

## Physical Fitness Assessments

All candidates shall participate in a physical fitness assessment as per selection process. Supervisor shall ask to all candidates for physical fitness assessment about the Aerobic Capacity, Body Composition, Muscular Strength, Muscular Endurance and Flexibility etc.

### The candidates should not have the following physical deficiencies:

- 1) Deformity/Disfigurement (अंगभंग कुरूप देखिने)
- 2) Deformed hands & feet and defective fingers (हातखुट्टा वांगो टिंगो र औलाहरु ठिक नभएको)
- 3) Locked Knee or bowing due to rickets (घुडा knee lock भएको वा rickets भई फाटिएको)
- 4) Flat foot (भालु पाइले)
- 5) Indistinct speech/stammering (भकभके)
- 6) Dumb (लठ्यौरो)
- 7) Hunched back (ढाड कुप्रो भएको)
- 8) Stiff back (inability to bend) (शरीर पुरा झुकाउन नसक्ने)
- 9) Scoliosis (वांगो शरीर भएको)
- 10) Tania versicolor (Superficial fungal skin infection) (दुवि भएको)
- 11) Bald head (कपाल झरेको)
- 12) Squinted eye (आँखा डेरो भएको)
- 13) Unnatural spots in the face (शरीरमा अस्वभाविक दागहरु भएको)
- 14) Tattoo marks over the visible parts of the body (टाट्टु मार्क बनाएको)
- 15) More than 2 teeth carries or missing (दातहरु किराले खाएको वा झरेको)
- 16) Varicose veins (नशा फुल्ने भएको)

## PHYSICAL (BODILY) MEASUREMENT AND GRADING 10 Marks

### 1. Height: -

The minimum Height of the candidates should be 5 feet 2 inches. For different height, the following grading criteria should apply :

Height	Marks	Remarks
5 feet 2 inches to 5 feet 3 inches	6	
5 feet 4 inches to 5 feet 5 inches	7	
5 feet 6 inches to 5 feet 7 inches	8	
5 feet 8 inches to 5 feet 9 inches	9	
5 feet 9 inches Aboves	10	

### 2. Weight: -

The minimum weight of the candidates should be 52 kgs.

### 3. Chest: -

Minimum: 32 inches

Extended: +2 inches

**PHYSICAL EFFICIENCY TEST:-****5×10=50 Marks**The candidates shall, perform a race of 2.5 km. within 12 minutes. **10 Marks**

Particulars	Marks	Remarks
A race of 2.5 k.m., complete within 8 minutes	10 marks	
A race of 2.5 k.m., complete above 8-9 minutes	9 marks	
A race of 2.5 k.m., complete above 9-10 minutes	8 marks	
A race of 2.5 k.m., complete above 10-11 minutes	7 marks	
A race of 2.5 k.m., complete above 11-12 minutes	6 marks (min.)	Pass Mark

The candidate shall, perform 25 bent-knee, sit-ups within 90 seconds. **10Marks**

Particulars	Marks	Remarks
A bent-Knees, Sit-up for 41 times or above within 90 sec.	10 marks	
A bent-Knees, Sit-up for 36-40 times within 90 sec.	9 marks	
A bent-Knees, Sit-up for 31-35 times within 90 sec.	8 marks	
A bent-Knees, Sit-up for 26-30 times within 90 sec.	7 marks	
A bent-Knees, Sit-up for 25 times within 90 sec.	6 marks (min.)	Pass Mark

The candidate shall, from completely extended arm position, pull the body upwards so as to chin-up the horizontal bar being grasped by the hands, palms away, a lot of 5 consecutive times. **10 Marks**

Particulars	Marks	Remarks
Chin Pull-up continuous for 15 times above	10 marks	
Chin Pull-up continuous for 12-14 times	9 marks	
Chin Pull-up continuous for 9-11times	8 marks	
Chin Pull-up continuous for 6-8 times	7 marks	
Chin Pull-up continuous for 5 times	6 marks (min.)	Pass Mark

The candidate with a beam secured to a level floor and measuring 20 feet long and 3-4 inches wide, 1 ft. height and with a length of fire hose weighing at least 10 kgs., shall walk the length of the beam carry the length of the hose, without fall off, or stepping off the beam. **10 Marks**

Particulars	Marks	Remarks
3"×4"× 20 fts. beam, carry with 10 kg. hose within 10 sec.	10 marks	
3" ×4"× 20 fts. beam, carry with 10kg. hose within 11-15 sec.	9 marks	
3" ×4"× 20 fts. beam, carry with 10 kg. hose within 16-20 sec.	8 marks	
3" ×4"× 20 fts. beam, carry with 10 kg. hose within 21-24 sec.	7 marks	
3" ×4"× 20 fts. beam,carry with 10 kg. hose, not exceeding 25 sec.	6marks (min)	Pass Mark

The candidate shall lift a load of 55 kgs. from the floor and carry it 100 feet. **10 Marks**

Particular	Marks	Remarks
Lift up a load of 55kgs from the floor and carry it 100 fts nonstop within 20 sec.	10 marks	
Lift up a load of 55kgs from the floor and carry it 100 fts nonstop within 21-25 sec.	9 marks	
Lift up a load of 55kgs from the floor and carry it 100 fts nonstop within 26-30 sec.	8 marks	
Lift up a load of 55kgs from the floor and carry it 100 fts nonstop within 31-34 sec.	7 marks	
Lift up a load of 55kgs from the floor and carry it 100 fts nonstop, not exceeding 35 sec.	6 marks(min)	

## Written Examination

**Objective Question (30 minutes)**

**25×2=50 Marks**

### **1. Nepalese Contexts**

#### **General Knowledge:-**

General Knowledge on Geography,

General Knowledge on History & Culture,

General Knowledge on Environment,

General Knowledge on Society,

General Knowledge on Economic,

General Knowledge on Education,

General Knowledge on Historical outlines of Modern Nepal (B.S.2007 to date)

General Knowledge on Outlines of Nepalese politics and government organizations  
(B.S. 2007 to date)

General Knowledge on Tourism and Air Transport Development in Nepal

### **2. International Contexts:**

#### **General Knowledge:-**

General Knowledge on Science and Technology,

General Knowledge on History and Culture,

General Knowledge on Geography and Economy, etc.

- **English Paper (Subjective Question) (1.30 hrs.)** **50 Marks**
- **Essay writing (150 words)** **15 marks**
- **Meaningful sentence ordering and construction (word order)**  
**5×2=10 Marks**
- **Fill up the blanks** **5×2=10 Marks**
- **Comprehension** **15 marks**