



GUJARAT TECHNOLOGICAL UNIVERSITY

(Established by Government of Gujarat under Gujarat Act No. : 20 of 2007)

ગુજરાત ટેકનોલોજીકલ યુનિવર્સિટી

(ગુજરાત સરકારના ગુજરાત અધિનિયમ ક્રમાંક : ૨૦/૨૦૦૭ દ્વારા સ્થાપિત)

જા.ક.નં. : જી.ટી.યુ./સ્પોર્ટ્સ/૨૦૨૫-૨૬/૫૬૫૭

તારીખ:- ૨૮/૦૭/૨૦૨૫

પરિપત્ર

વિષય:- જી.ટી.યુ. સંલગ્ન સંસ્થાઓના વિદ્યાર્થીઓ માટે ફિટ ઇન્ડિયા ચળવળ હેઠળ શારીરિક તંદુરસ્તી અને રમતગમત વિકાસ કાર્યક્રમનો અમલ બાબત.

ઉક્ત વિષય અંગે જણાવવાનું કે ફિટ ઇન્ડિયા ચળવળના દૂરંદેશી ઉદ્દેશ્યો તથા આગામી ઓલિમ્પિકના દૂરંદેશી આયોજનને ધ્યાને લેતા ખેલો ભારત નીતિ ૨૦૨૫ અંતર્ગત શારીરિક સાક્ષરતા હવે રાષ્ટ્રીય પ્રાથમિકતા હેઠળ અને યુવાનોમાં સર્વાંગી સ્વાસ્થ્ય, શારીરિક તંદુરસ્તી અને રમતગમત સંસ્કૃતિને પ્રોત્સાહન આપવાના ઉદ્દેશ્ય સાથે, જી.ટી.યુ. સંલગ્ન તમામ કોલેજોને શૈક્ષણિક વર્ષ ૨૦૨૫-૨૬ દરમિયાન વિદ્યાર્થીઓ માટે એનેક્સર-A મુજબનો શારીરિક તંદુરસ્તી અને રમતગમત વિકાસ કાર્યક્રમ અમલમાં મૂકવા સૂચના આપવામાં આવે છે.

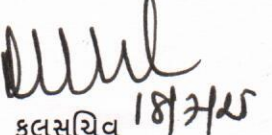
વધુમાં, ઉક્ત વિષય અંતર્ગત ફિટ ઇન્ડિયા ચળવળના ભાગરૂપે આ સાથે સામેલ એનેક્સર-A મુજબ કાર્યવાહી યોજવી અને સંબંધિત ગુગલ લિંકમાં રીપોર્ટ ભરવા અત્રેની કચેરીએથી જણાવવામાં આવે છે.

આ સમગ્ર કાર્યક્રમના અંતે મૂલ્યાંકનમાં પ્રથમ ૧૦ સંસ્થાઓને સન્માનિત કરવામાં આવશે.

ઉપરોક્ત કાર્યક્રમ સંબંધિત સંપર્કસૂત્ર:

ક્રમ નં.	નામ અને સંપર્ક	ઝોન
૧	ડૉ. વિકાસ અગ્રવાલ - ૯૯૭૮૨૯૯૩૦૦	વડોદરા અને સુરત
૨	ડૉ. નરહરીપ્રસાદ સાધુ - ૯૭૩૭૩૩૨૮૬૮	રાજકોટ અને ગાંધીનગર
૩	ડૉ. દિલીપ ચૌધરી - ૮૮૬૬૬૨૫૧૧૨	અમદાવાદ

બીડાણ: એનેક્સર-A


કુલસચિવ ૧૪/૭/૨૫

પ્રતિ,

- (૧) આચાર્યશ્રી / ડાયરેક્ટરશ્રી જી.ટી.યુ. સંલગ્ન તમામ સંસ્થાઓ,
- (૨) પી.એ / પી.એસ. ટુ માનનીય કુલપતિશ્રી,
- (૩) પી.એ ટુ માનનીય કુલસચિવ.

