

*** 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 10x4 mts (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 (Pull-ups, Sit-ups & Standing Board 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 will be 10 & 0 respectively.

* Norms developed by Mr. Aniruddha Kumar Diwakar in the year, 2001-02 under the guidance of Dr. Ajay Kumar.