



HEALTH AND ACTIVITY RECORD

GENERAL INFORMATION



Aadhar Card no. of Student (optional) _____

Name: _____

Admission No.: _____ Date of Birth: _____

MFT: _____ Blood Group: _____

MOTHER'S NAME: _____

Year of Birth: _____ Weight*: _____ Height*: _____ Blood Group: _____

Aadhar Card No.*: _____

FATHER'S NAME: _____

Year of Birth: _____ Weight*: _____ Height*: _____ Blood Group: _____

Aadhar Card No.*: _____

Family Monthly Income*: _____

Address: _____

Phone No.: _____ (M): _____

Children with Special Need, 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.

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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				
Health Status	Pulse				
	Blood Pressure				
Posture Evaluation	<p><u>If any:</u> Head Forward/Sunken Chest/ Round Shoulders/Kyphosis/Lordosis/ Adominal Ptosis/Body Lean/Tilted Head/Shoulders Uneven/Scholiosis/ FFlat Feet/Knock Knees/Bow Legs</p>				
Sporting Activities (HPE) (For details, see HPE manual available on CBSE website www.cbseacademic.in)	<p>Strand 1: <u>Any one of following:</u> 1. Athletics/Swimming 2. Team Game 3. Individual Game 4. Adventure Sports</p>				
	<p>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></p>				
	<p>Strand 3: SEWA</p>				

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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 & 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 & 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.