Winners of: "Most Promising University of India 2020" ♦ "1st rank Among All Universities in Gujarat 2020 by Uni Rank"
♦ "1st Rank in Gujarat State Institutional Ratings Framework (GSIRF) 2019" ♦ "National Leadership Excellence Award 2019 in Technical Education" ♦ "India's Most Trusted State University 2019" ♦ "Outstanding University in West India 2019"

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Annexure-A

ફીઝીકલ ફિટનેસ અને સ્પોર્ટ્સ ડેવલોપમેન્ટ કાર્યક્રમ

ક્રમ નં.	કાર્યક્રમ વિગત	સમયગાળો
૧.	જાગૃતિ વ્યાખ્યાન: નિયમિત શારીરિક પ્રવૃત્તિ, સંતુલિત પોષણ અને માનસિક સુખાકારીના મહત્વ વિશે શિક્ષિત કરવા માટે તમામ વિદ્યાર્થીઓ માટે ફરજિયાત ફિટનેસ જાગૃતિ વ્યાખ્યાનનું આયોજન કરો.	ઓગસ્ટ દરમિયાન રીપોર્ટ માટેની લીંક: https://forms.gle/z7ZfwFUwSS6h1bmD6
૨	ફિટનેસ પ્રી-ટેસ્ટ મૂલ્યાંકન: વિદ્યાર્થીઓનું શારીરિક તંદુરસ્તીનું પરીક્ષણ આ સાથે સામેલ અલગ-અલગ ટેસ્ટ મુજબ આપેલ એક્સેલ શીટમાં માહિતી ભરવી અને તે માહિતીની શીટ યુનિવર્સિટી દ્વારા આપવામાં આવેલ સત્તાવાર ગૂગલ ફોર્મ લિંકમાં પ્રી-ટેસ્ટ મૂલ્યાંકનની માહિતી મોકલવી. ટેસ્ટ પ્રકાર: 1. Body Mass Index (BMI) 2. Handgrip Strength Test (HST) 3. Push-Ups (Boys) 4. Modified Push-ups (Girls) 5. Partial Curl-Up Test 6. Standing long jump Test (Board Jump) 7. Cardiorespiratory Endurance 8. Sit-and-Reach Test 9. Static Balance (Flamingo Balance Test) આ તમામ ટેસ્ટની સંપૂર્ણ માહિતી આ સાથે સામેલ છે.	ઓગસ્ટ દરમિયાન ડેટા ભરવા માટેની શીટ (શીટ ઈ- મેઇલમાં સામેલ છે) રીપોર્ટ માટેની લીંક: https://forms.gle/W588NhqwFGfBLQah7
૩	રમતગમત પ્રવૃત્તિઓ: વિદ્યાર્થીઓને વિવિધ ટીમ રમતો અને ફિટનેસ પ્રવૃત્તિઓ જેમ કે વોલીબોલ, કબડ્ડી, બાસ્કેટબોલ, યોગ, સાયકલિંગ, ખો-ખો, ફૂટબોલ તથા અન્ય રમતો રમવા માટે પ્રેરિત કરવા અને શારીરિક સહનશક્તિ, ટીમવર્ક અને શિસ્ત સુધારવા માટે દરેક પ્રવૃત્તિ અઠવાડિયામાં ઓછામાં ઓછી ત્રણ વખત ફરજિયાતપણે હાથ ધરવામાં આવે. દરેક વિદ્યાર્થી ઉપરોક્ત રમતમાંથી કોઈ પણ એક રમતમાં અવશ્ય ભાગ લે અને જી.ટી.યુ. સ્પીરીટ સ્પર્ધામાં ભાગ લે તેવું વાતાવરણ ઉભું કરવું.	સપ્ટેમ્બર થી ડીસેમ્બર દરમિયાન

