

General Physical Preparation entry requirements and assessment points for specialty “Physical Culture and Sport” of the  
College based at the “Armenian State Institute of Physical Culture and Sport” foundation

Exercises		POINTS												
		20	19	18	17	16	15	14	13	12	11	10	9	8
Run 30 m (sec.)	Men	4,2	4,3	4,4	4,5	4,6	4,7	4,8	4,9	5,0	5,1	5,3	5,5	5,7
	Women	4,8	4,9	5,0	5,1	5,2	5,3	5,4	5,5	5,6	5,7	5,8	5,9	6,0
Run 800 m (min. sec.)	Men	2.28,0	2.30,0	2.32,0	2.34,0	2.36,0	2.38,0	2.40,0	2.42,0	2.44,0	2.46,0	2.48,0	2.50,0	2.52,0
Run 400 m (sec.)	Women	70,0	71,0	72,0	73,0	74,0	75,0	76,0	77,0	78,0	79,0	80,0	82,0	84,0
Long jump (cm)	Men	260	255	250	245	235	230	225	220	210	200	190	180	170
	Women	215	210	200	190	180	170	160	150	140	130	120	110	100
Pull-ups (number)	Men	15	13	12	11	10	9	8	7	6	5	4	3	2
Stomach crunches (abdominal exercise) (number)	Women	40	37	35	33	31	29	27	25	23	21	19	17	15

**The final grade is determined by the arithmetic mean of the collected points**

**Notes: General Physical Preparation entry requirements were retrieved from the standard and program of subject “Physical Culture”**

for general secondary school, 1<sup>st</sup>-9<sup>th</sup> grades, Yerevan, Tsig, 2012, pages 80

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