

**ILS Law College, Pune**  
**Department of Physical Education & Sports**  
**Guidelines for Physical Examination**

**I B.A./ B.B.A. LL.B. & I LL.B. (Regular and Backlog)**

**Scheme**

Students of I B.A. LL.B. and I LL.B. (regular and backlog) are hereby notified that as per Savitribai Phule Pune University Guidelines for Physical Education Scheme, they are required to undergo a physical exam. The exam will consist of written project, as well as a physical fitness evaluation. Kindly note the following:

**PATTERN OF EVALUATION**

	<b>Particulars</b>	<b>Marks</b>
Section A	Physical Health	80
Section B	Project	20

**SECTION-A: Health Related Physical Fitness Tests (80 Marks):**

A student will have to choose any sport recognized by SPPU / PCZSC (List of events available on website [www.pczsc.org](http://www.pczsc.org) / **Gymkhana**) and practice the selected sport throughout the year, which would help in enhancing the fitness level of the student. Choose the sport according to the facilities available in the college. The student shall have to show minimum fitness levels required to pass the test and achieve the score as per the prescribed norms of the tests at the end of year.

**HEALTH RELATED PHYSICAL FITNESS (80 Marks)**

<b>Ability</b>	<b>Test Of Evaluation Test</b>	<b>Marks</b>
Cardiovascular Endurance (Any One)	1. Modified Queens College Test 2. 12 Minute Run And Walk	20
Flexibility	1. Sit And Reach Test	20
Muscular Strength & Endurance (Any One)	1. Bent Knee Sit Ups 2. Push Ups 3. Modified Push Ups	20
Body Composition	1. Body Fat Percentage	20
<b>Total</b>		<b>80</b>

## **SECTION-B: Project Work (20 Marks):**

Every student will have to prepare a handwritten (max 10 pages) project work on **the sport selected** for that year from the list of All India University Sport Or Olympic sporting events. The medium of the project work shall be English. The project to be prepared must have the following contents:

- I.** History of the sport
- II.** Ground measurements
- III.** Skills of the sport
- IV.** Basic rules of the sport
- V.** List of *Arjuna* and *Shri Shiv Chhatrapati* Awardees for last 10 years

- **This exam is compulsory for all first year students.**
- Section – A and Section -B have **separate head of passing**, the student have to secure minimum **32 marks** in section –A and minimum **08 marks** in Section–B

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