૪	વાર્ષિક રમતોત્સવ (સ્પોર્ટ્સ ડે): રમતોત્સવમાં ભાગ લેવા માટે દરેક વિદ્યાર્થીઓને પ્રોત્સાહિત કરવા અને ફિટનેસ અને રમતગમતની ભાવનામાં પ્રગતિ દર્શાવવા માટે જી.ટી.યુ. સંલગ્ન તમામ સંસ્થાઓ દ્વારા વિદ્યાર્થીઓ માટે વાર્ષિક રમતગમત દિવસનું આયોજન ફરજિયાતપણે કરવું અને તેનો રીપોર્ટ ગુગલ લિંકમાં મોકલી આપવો.	ડીસેમ્બર થી ફેબ્રુઆરી દરમિયાન રીપોર્ટ માટેની લીંક: https://forms.gle/fqDSpM914AGGr9e9
૫	ફિટનેસ પોસ્ટ-ટેસ્ટ મૂલ્યાંકન: ક્રમ નં. ૨ મુજબ ક્રમ નં. ૩ અને ૪ મુજબની તમામ કાર્યવાહી બાદ ફરીથી પોસ્ટ-ટેસ્ટનું આયોજન કરવું. આ સાથે આપેલ એક્સેલ શીટમાં માહિતી ભરવી અને તે માહિતીની શીટ યુનિવર્સિટી દ્વારા આપવામાં આવેલ સત્તાવાર ગૂગલ ફોર્મ લિંકમાં પોસ્ટ-ટેસ્ટ મૂલ્યાંકનની માહિતી મોકલવી.	ફેબ્રુઆરી થી માર્ચ ડેટા ભરવા માટેની શીટ (શીટ ઈ- મેઇલમાં સામેલ છે) રીપોર્ટ માટેની લીંક: https://forms.gle/Us5Whyyt5cvWzQxr6
૬	રિપોર્ટિંગ અને પાલન: તમામ સંસ્થાઓએ ઉપરોક્ત ક્રમ નં. ૧ થી ૫ નું કડક પાલન કરવું અને નિર્ધારિત સમયમર્યાદામાં યુનિવર્સિટી દ્વારા આપેલ કામગીરીનું આયોજન કરવું અને સંબંધિત ગુગલ ફોર્મ લિંકમાં જ સત્ય માહિતી મોકલવી. આ પહેલ તમામ જી.ટી.યુ. સંલગ્ન સંસ્થાઓ માટે ફરજિયાત છે અને રમતગમત, યુવા બાબતો અને સાંસ્કૃતિક પ્રવૃત્તિઓ વિભાગ દ્વારા તેનું નજીકથી નિરીક્ષણ કરવામાં આવશે તથા તમામ સંસ્થાઓની માહિતી એકત્રિત થયા બાદ ગ્રાફિકલ માહિતીના આધારે ઉત્કૃષ્ટ પ્રદર્શન કરનાર પ્રથમ દસ સંસ્થાને સન્માનિત કરી પ્રોત્સાહિત કરવામાં આવશે.	આપવામાં આવેલી તમામ સૂચનાઓનું ચોક્કસપણે સંપૂર્ણ પાલન કરવું.

B. THE PHYSICAL FITNESS ASSESSMENT MODULE

The physical fitness assessment data will help us understand the fitness initiatives needed to improve level of fitness. By identifying areas of weakness in the student population, program developers can tailor activities and exercises to address those specific needs. This will ensure a more holistic and effective approach in improving overall fitness.

Body Composition:

Body Mass Index (BMI)

Measuring a person's weight and height and applying the results to determine their BMI is the process of testing body mass index, or BMI. It is a helpful screening tool for grouping people according to their body fat percentage.

Places/Equipment Requirements:

- Use a calibrated scale for weight measurement.
- Use a stadiometer or fixed measuring tape for height measurement.

