Fit Metrix
survival of the fittest

FITNESS REPORT

BY

Dr Sandeep Chaudhari PhD (USA)

Fit Metrix
survival of the fittest

ATHLETE PROFILE

Name:

Age:

Gender:

School:

Test Date:

ID:

ABOUT FITMETRIX

Fit Metrix recognizes the invaluable importance of SPORTS & and FITNESS in your kid's life.

Engaging in sports not only fosters team spirit, but also cultivates strategic and analytical thinking, leadership skills, goal setting, and risk-taking abilities. A fit and healthy population contributes to the overall well-being of society and strengthens the nation as a whole.

Fit Metrix has launched a comprehensive program to assess kid's fitness & identify suitable sports, based on their physical abilities and body construction. This initiative aims to revive India's sports culture from the grassroots, fostering a strong framework to support all sports and elevate the nation's status as a remarkable sporting nation.

About Test Results

This report is a comprehensive record that summarizes the results of an individual's fitness evaluation. It provides valuable information about an individual's current physical fitness levels, highlighting strengths and areas that need improvement. This document serves as a vital tool for fitness professionals, trainers, and individuals themselves, helping to tailor fitness programs and track progress over time.

PART A
ANTHROPOMETRY/ BODY COMPOSITION

Height (Cm)

Weight (KG)

BMI

Body Fat %

Arm Length (Cm)

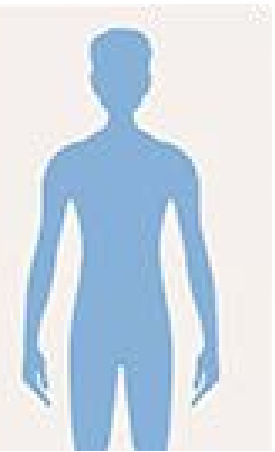
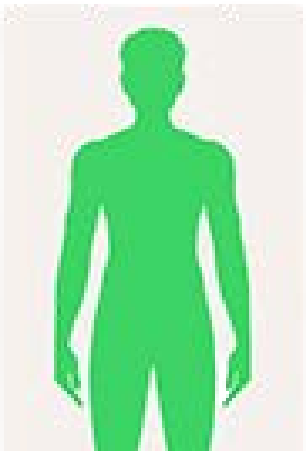
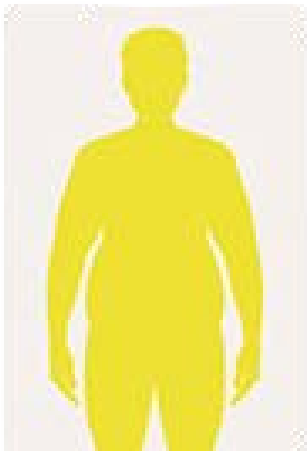
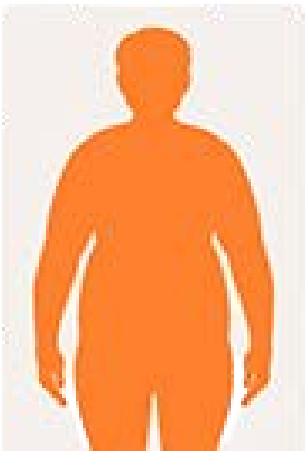
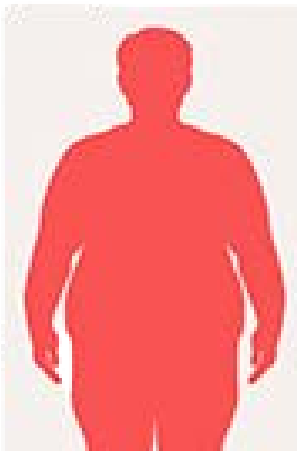
Leg Length (Cm)

Test Interpretation:

Body Composition refers primarily to the distribution of muscle and fat in the body.

Expert Advice:

With proper exercise protocol and a nutritious diet, some parameters may be improved. Please note that some children are more muscular or at different stages of growth and this may influence their score.

PART B
FUNCTIONAL FITNESS TEST

1.FLEXIBILITY

Sit & Reach

Test Interpretation:

The Sit and Reach Test is a common flexibility assessment that measures the flexibility lower back and hamstrings. It's often used in physical fitness assessments and is a straightforward way to gauge a person's flexibility in the posterior chain. It's important to remember that flexibility can vary widely among individuals due to factors like genetics, previous injuries, and daily habits. With prolonged inactivity or lack of stretching exercises, flexibility can go below average.

