

UPSC CAPF (Assistant Commandant) 2026 - Detailed Syllabus & Exam Structure

1. Exam Structure & Pattern

- The CAPF AC Examination is conducted in 3 stages:
- Stage 1: Written Examination (Paper I and Paper II)
- Stage 2: Physical Standards/Physical Efficiency Tests and Medical Standards Tests
- Stage 3: Interview/Personality Test

Paper I – General Ability and Intelligence

- Objective type (MCQ), 250 marks, duration 2 hours
- Covers General Mental Ability, Reasoning, General Science, Current Events, Indian Polity, Economy, History, Geography

Paper II – General Studies, Essay and Comprehension

- Descriptive type, 200 marks, duration 3 hours
- Part A: Essay questions (80 marks) on topics related to polity, economy, security, human rights, reforms, etc.
- Part B: Comprehension, précis writing, grammar, report writing, counter-argument (120 marks)

2. Paper I Detailed Syllabus (General Ability & Intelligence)

General Mental Ability / Reasoning & Quantitative Aptitude

- Number System, Arithmetic, Algebra, Geometry, Mensuration, Data Interpretation
- Verbal & Non-Verbal Reasoning: analogy, classification, series, coding-decoding, directions, blood relations, syllogisms, statement-conclusion, analytical reasoning, mirror images, cubes, patterns

General Science

- Physics: Mechanics, Work & Energy, Heat, Light, Sound, Electricity & Magnetism, Nuclear basics
- Chemistry: Structure of matter, Atomic theory, Acids & Bases, Metals & Non-metals, Organic chemistry basics
- Biology: Cell, Human body systems, Nutrition, Diseases & Immunity, Genetics, Biotechnology, Environment & Ecology

Current Events of National and International Importance

- Current national issues, International relations, Developments in sports, culture, literature, science, technology, governance and security

Indian Polity & Economy

- Constitution, Political System, Panchayati Raj, Public Policy, Rights Issues
- Economic Development, Planning, Resources, Growth, Liberalization, Poverty, Inflation

History of India

- Social, Economic and Political aspects of Indian History
- Freedom Movement & Reform Movements
- Modern India & Indian National Movement

Indian & World Geography

- Physical, Social & Economic Geography of India and the World
- Climate, Soil, Minerals, Agriculture, Industry, Population

3. Paper II Detailed Syllabus (General Studies, Essay & Comprehension)

Part A – Essay

- Modern Indian History, especially freedom struggle
- Geography, Polity & Economy of India
- Security & Human Rights issues
- Analytical ability, reforms in governance, environmental challenges

Part B – Comprehension & Language Skills

- Reading Comprehension
- Précis Writing
- Counter-Argument Writing
- Report Writing
- Grammar & Vocabulary

4. Other Tests

Physical Efficiency Test (PET)

- 100 meters race – Male: 16 sec, Female: 18 sec
- 800 meters race – Male: 3 min 45 sec, Female: 4 min 45 sec
- Long Jump – Male: 3.5 m (3 chances), Female: 3.0 m (3 chances)
- Shot Put (7.26 kg) – Male: 4.5 m

Medical Standards

- Minimum height: Male – 165 cm, Female – 157 cm (relaxations apply for certain categories)
- Chest: Male – 81 cm (with 5 cm expansion)
- Eye sight: 6/6 and 6/9 distant vision, no severe color blindness, no squint
- General good mental and physical health

Interview/Personality Test

- 150 marks. Tests leadership, integrity, judgment, initiative, communication, balance of judgment, alertness, and aptitude for public service.