How to Perform

Step 1: Measure Weight

1. Use a reliable scale to measure the person's weight.
2. Ensure the person is wearing light clothing and no shoes.
3. Record the weight in kilograms (kg).

Step 2: Measure Height

1. Use a stadiometer or a measuring tape fixed to a wall to measure the person's height.
2. Ensure the person stands straight with their heels, back, and head touching the wall, looking straight ahead.
3. Record the height in metres (m). If measured in centimetres (cm), convert it to metres (1 cm = 0.01 m).

Step 3: Calculate BMI

Use the following formula to calculate BMI:

$$\text{BMI} = \text{Weight (kg)} / \text{Height (m)}^2$$



https://www.youtube.com/watch?v=5_Fqbx4OG3c

Interpreting Results/Scoring for Boys

Age	Gender	Underweight	Normal	Overweight	Obese		
16 Years	Male	<17.2	20.6	>24.2	>27.6		
17 Years	Male	<17.8	21.2	>25	>28.2		
18 Years	Male	<18.4	21.8	>25.6	>29		
Above 18 Years	Male	<18.5	24.9	>25.0	>29.9		

Interpreting Results/Scoring for Girls

Age	Gender	Underweight	Normal	Overweight	Obese		
16 Years	Female	<16.8	20.4	>24.6	>28.8		
17 Years	Female	<17.2	21	>25.2	>29.6		
18 Years	Female	<17.6	21.2	>25.6	>30.1		
Above 18 Years	Female	<18.5	24.9	>25.0	>29.9		

Suggested Physical Activities to improve the Body Mass Index (BMI)

- **Healthy Diet:** Promote a balanced diet with plenty of fruits, vegetables, and whole grains while limiting processed foods and sugary drinks.
- **Physical Activity:** As mentioned earlier, consistent physical activity across different domains helps manage body weight and maintain a healthy body composition.

Reference: <https://fitindia.gov.in/fitnessprotocols>



Muscular Strength and Endurance

Handgrip Strength Test

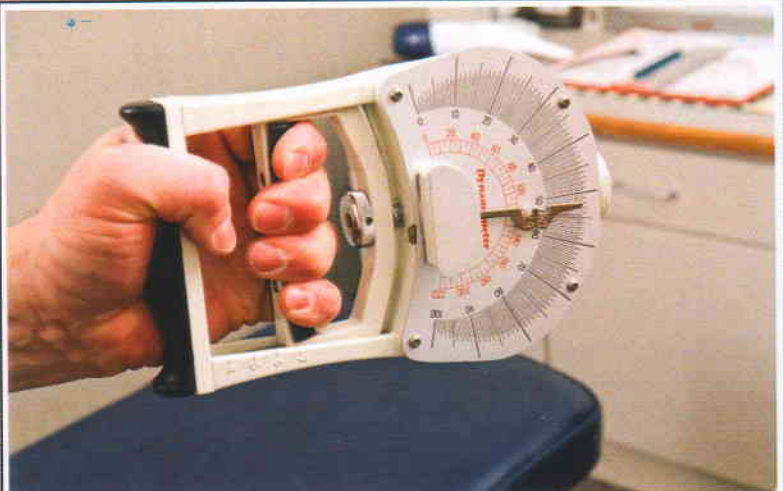
The handgrip strength test is a simple, yet effective way to measure the strength of the hand and forearm muscles.

Equipment required

Handgrip Dynamometers

How to Perform

- Verify that the dynamometer is zero-calibrated.
- Tell the individual to sit with their shoulders back and their posture straight.
- With the participant's forearm and wrist in a neutral position, bend their elbow to a 90-degree angle.
- Ask the participant to support the base with their hands as they gently place the dynamometer in their palm, curling their fingers around the scale.
- Give the participant instructions to press the dynamometer as hard as they can while avoiding jerking and utilising a smooth, continuous action.
- Give the person three seconds to hold before releasing them.
- Repeat the process three times more.
- To the closest kilogram, record the highest reading.



