



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				
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> <ol style="list-style-type: none"> 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				

HEALTH AND ACTIVITY RECORD

Fitness Components	Fitness Parameters		Test Name	What does it Measure	Class	Class	Class	Class
					9 th	10 th	11 th	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.