*** This is important for activities that involve bending, reaching and stretching in various sports like **Gymnastics, Diving, Skating, Wrestling, Combat sports-taekwondo & Judo ,Pole vault, High jump, Racket squash.**

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Expert Advice:

Flexibility can be improved by incorporating overall static and dynamic stretching exercises in daily work out.

Few recommended exercise videos:-

How to Improve Hamstring Flexibility

Hamstring stretches

Hamstring Streatch

10 min Every Morning Full Body Stretch

Please click on the above titles to visit the videos or scan the below given QR code

How to Improve Hamstring Flexibility

Hamstring stretches

Hamstring Streatch

10 min Every Morning Full Body Stretch

2. BALANCE

Single Leg Balance

Test Interpretation:

The test assesses an individual's ability to maintain balance on one leg, which is essential for various daily activities, sports, and injury prevention. Achieving balance on one leg requires not only strength in the leg being tested but also core strength and proprioception (the body's awareness of its position in space). The Single-Leg Balance Test is an effective way to track an individual's progress in balance training or rehabilitation. Regular retesting can help demonstrate improvements over time and guide adjustments to the training program.

*** Sports which requires good balance are **Surfing,Equestrian, Gymnastics, Baseball, Fencing,Golf,Boxing, Table tennis,etc.**

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Expert Advice:

To enhance balance, a tailored balance improvement plan should be incorporated.

Few recommended exercise videos:-

Single leg balance

Improve Your Balance with Simple Exercises

Exercises For Beginners To Improve Single Leg Balance

Please click on the above titles to visit the videos or scan the below given QR code

Single leg balance

Improve Your Balance with Simple Exercises

Exercises For Beginners To Improve Single Leg Balance

3. STRENGTH

(a) Push Ups

Test Interpretation:

Push Ups

The Push-Up Test is a widely used for assessment of upper body strength and endurance. It is a straightforward and effective way to assess an individual's upper body strength, specifically focusing on the chest, shoulders and triceps muscles. It provides valuable information about the individual's ability to perform a fundamental bodyweight exercise.

*** Example of sports which require upper body strength are **Weight Lifting, Gymnastics, American football, Wrestling, Boxing, Track & Field, Rowing, Skating, Rugby, etc.**

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Expert Advice:

To enhance upper body strength/push ups performance, a Physiotherapist can help design a customized training plan to provide guidance on form and technique to maximize results and reduce the risk of injury.
Adequate nutrition and recovery are crucial for muscle development.
Regular reassessment can help monitor improvement in upper body strength and endurance as they continue with their strength training regimen.

Few recommended exercise videos:-

How to Build Strength For Pushups: Progression Drill

How To Start Push-Ups From ZERO

Please click on the above titles to visit the videos or scan the below given QR code

How to Build Strength For Pushups: Progression Drill

How To Start Push-Ups From ZERO

(b) Grip Strength (KG)

Test Interpretation:

The Grip Strength Test is a valuable assessment tool used to measure an individual's hand and forearm strength, particularly the flexor muscles responsible for closing the hand. A strong grip is essential for maintaining hand function and overall upper-body strength.

*** In sports and fitness contexts, grip strength is relevant for athletes in activities like catching, throwing, or lifting, sports such as rock climbing, gymnastics, weightlifting, and racquet sports, Cricket. It can also be a valuable indicator of readiness for a specific sport

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Expert Advice:

Grip Strength can be improved by targeted hand and forearm strengthening exercises.

Few recommended exercise videos:-

Hand, Wrist & Forearm Strengthening Exercises

Please click on the above titles to visit the videos
or scan the below given QR code

Hand, Wrist & Forearm Strengthening Exercises

4. CORE STABILITY

Plank

Test Interpretation:

The Plank Test primarily evaluates the strength of the core muscles, including the rectus abdominis, obliques, and transverse abdominis. These muscles are essential for maintaining stability and supporting the spine. The test also assesses muscular endurance, as it requires individuals to sustain the plank position for an extended period. Muscular endurance is vital for maintaining strength and stability during prolonged activities. Core strength is functionally relevant as it plays a crucial role in maintaining proper posture, stabilizing the spine, and facilitating movement in daily life and sports.

*** A stable core is required in almost all sports, especially **Swimming, Basketball, Tennis, Rowing, skating, cycling, etc**

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Expert Advice:

Core strength can be enhanced by use of Targeted core-strengthening exercises, proper technique, and consistency in training thus improving stability, posture, and functional abilities while reducing the risk of lower back pain.