<https://youtu.be/nPqwqI95HAW>

Interpreting Results/Scoring

Rating	Boys (in kg)	Girls (in kg)
Strong	>52.4	>29.0
Normal	32.6-52.4	17.2-29.0
Weak	<32.6	<17.2

Suggested Physical Activities to improve the **Handgrip strength**

- Weight lifting exercises, such as hanging from a bar, cable pulls
- Squeezing a hand grip or a rubber ball

Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7297622/>



Push-Ups (Boys)

The push-up test is a common physical fitness test used to assess upper body muscular endurance and strength, particularly targeting the chest, shoulders, and triceps.

Places/Equipment Requirements:

Gym mat or flat, clean padded surface

How to Perform Push-ups (Boys)

1. Hands should be slightly outside shoulder-width apart at chest level.
2. Feet should be hip-width apart and parallel to each other—not turned inward or outward.
3. The upper body and legs should be in a straight line.
 - Elbows should be fully extended keeping the back and the knees straight.
 - The subject lowers the upper body so that elbows may bend to 90 degrees or chest may touch the mat/floor.
 - Then returns back to the starting position with the arms extended.
4. The same action is repeated and the test continues until exhaustion or until the subject can do no more.



[Push Up Test \(youtube.com\)](https://www.youtube.com/watch?v=...)

Interpreting Results/Scoring for Boys

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
15 Years	> 13 times to 15 times	> 15 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 23 times	> 23 times to 28 times	> 28 times
16 Years	> 15 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 23 times	> 23 times to 28 times	> 28 times to 33 times	> 33 times
17 Years	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 23 times	> 23 times to 28 times	> 28 times to 33 times	> 33 times to 37 times	> 37 times
18 Years & Above	> 19 times to 21 times	> 21 times to 23 times	> 23 times to 28 times	> 28 times to 33 times	> 33 times to 37 times	> 37 times to 43 times	> 43 times

Suggested Physical Activities to improve the Push ups

- **Bodyweight Exercises:** Encourage activities like push-ups, squats, lunges, and planks that can be done anywhere with minimal equipment.
- **Resistance Training:** Implement resistance band exercises or introduce light weights for progressive overload, gradually increasing strength.
- **Circuit Training:** Utilise circuit training routines that combine strength exercises with short bursts of cardio for improved muscular endurance

Reference: <https://fitindia.gov.in/fitnessprotocols>



Modified Push-Ups (Girls)

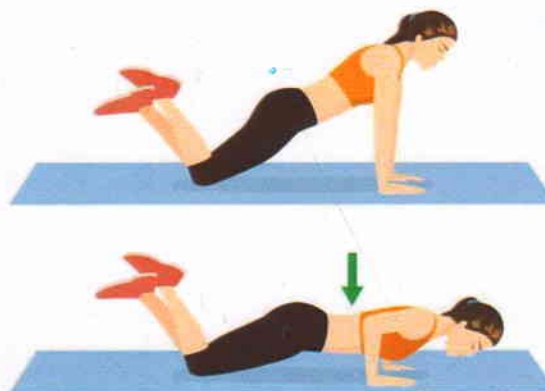
The modified push-up test is a common physical fitness test used to assess upper body muscular endurance and strength, particularly targeting the chest, shoulders, and triceps.

Places/Equipment Requirements:

Gym mat or flat, clean padded surface

How to Perform Modified Push-ups (Girls)

1. In a modified push up position, hands and knees should touch the mat /floor.
2. Both the hands should be shoulder-width apart and elbows fully extended.
 - The body from the knees, to the hips and to the shoulders should be in a straight line.
 - While keeping this position, the subject should lower her upper body, so that elbows may bend to 90 degrees.
 - Then return back to the starting position with the arms extended.
3. The same action is repeated and the test continues until exhaustion or until she can do no more.



