



## HEALTH AND ACTIVITY CARD



### GENERAL INFORMATION

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. \* \_\_\_\_\_

**FATHER'S NAME:** \_\_\_\_\_

YOB\* \_\_\_\_\_ WEIGHT\* \_\_\_\_\_ HEIGHT\* \_\_\_\_\_ BLOOD GROUP \_\_\_\_\_

AADHAR CARD NO. \* \_\_\_\_\_

FAMILY MONTHLY INCOME\* \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

PHONE NO. \_\_\_\_\_ (M): \_\_\_\_\_

CWSN, SPECIFY \_\_\_\_\_

SIGNATURE OF PARENTS/ GUARDIAN

DATE:

\*

## HEALTH AND ACTIVITY RECORD

Components	Parameters	Class 9 <sup>th</sup>	Class 10 <sup>th</sup>	Class 11 <sup>th</sup>	Class 12 <sup>th</sup>
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/ Sunken Chest/ Round Shoulders/ Kyphosis/ Lordosis/ Adominal Ptosis/ Body Lean/ Tilted Head/ Shoulders Uneven/ Scholiosis/ Flat Feet/ Knock Knees/ Bow Legs				
<b>Sporting Activities (HPE)</b>  (For details, see HPE manual available on CBSE website <a href="http://www.cbseacademic.in">www.cbseacademic.in</a> )	<b><u>Strand 1:</u></b> Any one of following: 1. Athletics/ Swimming 2. Team Game 3. Individual Game 4. Adventure Sports				
	<b><u>Strand 2:</u></b> <b>Health and Fitness</b> <i>(Mass PT, Yoga, Dance, Calisthenics, Jogging, Cross Country Run, Working outs using weights/gym equipment, Tai-Chi etc)</i>				
	<b><u>Strand 3:</u></b> <b>SEWA</b>				

## HEALTH AND ACTIVITY RECORD

Fitness Components	Fitness Parameters		Test Name	What does it Measure	Class 9 <sup>th</sup>	Class 10 <sup>th</sup>	Class 11 <sup>th</sup>	Class 12 <sup>th</sup>
<b>Health Components</b>	Body Composition		<b>BMI</b>	Body Mass Index for specific Age and Gender				
	Muscular Strength	Core	<b>Partial Curl up</b>	Abdominal Muscular Endurance				
		Upper Body	<b>Flexed/ Bent Arm Hang</b>	Muscular Endurance/ Functional Strength				
	Flexibility		<b>Sit and Reach</b>	Measures the flexibility of the lower back and hamstring muscles				
	Endurance		<b>600 Mtr Run</b>	Cardiovascular Fitness/ Cardiovascular Endurance				
	Balance	Static Balance	<b>Flamingo Balance Test</b>	Ability to balance successfully on a single leg				
<b>Skill Components</b>	Agility		<b>Shuttle Run</b>	Test of speed and agility				
	Speed		<b>Sprint/ Dash</b>	Determines acceleration and Speed				
	Power		<b>Standing Vertical Jump</b>	Measures the Leg Muscle Power				
	Coordination		<b>Plate Tapping</b>	Tests speed and coordination of limb movement				
			<b>Alternative Hand Wall Toss Test</b>	Measures hand-eye coordination				