

Student Physical Fitness Record



Name :

Regd. No. :

Branch :

Sex : Male Female

Residence : Day Scholar Hosteller



VIGNAN'S
Foundation for Science, Technology & Research
UNIVERSITY
(Estd u/s 3 of UGC Act of 1956)

I - YEAR

Academic Year

Body Composition :

Height (in cm)	Weight (in Kg)	Body Mass Index	Weight category :
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Physical Activity Test Status : If Yes No

	Test 1	Test 2	Test 3	Test 4
Student Tested	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Reason if not tested	Absent on test Date	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Medical Excuse	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Special needs / any other	<input type="text"/>	<input type="text"/>	<input type="text"/>

Activity :

	Test 1	Test 2	Test 3	Test 4
100 mts. Run	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
400 mts. Run/Walk	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Physical Director

Assoc. Dean, Student Affairs

II - YEAR

Academic Year

Body Composition :

Height (in cm)	Weight (in Kg)	Body Mass Index	Weight category :
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Physical Activity Test Status : If Yes No

	Test 1	Test 2	Test 3	Test 4
Student Tested	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Reason if not tested	Absent on test Date	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Medical Excuse	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Special needs / any other	<input type="text"/>	<input type="text"/>	<input type="text"/>

Activity :

	Test 1	Test 2	Test 3	Test 4
100 mts. Run	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
400 mts. Run/Walk	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Physical Director

Assoc. Dean, Student Affairs

III - YEAR

Academic Year

Body Composition :

Height (in cm)

Weight (in Kg)

Body Mass Index

Weight category :

Physical Activity Test Status : If Yes No

	Test 1	Test 2	Test 3	Test 4
Student Tested	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Reason if not tested Absent on test Date	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Medical Excuse	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Special needs / any other	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Activity :

100 mts. Run

Time taken (in sec.)	Test 1	Test 2	Test 3	Test 4
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

400 mts. Run/Walk

	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Physical Director

Assoc. Dean, Student Affairs

IV - YEAR

Academic Year

Body Composition :

Height (in cm)

Weight (in Kg)

Body Mass Index

Weight category :

Physical Activity Test Status : If Yes No

	Test 1	Test 2	Test 3	Test 4
Student Tested	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Reason if not tested Absent on test Date	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Medical Excuse	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Special needs / any other	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Activity :

100 mts. Run

Time taken (in sec.)	Test 1	Test 2	Test 3	Test 4
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

400 mts. Run/Walk

	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Physical Director

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Steps to perfect your Sun Salutation

12 Finish with the Tadasana
Exhale : As you exhale, straighten the body and your arms.

11 Hasta Utthanasana (the raised arms pose)
Inhale: Breathing in, lift the arms up

10 Padahastasana (hand to foot pose)
Exhale: Bring your right foot forward and try to keep your palms on the floor.

9 Ashwa Sanchalanasana (the equestrian pose)
Inhale: Bring the left foot forward in between the two hands, right knee down to the floor and look up

8 Parvatasana (mountain pose)
Exhale: The inverted V.

7 Bhujangasana (cobra pose)
Inhale: Keep your elbows bent and look up, feet, two knees, chest and chin to touch the floor.

6 Ashtanga Namaskara (salute with eight parts or points)
Exhale: Gently bring your two hands, two feet, two knees, chest and chin to touch the floor.

5 Do the Dandasana (stick pose)
Inhale : As you breathe in, take the right leg back and bring the whole body in a straight line.

4 Ashwa Sanchalanasana (the equestrian pose)
Inhale : Bring the right foot forward in between the two hands, left knee down to the floor and look up.

3 Padahastasana (hand to foot pose)
Exhale : Exhale completely bringing your hands down to the floor.

2 Hasta Uttanasana (raised arms pose)
Inhale : Breathing in, lift the arms up.

1 Panamasana (prayer pose)
Inhale : As you breathe in, lift both arms up from the sides.
Exhale: As you exhale, bring your palms together in front of the chest in prayer position.

Surya Namaskar



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