Few recommended exercise videos:-

TOP 3 Core Exercises for KIDS (Increase STRENGTH & Spine Safe)

Easy Core Strengthening Exercises for Kids

Please click on the above titles to visit the videos
or scan the below given QR code

Core Exercises for KIDS

Core Strengthening Exercises for Kids

4. POWER

(a) Standing long jump

Test Interpretation:

The Standing Long Jump Test primarily evaluates the explosive power of the lower body, particularly the muscles in the legs. It provides insight into an individual's ability to generate force and propel themselves horizontally.

*** Lower body power is essential for various sports and activities, including sprinting, jumping, and sports that involve quick changes in direction like **soccer,tennis,cricket,weight lifting, basketball,wrestling,long jump,high jump,gymnastics and martial arts.**

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Expert Advice:

To enhance lower body strength and power, use tailor made program with lower body strength and power training exercises like squats, lunges, plyometrics and jump training. Progress should be monitored, and proper jumping and landing techniques should be emphasized to enhance performance and reduce the risk of injury through Physiotherapist.

Few recommended exercise videos:-

Kids Workout - Lower Strength

Explosive Leg Power

Top "10" Plyometric Exercises | Youth Athlete Edition

Please click on the above titles to visit the videos or scan the below given QR code

Kids Workout - Lower Strength

Explosive Leg Power

Top "10" Plyometric Exercises | Youth Athlete Edition

b) Standing Vertical Jump

Test Interpretation:

The Vertical Jump Test is a valuable assessment tool used to measure an individual's lower body power and explosiveness.

*** Lower body power is functionally relevant for various sports and activities, including **basketball, volleyball, soccer, and track and field events like high jump and long jump.**

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Expert Advice:

To enhance lower body strength and power, use tailor made program with lower body strength and power training exercises like squats, lunges, plyometrics and jump training . Progress should be monitored, and proper jumping and landing techniques should be emphasized to enhance performance and reduce the risk of injury through Physiotherapist.

Few recommended exercise videos:-

Kids Workout - Lower Strength

Explosive Leg Power

Top "10" Plyometric Exercises | Youth Athlete Edition

10-36 year olds could jump higher with this plyometric workout routine

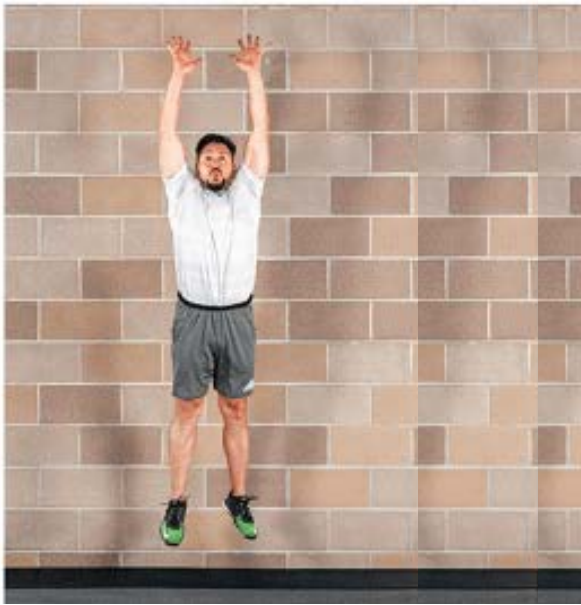
Please click on the above titles to visit the videos or scan the below given QR code

Kids Workout - Lower Strength

Explosive Leg Power

Top "10" Plyometric Exercises | Youth Athlete Edition

10-36 year olds could jump higher with this plyometric workout routine



6. Agility

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Test Interpretation:

The 5-0-5 Agility Test is designed to assess an individual's agility, which is the ability to change direction rapidly while maintaining balance and control.

*** It's particularly relevant for sports and activities that involve frequent changes in direction, such as **soccer, basketball, tennis, hockey, volleyball, rugby, etc.**

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Expert Advice:

To improve Agility , individuals should incorporate targeted agility drills, speed training, and agility-focused exercises into their fitness routine.

Progress tracking and proper technique are essential for enhancing agility and speed over time.

Correct body positioning, quick footwork, and efficient changes in direction are essential for improving agility while reducing the risk of injury.

