male | |
| Father's / Guardian's Name | TAJMUL HOSSAIN | |
| Category | General | |
| Address | VILL-TITIHA, P.O-RADHANAGAR, P.S-ITAHAR, Uttar Dinajpur,733128 | |
| Mobile No | 7407259241 | |
| Best 5 Aggregate | 286 | |
| Signature of Candidate with Date : | | |

To be filled by the Candidate

| | | |
|--------|--------|-------------|
| Height | Weight | Blood Group |
|--------|--------|-------------|

PHYSICAL FITNESS TEST SCORE SHEET

1 50 Meter Sprint (Seconds)

| Score | 10 | 09 | 08 | 07 | 06 | 05 | 04 | 03 | 02 | 01 |
|--------------|------------|-----------|-----------|-----------|-----------|-----------|-----------|------------|-------------|---------|
| Boys | Below 5.50 | 5.50-6.00 | 6.10-6.30 | 6.31-6.50 | 6.51-7.00 | 7.10-7.50 | 7.51-8.00 | 8.10-8.50 | 8.51-9.00 | > 9.00 |
| Girls | Below 6.50 | 6.51-7.00 | 7.10-7.50 | 7.51-8.00 | 8.10-8.50 | 8.51-9.00 | 9.10-9.50 | 9.51-10.00 | 10.10-10.50 | > 10.51 |

Score Assigned (Out of 10) =

Official Signature:

2 Modified Shot Put /Backward direction (Meter)

| Score | 10 | 09 | 08 | 07 | 06 | 05 | 04 | 03 | 02 | 01 |
|--------------|---------------|--------------|-------------|-------------|-------------|-----------|-----------|-----------|-----------|---------|
| Boys | 12.00 & above | 11.50 -11.99 | 11.00-11.49 | 10.50-10.99 | 10.00-10.49 | 9.50-9.99 | 8.00-8.49 | 8.50-8.99 | 7.00-7.49 | Below 7 |
| Girls | 12.00 & above | 11.50 -11.99 | 11.00-11.49 | 10.50-10.99 | 10.00-10.49 | 9.50-9.99 | 8.00-8.49 | 8.50-8.99 | 7.00-7.49 | Below 7 |

Weight of the Shot

Boys-7.260KG

Girls- 4KG

Score Assigned (Out of 10) =

Official Signature:

3 Sports Achievements

| Score | 20 | 15 | 10 | 05 | 03 |
|-----------------------|----------------------------|-------------------------|----------------------------|---|--------------------------|
| Level of Competitions | National level Competition | State level Competition | District level Competition | Zonal/ Block/Sub-divisional level Competition | School level Competition |

Score Assigned (Out of 20) =

Official Signature:

4 Physical Education subject at H.S. Level=10 Marks

Total Score Assigned (1 + 2 + 3 + 4) =

NOTE: At the time of Physical Fitness Test, students must bring under the following items

(1)Original Sports Certificate; (2) HS Marks Sheet; (3) Proper Sports Uniforms and (4) Admit Card for Physical Fitness Test

Signature of H.O.D.

Signature of Vice Principal