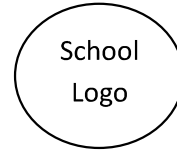


HEALTH AND ACTIVITY CARD



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:

* Optional information; that need not be shared with CBSE. Data privacy and protection shall be the responsibility of the concerned school.

HEALTH AND ACTIVITY RECORD

Components	Parameters	Class 9 th	Class 10 th	Class 11 th	Class 12 th
Vision	RE/ LE				
Ears	Left/ Right				
Teeth Occlusion	Caries/ Tonsils/ Gums				
General Body Measurements	Height				
	Weight				
Circumferences	Hip				
	Waist				
	Pulse				
Health Status	Blood Pressure				
Posture Evaluation	<u>If any:</u> Head Forward/ Sunken Chest/ Round Shoulders/ Kyphosis/ Lordosis/ Abdominal Ptosis/ Body Lean/ Tilted Head/ Shoulders Uneven/ Scoliosis/ Flat Feet/ Knock Knees/ Bow Legs				
	Strand 1: <u>Any one of following:</u> 1. Athletics/ Swimming 2. Team Game 3. Individual Game 4. Adventure Sports				
Sporting Activities (HPE) (For details, see HPE manual available on CBSE website www.cbseacademic.in)	Strand 2: Health and Fitness (Mass PT, Yoga, Dance, Callisthenics, Jogging, Cross Country Run, Working outs using weights/gym equipment, Tai-Chi etc)				
	Strand 3: SEWA				

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
	Body Composition							
Health Components			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	Ability to balance					
Skill Components	Agility		Flamingo Balance Test	Ability to balance successfully on a single leg				
			Shuttle Run	Test of speed and agility				
	Speed		Sprint/ Dash	Determines acceleration and Speed				
			Standing Vertical Jump	Measures the Leg Muscle Power				
	Power		Plate Tapping	Tests speed and coordination of limb movement				
			Alternative Hand Wall Toss Test	Measures hand-eye coordination				
	Coordination							

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