Interpreting Results/Scoring

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
15 Years	> 11 times to 13 times	> 13 times to 15 times	> 15 times to 16 times	> 16 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times
16 Years	> 13 times to 15 times	> 15 times to 16 times	> 16 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 22 times	> 22 times
17 Years	> 15 times to 16 times	> 16 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 22 times	> 22 times to 24 times	> 24 times
18 Years & Above	> 16 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 22 times	> 22 times to 24 times	> 24 times to 27 times	> 27 times

Suggested Physical Activities to improve the Modified push-ups

- **Bodyweight Exercises:** Encourage activities like push-ups, squats, lunges, and planks that can be done anywhere with minimal equipment.
- **Resistance Training:** Implement resistance band exercises or introduce light weights for progressive overload, gradually increasing strength.
- **Circuit Training:** Utilise circuit training routines that combine strength exercises with short bursts of cardio for improved muscular endurance

Reference: <https://fitindia.gov.in/fitnessprotocols>



Partial Curl-Up Test

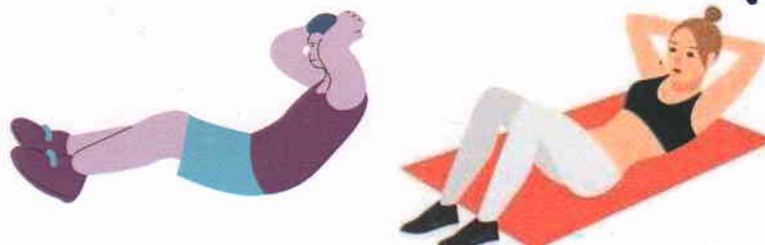
The partial curl-up test is used to measure abdominal muscular endurance.

Places/Equipment Requirements:

Gym mat or flat, clean padded surface

How to Perform

- With your feet 12 inches apart from your buttocks and your legs bent, lie on your back.
- Stretch out and rest your arms on your thighs.
- Maintain a neutral head posture.
- Curl up slowly until your shoulders are two inches off the floor, then gently return to the starting position.
- One complete curl-up is completed every three seconds.
- These are continued until the subject feels unable to maintain the rhythm.
- There should not be any pause in the up or down.



Partial Curl-Up Test

Interpreting Results/Scoring for Boys

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
15 Years	> 17 times to 20 times	> 20 times to 20 times	> 20 times to 25 times	> 25 times to 26 times	> 26 times to 28 times	> 28 times to 30 times	> 30 times
16 Years	> 18 times to 20 times	> 20 times to 20 times	> 20 times to 26 times	> 26 times to 27 times	> 27 times to 29 times	> 29 times to 30 times	> 30 times
17 Years	> 18 times to 22 times	> 22 times to 22 times	> 22 times to 27 times	> 27 times to 28 times	> 28 times to 29 times	> 29 times to 31 times	> 31 times
18 Years & Above	> 18 times to 21 times	> 21 times to 21 times	> 21 times to 28 times	> 28 times to 29 times	> 29 times to 30 times	> 30 times to 31 times	> 31 times

Interpreting Results/Scoring for Girls

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
15 Years	> 13 times to 16 times	> 16 times to 16 times	> 16 times to 21 times	> 21 times to 22 times	> 22 times to 23 times	> 23 times to 25 times	> 25 times
16 Years	> 13 times to 16 times	> 16 times to 16 times	> 16 times to 21 times	> 21 times to 22 times	> 22 times to 23 times	> 23 times to 25 times	> 25 times
17 Years	> 13 times to 17 times	> 17 times to 17 times	> 17 times to 21 times	> 21 times to 22 times	> 22 times to 23 times	> 23 times to 25 times	> 25 times
18 Years & Above	> 14 times to 16 times	> 16 times to 16 times	> 16 times to 21 times	> 21 times to 22 times	> 22 times to 24 times	> 24 times to 25 times	> 25 times

Suggested Physical Activities to improve the **Curl ups**

- Bodyweight Exercises.
- Resistance Training.
- Circuit Training.

