

STANDARDS AND EVALUATION POINTS OF THE BACHELOR'S DEGREE ADMISSION EXAMS FOR THE DIASPORA AND FOREIGN APPLICANTS ON THE SUBJECT "**GENERAL PHYSICAL TRAINING**" AT THE ARMENIAN STATE INSTITUTE OF PHYSICAL CULTURE AND SPORT FOR 2025-2026 ACADEMIC YEAR

Exercises		P O I N T S												
		20	19	18	17	16	15	14	13	12	11	10	9	8
Running 60 m (sec)	Men	7,3	7,4	7,5	7,6	7,7	7,8	7,9	8,0	8,2	8,4	8,6	8,8	9,0
	Women	9,0	9,1	9,2	9,3	9,4	9,5	9,6	9,8	10,0	10,2	10,4	10,6	10,8
Standing jump (cm)	Men	295	290	285	280	275	270	265	260	250	240	230	220	210
	Women	240	235	230	225	220	215	210	205	200	195	190	180	170
Hoover ball throw Body twist (5 kg. men, 3 kg. women)	Men	15,00	14,50	14,00	13,50	13,00	12,50	12,00	11,50	11,00	10,50	10,00	9,00	8,00
	Women	14,00	13,50	13,00	12,50	12,00	11,50	11,00	10,50	10,00	9,50	8,00	7,00	6,00

Note: The normative requirements for the subject "General Physical Training" were based on:

the standards and program of the "Physical Culture" in secondary schools, Yu. G. Grigoryan, H. S. Minasyan, Yerevan, PIU, 2009, 94 pages.

the standards and program of the subject "Physical Culture" of a secondary school, grades 1-9, Yu. G. Grigoryan, H. S. Minasyan Yerevan, PIU, 2012, 80 pages.

The final mark is determined by the arithmetic average of the points scored.