

AAPHERD Physical Fitness Test

The Physical fitness levels of the applicants will be assessed by AAPHERD Physical Fitness test Battery. The AAPHERD Physical fitness test is designed to help to find out the performance levels of the students, compare them with national norms and inspire them towards the higher levels of achievements.

Test Contents : The test consists of the following six items

(a) Pull ups : In case of girls, instead of pull-ups flexed arm hang will be conducted. This test item judges the arm and shoulder girdle strength.

(b) Flexed Leg Situps : This test is meant to judge the efficiency of abdominal and hip flexor muscles.

(c) Shuttle Run : This test item is meant for judging the speed and change of direction.

(d) Standing Broad Jump : For judging the explosive power of leg muscles.

(e) 50 Yard Dash or Sprint : For judging speed.

(f) 600 Yard Run/Walk : For judging endurance.