



## **STAR POLICE ACADEMY**

**NO. 1 POLICE ACADEMY IN TAMIL NADU**

Contact: 93634 59430, 87783 12156

### **TNUSRB – SUB INSPECTOR (TALUK, AR, TSP) PHYSICAL TRAINING PROGRAMME**

**DURATION : UP TO PHYSICAL TEST DATE OF TNUSRB SI – 2023**

**COMMENCEMENT : 27-08-2023**

#### **FEATURES OF OUR TNUSRB SI ★★**

- ★ STUDENT FRIENDLY APPROACH
- ★ SPECIAL CONCERN ON EVERY INDIVIDUAL STUDENTS
- ★ BASIC TRAINING BEFORE EVERY MAJOR EVENTS
- ★ INDIVIDUAL CARE ON STUDENTS FOR MAKING EXCELLENCE IN PHYSICAL
- ★ TRAINING GIVEN BY COACH WITH 10 YEARS EXPERIENCE
- ★ UPGRADED GROUND FOR PHYSICAL TRAINING WITH MODERN EQUIPMENTS
- ★ SAFE ENVIRONMENT FOR WOMEN CANDIDATES
- ★ QUALITY FOOD WILL BE GIVEN WITH HIGHER NUTRITION
- ★ CONTINUOUS PRACTICE FACILITATED TO ENTHUSIASTIC STUDENTS
- ★ 100 PERCENT SURE FOR GETTING DOUBLE STAR IN PHYSICAL TEST
- ★ SPECIAL TRAINING FOR ROPE CLIMBING WITH BASICS
- ★ OUR COACH IS VERY EXCELLENCE IN MAKING THE UNFIT INTO FIT AND FIT CANDIDATES INTO MOST FIT ONE
- ★ DAILY MOTIVATION WILL BE GIVEN TO CANDIDATES
- ★ WEEK FULL PHYSICAL TRAINING WITHOUT ANY INTERRUPTION
- ★ TRAINING PROGRAMME WILL BE GIVEN ENTIRELY IN THE NATURAL ENVIRONMENT



**OUR COACH : G. UDHAYAKUMAR, NIS (Cert.), M.P.Ed., M.Phil., Ph.D.,**



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## HOSTEL FACILITIES AVAILABLE FOR BOTH BOYS AND GIRLS



★ NEWSPAPER ACCESS FOR INTERVIEW PREPARATION

★ SCHEDULE BASED FOOD IN HOSTEL WITH HIGH QUALITY

★ SEPARATE HOSTEL FOR MEN AND WOMEN



STAR  
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ACADEMY

TNUSRB SI ★★ PHYSICAL MEASUREMENT TEST

### HEIGHT MEASUREMENT STANDARDS (IN CENTIMETERS)

CATEGORY	Male	Female/Transgender
OC, BC, BC(M) MBC/DNC	170	159
SC, SC (A), ST	167	157

★ Chest Measurement Standards (in Centimeters) For Male Candidates Only.

PARAMETERS	Measurements
Normal	81
In Expanded Condition	81 to 86
Ex-servicemen/Ex.CPMF / Serving persons who are moving to retire within a year	NA

## TNUSRB SI Physical Endurance Test (PET)

All candidates who pass the PMT will be required to appear for the Endurance Test. This test is a form of training for Sub-inspectors before they are appointed for the post. Get details of the TNUSRB SI Physical Test for Endurance.



### TNUSRB SI PHYSICAL ENDURANCE TEST

CATEGORIES	Parameters
Men	The 1500 meters run within 7 minutes
Women/ Transgender	The 400 meters run within 2 minutes 30 seconds
Ex-servicemen / Ex-personnel of Central Para-Military Forces / serving persons who are going to retire within a year.	The 1500 meters run within 8 minutes

The Physical Endurance Test (PET) is required for departmental candidates. Male candidates must run 1500 meters in 7 minutes and female candidates must run 400 metres in 2 minutes and 30 seconds during the test.

### TNUSRB SI Physical Efficiency Test (PET) 2023

Only the candidates who qualify the Physical Measurement and Physical Endurance Test will be eligible to appear for the Physical Efficiency Test. It carries a total of 15 marks in the overall selection process of the TNUSRB SI exam. The information about the test is provided below:

Sl. No.	Events	One Star (2 Marks)	Two Stars (5 Marks)	
1.	Rope Climbing	5.0 metres	6.0 metres	
2.	Long Jump (or)	Long Jump	3.80 metres	4.50 metres
	High Jump	High Jump	1.20 metres	1.40 metres
3.	100 mts run (or)	100 mts run	15.00 seconds	13.50 seconds
	400 mts run	400 mts run	80.00 seconds	70.00 seconds

## WOMEN AND TRANSGENDER CANDIDATES

Sl. No.	Events	One Star (2 Marks)	Two Stars (5 Marks)
1.	Long jump	3.0 metres	3.75 metres
2.	Shotput (or)	Shotput (4 Kg)	4.25 metres
	Cricket ball throw	Cricket ball throw	17 metres
3.	100 mts run (or)	100 mts run	17.50 seconds
	200 mts run	200 mts run	38.00 seconds
			15.50 seconds
			33.00 seconds

Ex-servicemen / Ex-personnel of Central Para-Military Forces and Serving Police personnel who are going to retire within one year:-

Sl. No.	Events	One Star (2 Marks)	Two Stars (5 Marks)
1.	Shotput (7.26Kg)	5.0 metres	6.0 metres
2.	Long Jump (or)	Long Jump	3.25 metres
	High Jump	High Jump	0.90 metres
3.	100 mts run (or)	100 mts run	17.00 seconds
	400 mts run	400 mts run	85.00 seconds
			13.50 seconds
			70.00 seconds

### Documents Required for TNUSRB SI Physical Test 2023

Candidates will be called for the document verification round if they pass both the physical standards test and the physical efficiency test. At this stage, candidates will be required to bring the following documentation for verification -



★ 2 COLORED PRINTOUTS OF TNUSRB SI HALL TICKET FOR PHYSICAL TEST

★ VALID PHOTO ID PROOF

★ MATRICULATION OR CLASS 10TH SECONDARY EXAMINATION CERTIFICATE

★ EDUCATIONAL CERTIFICATES AND MARKSHEETS

★ CASTE CERTIFICATE (IF APPLICABLE)

★ CERTIFICATE FROM CANDIDATES WHO WISH TO AVAIL OF THE RELAXATION.

★ EXPERIENCE LETTER (IF APPLICABLE)

★ NO OBJECTION CERTIFICATE (IN CASE ALREADY EMPLOYED BY THE GOVT.)



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