

## 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 बांगो 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 (बांगो 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 Above	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. **10 Marks**

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 9-11 times	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**

<b>Particulars</b>	<b>Marks</b>	<b>Remarks</b>
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**

<b>Particular</b>	<b>Marks</b>	<b>Remarks</b>
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)	

## **General knowledge and social Studies:**

### **1. Geography of Nepal**

- 1.1 Geographical Condition/Structure: Types and Characteristic
- 1.2 Weather: Types and Characteristic
- 1.3 Water Resources: Status and Important
- 1.4 Forest Resources: Condition and important, reason of forest and reserve area destruction, preventives measures.
- 1.5 Mineral Resources: general knowledge on mineral resources
- 1.6 Major Mountains, Himalayas, reserve areas, lakes, rivers, fountains and Pass

### **2. History and Culture**

- 2.1 Kausik Civilization, Bagmati Civilization, Gandaki Civilization, Karnali Civilization
- 2.2 History of Modern Nepal( Prithivi Narayan Shah to Till Now)
- 2.3 Cultural , Religion and Traditional Customs, Caste, Linguistics, Art and Literature of Nepal
- 2.4 Types, Characteristics, and Importance of Cultural Resources

### **3. Constitutional Systems and Inclusiveness:**

- 3.1 Present Constitutional of Nepal (Part 1,2,3,4 and all Annex)
- 3.2 Inclusiveness, Proportionate Representatives, Positive Discrimination.

### **4. Infrastructure Development of Nepal:**

- 4.1 Agriculture, Communication, National and International Tourism, Land and Air transportation.
- 4.2 Development of Air transport in Nepal
- 4.3 Preservative and Safety measurement of natural disaster in Airport like fire etc.

### **5. Population and Environments:**

- 5.1 Population, urbanization, Habitant (migration), etc
- 5.2 Eco system, biological diversity, Climate change, environment and Pollution.

### **6. Science and Technology:**

- 6.1 Impact of Science and technology in human sector and Society.
- 6.2 Health, Communicable and Non-Communicable diseases.

### **7. Regional Firm /organization:**

- 7.1 SAARC and BIMSTEC

### **8. National and International contemporary Incidents and latest activities related to political, social, economical, Scientific, cultural, sports, award, art, literature and music etc...**

## **First Paper**

### **Physical (Bodily) Measurements and Grading/Physical Efficiency Test (PET)**

S.N	Paper/ Test	Subject/ Test	Full Marks	Pass Marks	Mode of Questions/ Events	Question/Test ×Marks	Time	Remarks
1.	First	PM, PET	60	Max. 10  Min. 6	-	-	As per Events	<b>PM is as follows:</b> 1. Height/Weight/Chest Measuring <b>PET Events are as follows:</b> 1. Race 2. Sit-up, 3. Chin-up 4. Beam Walk 5. Load Bearing

#### **Notes:**

The following question will be asked from Second paper (General Knowledge and Social Studies) from each unit.

### **Second Paper: (General knowledge and social Studies)**

S.No.	Subjects	Points	Time
1.	Geography of Nepal	3	30 Minutes
2.	History and Culture	3	
3.	Constitutional Systems and Inclusiveness:	3	
4.	Infrastructure Development of Nepal:	3	
5.	Population and Environments:	3	
6.	Science and Technology:	3	
7.	Regional Firm /organization:	3	
8.	National and International contemporary Incidents and latest activities	4	
Total Questions		25	

## **Third Paper**

### **English Paper**

Unit	Subjects	Full Marks	Pass Marks	Types of Exam	Questions' Marks	Time
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3	English Paper	50	20	Subjective		90 Minutes
Essay Writing (150 Words)					1 * 15 =15	
Meaningful Sentence Ordering and Construction (Word Order)					5 * 2 = 10	
Grammar (Fill Up the Blanks)					5 * 2 = 10	
Comprehension					1 * 15 = 15	

**English Paper (Subjective Question) (90 minutes)**

**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**

**INTERVIEW**

**20 marks**

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