Few recommended exercise videos:-

Fast Footwork & Agility Ladder Drills | Speed & Agility Performance

SPEED & AGILITY LADDER & HURDLE DRILLS

Please click on the above titles to visit the videos or scan the below given QR code

Fast Footwork & Agility Ladder Drills | Speed & Agility Performance

SPEED & AGILITY LADDER & HURDLE DRILLS

7. SPEED

30 Meters

Test Interpretation

The 30-Meter Sprint Test primarily evaluates an individual's sprinting speed and acceleration. It provides valuable insights into how quickly an individual can cover a short distance, which is relevant for various sports and activities.

*** Speed is functionally relevant in many sports and activities, including **track and field, soccer, football, and basketball, tennis, table tennis, rugby, handball**. It's also important for activities that involve short bursts of speed, such as evading obstacles.

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Expert Advice:

Speed/Sprint can be enhanced by focusing on specific speed training exercises like interval sprints, plyometrics, strength training , proper sprinting technique, and consistent practice. Progress tracking is crucial to monitor improvements in sprinting abilities over time.

Few recommended exercise videos:-

Speed drills for kids under 10

Youth Speed Training Session

Please click on the above titles to visit the videos
or scan the below given QR code

Speed drills for kids under 10

Youth Speed Training Session

8. ENDURANCE

600 Meters

Test Interpretation:

1 MILE RUN TEST

The 1-Mile Run Test primarily evaluates an individual's aerobic endurance and ability to sustain a moderate to high-intensity effort over the course of a mile. It's a valuable measure of cardiovascular fitness. Muscular endurance is vital for maintaining strength and stability during prolonged activities.

*** Cardiovascular endurance is functionally relevant for a wide range of activities and sports, including **distance running- marathon, cycling, swimming, and team sports like soccer, hockey, basketball.** It also plays a vital role in maintaining overall health and wellness.

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Expert Advice:

To improve Endurance, individuals should focus on specific endurance training, proper pacing, and consistent effort. Monitoring progress and emphasizing proper warm-up, hydration, and nutrition are essential for enhancing endurance over time.

Few recommended exercise videos:-

How to Build Endurance for Running for Kids : Endurance Builders

Please click on the above titles to visit the videos
or scan the below given QR code

Endurance Builders

(C) Squat Test (30 secs)

Test Interpretation:

The 30-Second Squats Test is a straightforward yet effective assessment of lower body muscular endurance and strength. The test measures an individual's ability to sustain a squatting movement for a continuous 30- second period. It primarily evaluates lower body muscular endurance, particularly in the quadriceps, hamstrings, glutes, and lower back.

Muscular endurance in the lower body is functionally relevant for activities that involve sustained or repetitive lower body movements such as **walking, climbing stairs, cycling, and sports that require running and jumping like Soccer, Basketball, Gymnastics, Track and field, Swimming, etc.**

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Expert Advice

To improve, individuals should incorporate targeted lower body exercises into their routine, maintain proper squat form, and track progress over time. Enhancing lower body endurance can contribute to improved functional fitness and overall lower body strength

Few recommended exercise videos:-

How to do Perfect Squats

Please click on the above titles to visit the videos or scan the below given QR code

How to do perfect squats

PART C
MOVEMENT SCREENING

a) Bear Position Hold

Score

Test Interpretation:

The Bear Position Hold Test is a functional fitness assessment that evaluates core strength, stability, and overall body control along with the participant's form, technique, balance, and breathing control during the test. Proper alignment, maintaining a neutral spine, and engaging the core muscles are crucial for success in this test.

*** Core strength is functionally relevant for a wide range of activities and sports, as it plays a crucial role in maintaining stability during movements, maintaining proper posture, improving balance, supporting the spine, and preventing injuries.

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i) Weaknesses in the core muscles, particularly the abdominal muscles and lower back. This could affect stability and posture during various activities.

ii) Issues with balance or proprioception, which could impact functional movements.

iii) Any deviations from proper form and technique observed during the test. This might include arching of the back, sagging of the hips, or difficulty in maintaining a stable position.

iv) Lack of endurance, which can affect the ability to maintain good posture over time.

b) Over Head Squats

Score

Test Interpretation:

The Overhead Squat Test is a valuable functional fitness assessment that evaluates an individual's flexibility, mobility, balance, and overall body coordination. It is used to evaluate how well an individual performs a squat while holding a barbell or dowel overhead. The crucial elements are the depth of the squat and the range of motion at the hips, knees, and ankles ,the position of the feet, heel stability ,proper spinal alignment, arm position ,balance and coordination and proper breathing techniques.

