

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA
UG ADMISSION 2022-23
INTEGRATED BPE PROGRAMME
Instructions for Entrance Examination

Dear candidate,

The entrance tests of BPE course will be held on 2nd, 3rd, and 4th of August, 2022. Candidates are requested to report at the Dept. of BPE, Christ college Irinjalakuda at 8.00 AM on 2nd August. Candidates who are late may not be able to attend the tests. Candidates will have to find their own accommodation for these dates. The third day will be reserve day and will be used, if required. Candidates should bring the following things when come for the tests. Candidates who are not in proper sport kit for fitness tests and sport skill test will not be permitted to take part in the admission process.

1. Printout of the application form.
2. All originals of academic certificates
3. Cast certificate
4. Sport performance certificates
5. Documents proving ID
6. Sport kit
7. Pen for the written test
8. A passport size photograph
9. Medical certificate proving physical fitness certified by a registered medical practitioner.

Note: The candidates appearing for the entrance test will be ranked on the basis of their performances in the fitness test, general sports knowledge test (written test), skill test in sport and games, percentage of marks in the qualifying examination, merit of their sports certificates and performance in the interview with the Principal. Only those Candidates who get a minimum of 40% of marks in the fitness test will be eligible to attend the rest of the entrance test. APHERED Youth Physical Fitness Test battery with the following test items will be used for testing physical fitness.

The items of this test are given below.

1. Pull up (boys) for maximum number
2. Sit up for maximum number for 1 minute
3. Flex arm hangs (girls) for maximum time
4. Shuttle run (10x4 m) for timing
5. Standing broad jump for distance
6. 50-yard run for timing
7. 12 minutes run/walk test (Boys) and 9 minutes run/walk (girls)

Department of BPE, Christ College Irinjalakuda