

SCHOOL OF PHYSICAL EDUCATION
DEVI AHILYA UNIVERSITY, INDORE

**NORMS FOR MODIFIED AAHPER YOUTH FITNESS TEST
(BOYS)**

MARKS	TEST ITEMS						MARKS
	50 Mts Dash (Sec)	Pull-Ups Overarm Grip (No.)	Bent Knee Sit-Ups (No.)	Shuttle Run 10x4mts (Sec)	Standing Broad Jump (Mts)	600 mts Run /Walk (Sec)	
10	5.49	16	67	7.60	3.00	99.00	10
9	5.87	15	61	8.13	2.89	102.84	9
8	6.23	13	55	8.66	2.78	106.68	8
7	6.63	11	50	9.19	2.67	110.52	7
6	7.01	10	44	9.72	2.56	114.36	6
5	7.39	8	38	10.25	2.45	118.20	5
4	7.77	6	33	10.78	2.34	122.04	4
3	8.15	5	27	11.31	2.23	125.88	3
2	8.53	3	21	11.84	2.12	129.72	2
1	8.91	1	15	12.37	2.01	133.56	1
0	9.29	0	10	12.90	1.90	137.40	0
MEAN	7.39	8.00	38.30	10.25	2.45	118.20	MEAN
S.D	0.54	2.39	8.18	0.75	0.16	5.48	S.D
SCALE INTERVAL	0.38	1.67	5.73	0.53	0.11	3.84	SCALE INTERVAL

Formula for converting performance into Marks (i.e. raw score into scale value)

Marks = (ZV-X) / SI For test items (50 Mts, Shuttle Run & 600 Mts Run/Walk)

Marks = (X-ZV) / SI For test items (Pullups, Situps & St. Broad Jump)

Where, X = Actual Performance in the test
 ZV = Zero value of the scale in particular test
 SI = Scale Interval of the particular test

Note: The highest and lowest marks for any performance in any test item will be 10 & 0 respectively.

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**NORMS FOR MODIFIED AAHPER YOUTH FITNESS TEST
(GIRLS)**

MARKS	TEST ITEMS						MARKS
	50 mts Dash (Sec)	Inclined Pull-Ups Overarm Grip (No.)	Bent Knee Sit-Ups (No.)	Shuttle Run 10x4mts (Sec)	Standing Broad Jump (Mts)	600 mts Run /Walk (Sec)	
10	6.19	70	48	9.03	2.65	102.15	10
9	6.74	64	44	9.65	2.47	113.28	9
8	7.29	58	39	10.27	2.29	124.41	8
7	7.84	52	34	10.89	2.11	135.54	7
6	8.39	46	30	11.51	1.93	146.67	6
5	8.94	40	25	12.13	1.75	157.80	5
4	9.49	34	20	12.75	1.57	168.93	4
3	10.04	28	16	13.37	1.39	180.06	3
2	10.59	22	11	13.99	1.21	191.19	2
1	11.14	16	7	14.61	1.03	202.32	1
0	11.69	10	2	15.23	0.85	213.43	0
MEAN	8.94	39.9	25.10	12.13	1.75	157.80	MEAN
S.D	0.78	8.69	6.62	0.88	0.25	15.90	S.D
SCALE INTERVAL	0.55	6.08	4.63	0.62	0.18	11.13	SCALE INTERVAL

Formula for converting performance into Marks (i.e. raw score into scale value)

Marks = (ZV-X) / SI For test items (50 Mts, Shuttle Run & 600 Mts Run/Walk)

Marks = (X-ZV) / SI For test items (Pullups, Situps & St. Broad Jump)

Where,
X = Actual Performance in the test
ZV = Zero value of the scale in particular test
SI = Scale Interval of the particular test

Note: **The highest and lowest marks for any performance in any test item will be 10 & 0 respectively.**