*** Proper squatting mechanics are essential for various activities and sports, including weightlifting, functional fitness, and daily movements like sitting down or picking up objects from the ground. This test helps identify areas for improvement in functional movement.

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I) issues with form and technique
ii) limitations in joint mobility, particularly in the ankles, hips, and shoulders
iii) difficulties with balance and coordination
iv) limitations in range of motion in these areas
v) inability to maintain controlled and rhythmic breathing throughout the movement
vi) weakness in lower limb and core strength

Single Leg Dead Lift/Lunges

Score

Test Interpretation

The Single Leg Dead lift Test is a functional fitness assessment that evaluates balance, stability, proprioception, strength, and flexibility, particularly in the lower body and core. Lower body strength and flexibility also play essential roles in functional movement. The crucial elements are proper form and technique, balance and stability throughout the movement, hip mobility and flexibility, strength and endurance in the hamstrings, glutes, lower back and core, position of the standing foot, range of motion and proper breathing technique.

*** Balance and stability are crucial for various activities and sports, including **running, hiking, and activities that require changes in direction.**

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i) difficulties in maintaining balance during the movement
ii) issues with form, such as rounding of the back, loss of hip alignment, or improper knee positioning
iii) inability to engage their core muscles and maintain a neutral spine throughout the movement
iv) limitations in hip mobility
v) weakness in lower body strength, particularly in the hamstrings, glutes, and lower back
vi) inability to maintain controlled and rhythmic breathing throughout the movement

Expert Advice

To improve Functionl movement :

Focusing on targeted core strengthening exercises and balance drills, while maintaining proper form, posture and breathing techniques. Monitor progress over time can help improve performance in this functional test. Regular practice and consistency will be key to achieving better results over time.

Individuals should practicecorrective exercises and mobility drills targeting identified limitations, improve their form, mobility, flexibility, strength, and overall functional capacity while reducing the risk of injury. Proper technique and consistent practice are essential for enhancing squat mechanics and functional movement over time.

To improve, focus on strengthening the muscles involved, particularly the hamstrings and glutes, and practice balance exercises. Correcting form and alignment is crucial for enhancing functional movement and reducing the risk of injury.

Few recommended exercise videos:-

Hip Mobility Drills

YOGA PROTOCOL

Yoga plays a vital role in the growth and development of children, offering a multitude of physical, mental, and emotional benefits. Given bellow is the basic yoga protocol children can follow.

Sequence	Yoga Practices	Rounds	Duration
1	Surya namskar	2	2 Mins
2	Yogasanas	2	8 Mins
Standing	Tadasana (The Palm tree pose)		
	Katicakrasana (The Trunk twisting)		
	Trikonasana (The Triangle pose)		
Sitting	Ushtrasana (The Camel pose)		
	Paschimottanasana (Seated forward bend)		
	Ardha-Matsyendrasana (Half Spinal twist)		
Prone	Dhanurasana (The Bow pose)		
	Makarasana (The Crocodile pose)		
Supine	Ardha-Halsana (90 degree leg raise)		
	Pavanamuktasana (The Wind releasing pose)		
	Shavasana (The Corpse Pose)		
3	Pranayama	2	2 mins
	● Bhramari Pranayama (Humming)		
4	Dhyana	2	2 Mins
	Focus on your Breath		
	TOTAL DURATION		**14 Mins**

WHAT NEXT?

CONSULT US FOR AN EXPERT PHYSIO ADVICE ON :

1) ANY REASESSMENTS OR SPORTS SPECIFIC ASESSMENT.

2) PERFORMANCE ENHANCEMENT.

3) TAILOR MADE ATHLETE DEVELOPMENT PROGRAM.

DISCLAIMER

This Fitness Assessment Report is intended solely for informational and educational purposes. It is designed to provide an overview of the fitness levels of the participating students aged 6+ years. The assessments conducted are not meant to be diagnostic or prescriptive in nature.

The results presented in this report are based on the data collected during the fitness assessments conducted by qualified professionals. While every effort has been made to ensure accuracy and reliability, it is important to note that individual fitness levels may vary due to factors not assessed during this testing, including medical conditions, genetics, and lifestyle factors.

This report should be viewed as a tool to aid in talent identification and to promote overall fitness awareness. Parents, guardians, and coaches are encouraged to consult with healthcare professionals and fitness experts for personalized guidance and recommendations based on the specific needs and goals of each child.

By reviewing this report, you acknowledge and understand its limitations and agree not to hold the assessors or any affiliated parties responsible for any decisions or actions taken based on the information provided herein.