Indian Institute of Technology Kanpur
Staff Gymkhana

Qualifying Criteria for Fitness Test-1: Inter IIT Staff Sports Meet 2022

Sl No	Name of Test	Test for	Performance grading			
			Ex	VG	G	Sat
Men						
1	30m Run	Speed	5.00sec	6.00sec	7.00sec	8.00sec
2	4x10m Shuttle Run	Agility	12.00sec	14.00sec	16.00sec	18.00sec
3	SBJ (Standing Broad Jump)	Leg Strength	2.00m	1.50m	1.25m	1.00m
4	Sit up within 30sec	Abdomen Strength	24	18	12	6
5	Push up within 30sec	Arm Strength	24	18	12	6
6	400m Run	Endurance	1:30min	2:00min	3:00min	4:00min
Women						
1	30m Run	Speed	6.30sec	7.00sec	7.30sec	8.30sec
2	4x10m Shuttle Run	Agility	16.00sec	17.00sec	18.00sec	20.00sec
3	SBJ (Standing Broad Jump)	Leg Strength	1.25m	1.00m	0.75m	0.50m
4	Sit up within 30sec	Abdomen Strength	15	10	08	05
5	Push up within 30sec	Arm Strength	15	10	08	05
6	200m Run	Endurance	1:00min	1:20min	1:40min	2:00min
Marking for assessment of fitness			**10**	**08**	**06**	**04**

Overall Fitness Grading:-

Above 60 marks   : Fittest Person of the Institute
51-60 marks   : Seconding the Fittest Person of Institute
41-50 marks   : Aware about Fitness
31-40 marks   : Needs to be more Fit
Less Than 30 marks: Must consult Physical Expert for Fitness.

Note:- It is compulsory to attend all 6 (six) tests in one session failing which, he/she will be declared disqualified and will have to repeat all the tests as per schedule.