Reference: <https://fitindia.gov.in/fitnessprotocols>



Standing Long Jump Test (Broad Jump)

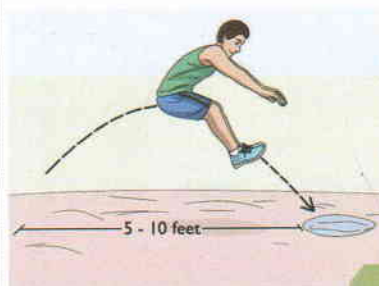
The standing long jump test, (also known as the broad jump test) measures lower body strength and explosive power.

Places/Equipment Requirements:

Tape measure to measure distance jumped, non-slip floor for take-off, and soft landing area preferred.

How to Perform

- The competitor places their feet slightly apart and stands behind a line drawn on the ground.
- The forward motion can be generated by bending the knees and swinging the arms during the two-footed take-off and landing.
- The participant aims to leap as far as they can and land on both feet without tripping over.
- Three trials are given.



Standing long jump



Interpreting Results/Scoring

Rating	Boys (Metres)	Girls (Metres)
Elite/superior	2.70 metres	2.30 metres
Above Average	2.50-2.69 metres	2.10-2.29 metres
Average	2.30-2.49 metres	1.90-2.09 metres
Below Average	2.10-2.29 metres	1.70-1.89 metres
Needs Improvement	<2.10 metres	<1.70 metres

Suggested Physical Activities to improve the Standing long Jump

- **Bodyweight Exercises.**
- **Resistance Training.**
- **Circuit Training.**

Reference: <https://www.nsu.ac.in/physical-fitness-test>



Cardiorespiratory Endurance

FITNESS INDEX

This standardised test involves running progressively, (measure of cardiovascular fitness).

Places/Equipment Requirements:

Playground, Stopwatch, Pulse-Oxymeter

How to Perform

- The youth are asked to jog for 5 minutes continuously.
- After completion of the jog, the student is asked to take rest for 2 - 2.5 minutes.
- After the recovery period of 2 - 2.5 minutes, pulse count of the youth is noted.



Fitness Index Score

Rating	Boys	Girls
Excellent	>90.0	>86.0
Good/ Above average	80.0-90.0	76.0-85.9
Average	65.0-79.9	61.0-75.9
Below average	55.0-64.9	50.0-60.9
Poor	<55	<50

Calculation of the Fitness Index Score

$$= \frac{100 \times \text{test duration in seconds}}{5.5 \times \text{pulse count (2-2.5 minutes after exercise)}}$$

Suggested Physical Activities to improve the Fitness Index

- **Interval Training:** Implement high-intensity interval training (HIIT) sessions that alternate between periods of intense activity and recovery, improving endurance over time.
- **Continuous Aerobic Activities:** Encourage activities like brisk walking, running, swimming, or cycling for sustained periods to build cardiovascular fitness.
- **Team Sports:** Participating in sports like football, kho-kho or badminton can be a fun and engaging way to improve endurance.



Sit-and-Reach Test

A popular test of flexibility that measures the hamstring and lower back muscles.

Places/Equipment Requirements:

- Sit and Reach Box or a similar flat surface with a measuring ruler/tape.
- Tape Measure or Ruler (if a special Sit and Reach Box is not available)

How to Perform

Position

- Assign the participant to a floor seat with their legs straight out in front of them.
- Both knees should be locked and held flat on the floor while you lay your feet flat against the Sit and Reach Box (or the level area where the ruler is placed).
- Make sure the distance between the inner borders of the foot is around 20 cm.

Hand Location:

- With their palms pointing downward, the participant should stack one hand on top of the other.
- The hands should be level with one another and completely extended.

Reaching Forward:

- Give the participant instructions to extend as far forward as they can gently while maintaining a straight knee and downward-facing palms.
- They have one to two seconds to hold the stretch.
- Make sure there are no jerks in the movement and that it is constant and smooth.

