Suppose that we have a smooth hypersurface $H$ in a smooth variety $X$. If $-(K_X + H)$ is ample, then by adjunction formula and a classical result of Kollár-Miyaoka-Mori it is easy to see that $H$ is rationally connected. However if we assume that $-(K_X + H)$ is nef and big instead, then an easy example shows that $H$ is not necessarily uniruled. In this talk I will present a result which is a criterion for uniruledness of hypersurfaces. The result works well for varieties with reasonable singularities. (Received February 03, 2016)