



HEALTH & ACTIVITY RECORD GENERAL INFORMATION

Name of School :

Affiliation No :

Aadhar Card No. of Student (optional) :

Name :

Admission No. : Date of Birth :

M F T : Blood Group :

Mother's Name :

YOB : Weight : Height : Blood Group :

Aadhar Card No. (optional) :

Father's Name :

YOB : Weight : Height : Blood Group :

Aadhar Card No. (optional) :

Family Monthly Income :

Address :

Phone No. : Mobile No :

CWSN, Specify :

Signature of Parents / Guardian

Date :

Fitness Components	Fitness Parameters		Test Name	What does it Measure	Score	
					Class IX	Class X
Health Components	Body Composition		BMI	Body Mass Index for specific Age and Gender		
	Muscular Strength	core	Partial Curl Up	Abdominal Muscular Endurance		
		Upper Body	Flexed/ Bent Arm	Muscular Endurance/ Functional Strength		
	Flexibility		Sit and Reach	Measures the flexibility of the lower back and hamstring muscles		
	Endurance		600 Mt Run	Cardiovascular fitness/ Cardiovascular Endurance		
	Balance	Static Balance	Flamingo Balance Test	Ability to balance successfully on a single leg		
Skill Components	Agility		Shuttle Run	Test of speed and agility		
	Speed		Sprint / Dash	Determines acceleration and Speed		
	Power		Standing Vertical Jump	Measures the Leg Muscle Power		
	Co-ordination		Plate Tapping	Tests speed and coordination of limb movement		
			Alternative Hand Wall Toss Test	Measures hand-eye coordination		

Components	Parameters	Score	
		Class IX	Class X
Vision	RE / LE		
Ears	Left / Right		
Teeth Occlusion	Caries / Tonsils / Gums		
General Body Measurements	Height		
	Weight		
Circumferences	Hip		
	Waist		
Health Status	Pulse		
	Blood Pressure		
Posture Evaluation	<u>If any:</u> Head Forward / Winked Chest / Round Shoulders / Kyphosis / Lordosis / Adominal Ptosis / Flat Back / Tilted Head /Shoulders Uneven / Scoliosis / Flat Feet / Knock Knees / Bow Legs		
Sporting Activities (HPE) (For details, see HPE Manual available on CBSE website www.cbseacademic.in)	<u>Strand 1 :</u> <u>Any one of following :</u> 1. Athletics / Swimming 2. Team Game 3. Individual Game 4. Adventure Sports		
	<u>Strand 2 :</u> Health and Fitness (Mass PT, Yoga, Dance, Calisthenics, Jogging, Cross Country Run, Working outs using weights/gym equipment, Tai-Chi etc)		
	<u>Strand 3 :</u> SEWA		

TEST DETAILS	
Test Name	Scoring
BMI	Height and weight as per the WHO for each age and gender
Partial Curl up	Record the maximum number of sit ups in a certain time, period, such as 30 seconds (Age 9-14 years) or 1 Minute (Age 15+).
Flexed / Bent Arm Gang	The total time in seconds is recorded.
Sit and Reach	The score is recorded to the nearest centimeter as the distance reached by the hand.
600 MT Run	Time taken for competition (Run or Walk)
Flamingo Balance	Total time till the subject loses balance
Shuttle Run	Record the total time taken to complete the 40 mt/50 m course.
Sprint / Dash	The time taken for completion.
Standing vertical jump (Sargent jump)	The jump height is usually recorded as a distant score
Plate Tapping Test	The time taken to complete 25 cycles is recorded
Alternative Hand wall Toss test	Score of the number of successful catches in a 30 second period.