UPSC CAPF AC Syllabus & Exam Pattern 2026

The Union Public Service Commission (UPSC) conducts the Central Armed Police Forces (Assistant Commandants) Examination for recruitment to various armed forces in India. Understanding the UPSC CAPF AC Syllabus and Exam Pattern is the first and most crucial step for aspirants preparing for this prestigious exam. The selection process consists of a Written Examination, Physical Standards/Physical Efficiency Tests (PET/PST), and an Interview/Personality Test. Below, we have provided the comprehensive syllabus and exam pattern to help you strategize your preparation effectively.

UPSC CAPF (AC) Selection Procedure 2026

The Selection Procedure/Scheme of the Examination will be as follows:

1. **Written Examination**
2. **Physical Standards/Physical Efficiency Tests and Medical Standards Tests**
3. **Interview/Personality Test**

1. Written Examination Pattern

Paper	Subject	Marks	Language / Medium
Paper I	General Ability and Intelligence (Objective Type)	250 Marks	English and Hindi
Paper II	General Studies, Essay and Comprehension (Descriptive)	200 Marks	Essay in English/Hindi. Précis Writing & Comprehension in English only.

Note: There will be minimum qualifying marks separately in each Paper. Paper-I will be evaluated first and evaluation of Paper-II will be done only of those candidates who obtain the minimum qualifying marks in Paper-I.

2. Physical Efficiency Tests (PET)

Candidates who are declared qualified in the written examination will be summoned for Physical Standards/Physical Efficiency Tests and Medical Standards Tests.

Event	Males	Females
100 Meters race	In 16 seconds	In 18 seconds
800 Meters race	In 3 minutes 45 seconds	In 4 minutes 45 seconds

Long Jump	3.5 Meters (3 chances)	3.0 meters (3 chances)
Shot Put (7.26 Kgs.)	4.5 Meters	—

Pregnancy Declaration: Female candidates must submit a self-declaration regarding pregnancy. If pregnant, the candidate will be declared temporarily unfit, and her appointment will be held in abeyance until confinement is over.

3. Interview/Personality Test

Candidates who are declared qualified in the Medical Standards Tests will be called for the Interview/Personality Test. The Interview/Personality Test will carry **150 Marks**.

Final Selection / Merit: The merit list will be drawn on the basis of marks obtained by the candidates in the Written Examination and Interview/Personality Test.

UPSC CAPF (AC) Detailed Syllabus

Paper I: General Ability and Intelligence

The objective type questions with multiple choices in this paper will broadly cover the following areas:

- **1. General Mental Ability:** The questions will be designed to test logical reasoning, quantitative aptitude including numerical ability, and data interpretation.
- **2. General Science:** The questions will be set to test general awareness, scientific temper, comprehension, and appreciation of scientific phenomena of everyday observation including new areas of importance like Information Technology, Biotechnology, Environmental Science.
- **3. Current Events of National and International Importance:** Awareness of current events in the broad areas of culture, music, arts, literature, sports, governance, societal and developmental issues, industry, business, globalisation, and interplay among nations.
- **4. Indian Polity and Economy:** Knowledge of the Country's political system and the Constitution of India, social systems and public administration, economic development in India, regional and international security issues, and human rights including its indicators.
- **5. History of India:** Broadly covers the subject in its social, economic, and political aspects. Includes the areas of growth of nationalism and freedom movement.
- **6. Indian and World Geography:** Covers the physical, social, and economic aspects of geography pertaining to India and the World.

Paper II: General Studies, Essay and Comprehension

- **Part-A:** Essay questions which are to be answered in long narrative form either in Hindi or English totaling **80 Marks**. The indicative topics are modern Indian history especially of the freedom struggle, geography, polity and economy, knowledge of security and human rights issues, and analytical ability.
- **Part-B:** Comprehension, précis writing, other communications/language skills – to be attempted in English only (**120 Marks**). The topics are Comprehension passages, précis writing, developing counter arguments, simple grammar, and other aspects of language testing.

Candidates preparing for the UPSC CAPF (AC) Exam should strictly adhere to the syllabus provided above. Ensure that you practice previous year question papers and give equal importance to both Paper I and Paper II. Physical fitness is equally important, so start your physical training alongside your written exam preparation. Best of luck with your preparations!