

HEALTH AND ACTIVITY RECORD

| Fitness Components | Fitness Parameters | | Test Name | What does it Measure | Class 9 th | Class 10 th | Class 11 th | Class 12 th |
|--------------------------|--------------------|----------------|--|--|-----------------------|------------------------|------------------------|------------------------|
| 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 Hang | Muscular Endurance/ Functional Strength | | | | |
| | Flexibility | | Sit and Reach | Measures the flexibility of the lower back and hamstring muscles | | | | |
| | Endurance | | 600 Mtr 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 | | | | |
| | Coordination | | Plate Tapping | Tests speed and coordination of limb movement | | | | |
| | | | Alternative Hand Wall Toss Test | Measures hand-eye coordination | | | | |

Details regarding how to conduct tests are mentioned in HPE manual available on CBSE website.

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|--|--|-----------------------|------------------------|------------------------|------------------------|
| 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 | | | | |
| Sporting Activities (HPE) (For details, see HPE manual available on CBSE website www.cbseacademic.in) | Strand 1: <u>Any one of following:</u> 1. Athletics/ Swimming 2. Team Game 3. Individual Game 4. Adventure Sports | | | | |
| | Strand 2: Health and Fitness <i>(Mass PT, Yoga, Dance, Calisthenics, Jogging, Cross Country Run, Working outs using weights/gym equipment, Tai-Chi etc)</i> | | | | |
| | Strand 3: SEWA | | | | |