

LPUPET 2026

Lovely Professional University Physical Efficiency Test — Complete Exam Guide

1. What is LPUPET?

LPUPET is a university-level Physical Efficiency Test conducted by Lovely Professional University (LPU) for admission to its Physical Education programmes. Rather than a written exam, LPUPET evaluates a candidate's physical fitness through activities such as sprinting, distance running, standing broad jump, and medicine ball throw. The test is conducted offline in multiple schedules through the year, and candidates may attempt it up to two times to improve their qualifying chances.

Exam Highlights

Particular	Details
Exam Name	Lovely Professional University Physical Efficiency Test (LPUPET)
Conducting Body	Lovely Professional University (LPU)
Exam Level	University Level
Exam Mode	Offline Physical Test
Application Mode	Online
Exam Frequency	Multiple Schedules (I–IV)
Courses Offered	BPES, BPEd, MPEd, BSc (Health & Physical Education) and related programmes
Selection Process	Physical Efficiency Test + Programme-specific eligibility
Attempts Allowed	Up to two attempts to improve qualifying chances

2. LPUPET 2026 Important Dates

LPU conducts LPUPET across four schedules, allowing candidates to pick a convenient date. Schedules I–III are already complete; Schedule IV registration is currently open.

Schedule	Last Date to Apply	Exam Date	Result Date
Schedule I	April 22, 2026	April 25, 2026	April 28, 2026
Schedule II	May 20, 2026	May 23, 2026	May 26, 2026
Schedule III	June 24, 2026	June 27, 2026	June 30, 2026
Schedule IV (Open)	July 22, 2026	July 25, 2026	July 28, 2026

Dates are as announced by the university and may be revised if required.

3. Eligibility Criteria

Programme	Minimum Eligibility
BPES	Passed Class 12 (or equivalent) from a recognised board with the minimum marks prescribed by LPU.
BPEd	Bachelor's degree from a recognised university, meeting programme-specific academic requirements.
MPEd	BPEd or an equivalent degree from a recognised university with the required minimum marks.
Other Courses (e.g. BSc Health & PE)	Eligibility may differ by programme; verify course-specific requirements before applying.

4. How to Apply for LPUPET 2026

- Visit the official LPU admission portal.
- Register using your name, email ID, and mobile number.
- Log in using the generated credentials.
- Fill in personal, academic, and contact details.
- Upload the required documents.
- Submit the application form.
- Download and save the confirmation page for future reference.

Documents Required for Application

- Recent passport-size photograph
- Signature
- Class 10 certificate / marksheet
- Class 12 marksheet (for UG programmes)
- Graduation marksheet / certificate (for PG programmes)
- Government-issued photo ID
- Valid mobile number and email ID

Important Instructions

- Apply before the last date of your chosen schedule.
- Enter accurate academic and personal details.
- Upload clear scanned copies of all required documents.
- Keep a copy of the submitted application form.
- A candidate may appear for LPUPET a maximum of two times.

5. Exam Pattern

Particular	Details
Exam Mode	Offline
Exam Type	Physical Efficiency Test
Conducting Body	Lovely Professional University
Medium	Physical Performance
Evaluation	Performance-based

Physical Test Components

The Physical Efficiency Test typically evaluates endurance, speed, strength, and overall fitness through activities that commonly include:

- 50-metre sprint
- 600-metre run
- Standing Broad Jump
- Medicine Ball Throw

The university may revise or update test activities depending on programme requirements. Candidates should confirm the latest instructions before appearing for the test.

6. Preparation Tips

Tip	Why it Helps
Improve Physical Fitness	Maintain a consistent workout routine to build stamina and flexibility before the test.
Practise Running Daily	Regular sprinting and endurance-running practice improves speed and stamina for the test.
Focus on Strength Training	Basic strength exercises aid performance in the broad jump and medicine ball throw.
Maintain a Healthy Diet	A balanced diet and proper hydration help sustain energy during training and on test day.
Get Enough Rest	Adequate sleep and recovery reduce injury risk and support peak performance.

7. Test Day Guidelines

- Reach the test venue before the reporting time.
- Carry a valid photo ID along with other required documents.
- Wear comfortable sports clothing and running shoes.
- Follow all instructions issued by university officials.
- Warm up properly before participating in physical activities.
- Avoid strenuous exercise immediately before the examination.

8. Admit Card

The admit card is issued to candidates who complete registration successfully and can be downloaded from the admission portal using login credentials. It must be carried to the venue along with a valid photo ID.

Steps to download:

- Visit the official LPU admission portal and click the LPUPET login link.
- Enter registered email ID / mobile number and password.
- Open the admit card link and verify all details.
- Download and print the admit card for future use.

9. Result and Admission

Results are declared online, generally within a few days of each schedule's examination. Candidates can log in to the admission portal to check qualifying status and download the scorecard. Qualified candidates must then complete remaining admission formalities — accepting the offer, uploading documents, eligibility verification, fee payment, and confirmation of admission.

Documents Required at Admission

- LPUPET Scorecard and Admit Card
- Class 10 Certificate and Class 12 Marksheet
- Graduation Marksheet (for PG programmes)
- Degree Certificate / Provisional Certificate
- Passport-size photographs
- Aadhaar Card or other valid Photo ID
- Category Certificate (if applicable) and Medical Fitness Certificate (if required)

Programmes Accepting LPUPET Score

- Bachelor of Physical Education and Sports (BPES)
- Bachelor of Physical Education (BPEd)
- Master of Physical Education (MPed)
- BSc (Health & Physical Education)
- Other Physical Education-related programmes offered by LPU