Measurement

- Using a tape measure or ruler, measure the distance that the fingertips can reach.
- Note the measurement in either inches or centimetres. If you're using a Sit and Reach Box, deduct 23 cm from the reading if needed. The scale usually starts at 23 cm (9 inches) at the place where the feet meet the box.
- Take the exam twice more, giving yourself a little break in between each try.



<https://www.youtube.com/watch?v=WxI2RS9SMD0>

Interpreting Results/Scoring for boys

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
16 Years	> 8.40 cm to 14.60 cm	> 14.60 cm to 19.30 cm	> 19.30 cm to 23.60 cm	> 23.60 cm to 25.90 cm	> 25.90 cm to 28.60 cm	> 28.60 cm to 35.60 cm	> 35.60 cm
17 Years	> 9.10 cm to 15.50 cm	> 15.50 cm to 20.40 cm	> 20.40 cm to 24.80 cm	> 24.80 cm to 27.20 cm	> 27.20 cm to 30.00 cm	> 30.00 cm to 37.20 cm	> 37.20 cm
18 Years & Above	> 9.10 cm to 15.50 cm	> 15.50 cm to 19.30 cm	> 19.30 cm to 24.80 cm	> 24.80 cm to 27.30 cm	> 27.30 cm to 30.20 cm	> 30.20 cm to 37.40 cm	> 37.40 cm

Interpreting Results/Scoring for Girls

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
16 Years	>14.40 cm to 20.00 cm	>20.00 cm to 24.10 cm	>24.10 cm to 27.60 cm	>27.60 cm to 29.50 cm	>29.50 cm to 31.80 cm	>31.80 cm to 37.50 cm	>37.50 cm
17 Years	>14.70 cm to 20.30 cm	>20.30 cm to 24.40 cm	>24.40 cm to 27.90 cm	>27.90 cm to 29.80 cm	>29.80 cm to 32.10 cm	>32.10 cm to 37.80 cm	>37.80 cm
18 Years & Above	>14.90 cm to 20.70 cm	>20.70 cm to 24.70 cm	>24.70 cm to 28.20 cm	>28.20 cm to 30.00 cm	>30.00 cm to 32.30 cm	>32.30 cm to 38.00 cm	> 38.00 cm

Suggested Physical Activities to improve the Flexibility

- **Static Stretching:** Include static stretches that target major muscle groups in your program, focusing on holding stretches for a sustained period.
- **Yoga/Pilates:** Consider incorporating Yoga or Pilates classes that emphasise flexibility and improve overall body awareness.

Reference: <https://fitindia.gov.in/fitnessprotocols>



Static Balance

Flamingo Balance Test

This single leg balance test assesses the strength of the leg, pelvic, and trunk muscle as well as static balance.

Places/Equipment Requirements:

Non slippery even surface, Stopwatch.

How to Perform

- Stand on the brick. Keep balance by holding the instructor's hand (if required to start).
- While balancing on the preferred leg, the free leg is flexed at the knee and the foot of this leg held close to the buttocks.

Start the watch as the instructor lets go of the participant/subject.

- Pause the stopwatch each time the subject loses balance (either by falling off the brick or letting go of the foot being held).
- Resume over, again timing until they lose balance. Count the number of falls in 60 seconds of balancing.
- If there are more than 15 falls in the first 30 seconds, the test is terminated.



<https://youtu.be/gxh3OiVJbmc>

Interpreting Results/Scoring for Boys/Girls

- The total number of falls or loss of balance in 60 seconds of balancing is recorded.
- If there are more than 15 falls in the first 30 seconds, the test is terminated.

Suggested Physical Activities to improve the Flamingo Balance Test

- To improve balance, you should practice one foot balance, walking on toes and heel toe walking, walking on straight lines, skipping, hopping, vrikshasana, etc.

Reference: <https://fitindia.gov.in/fitnessprotocols>

