

I - YEAR					Aca	demic Year	
Body Composition :							
I Semester				II Semester			
Height (in cm) Weight (in K	g) BMI	Weight categor	y:	Height (in cm)	Weight (in h	(g) BMI	Weight category :
Physical Fitness Test	Status :						
If Yes No X		I Semester		II Semester			rmal Overwey
		Test 1 Test 2	Final	Test 1 Test		10	6 - 24.9 25 - 29.9
Student Test	ed						
Reason Absent on te	st Date					Anderwe 5	A So Choese
if not tested Medical Excu	use / any other						0
Fitness Test Results :			I Semest	er	II	Semester	
Acrobic Consoller	100 . 5		Test 1	Test 2 Final	T(est 1 Tes	et 2 Final
Aerobic Capacity	100 mts. Run	` '					
Hanay bady atvanath	400 mts. Run/	Walk (sec.)					
Upper body strength	Push-ups	,					
Flexibility	Sit and Reach	(cm.)					
Abdominal strength	Curl ups						
Physical Director						 L	Assoc. Dean, Student Affa
Thyologi Bilootol						,	tooot. Boarn, Gtaaont / ma
					Aca	idemic Year	
II - YEAR					Aca		
II - YEAR Body Composition :				II Semester	Aca		
II - YEAR	g) BMI	Weight categor	y:	II Semester Height (in cm)	Aca Weight (in F	idemic Year	
II - YEAR Body Composition: I Semester	g) BMI	Weight categor	y :			idemic Year	
II - YEAR Body Composition : I Semester Height (in cm) Weight (in K		Weight categor	y:			idemic Year	
II - YEAR Body Composition: I Semester Height (in cm) Weight (in Keep) Physical Fitness Test		Weight categor	y :			demic Year	Weight category :
II - YEAR Body Composition: I Semester Height (in cm) Weight (in K) Physical Fitness Test If Yes No X	Status :			Height (in cm)	Weight (in F	demic Year	Weight category :
II - YEAR Body Composition: I Semester Height (in cm) Weight (in Keep) Physical Fitness Test	Status :	I Semester		Height (in cm)	Weight (in F	demic Year	Weight category : Overweight a. 24.9 Overweight 25 - 29.9
II - YEAR Body Composition: I Semester Height (in cm) Weight (in K Physical Fitness Test If Yes No X Student Test	Status :	I Semester		Height (in cm)	Weight (in F	demic Year	Weight category :
II - YEAR Body Composition: I Semester Height (in cm) Weight (in Keepen Composition) Weight (in Keepen Composition) Physical Fitness Test If Yes No X Student Test Reason Absent on te	Status :	I Semester		Height (in cm)	Weight (in F	demic Year	Weight category : Overweight a. 24.9 Overweight 25 - 29.9
II - YEAR Body Composition: I Semester Height (in cm) Weight (in Keepen Composition) Weight (in Keepen Composition) Physical Fitness Test If Yes No X Student Test Reason Absent on te	Status : ed st Date use / any other	I Semester Test 1 Test 2		II Semester Test 1 Test	Weight (in h	demic Year	Weight category : Overweight a. 24.9 Overweight 25 - 29.9
II - YEAR Body Composition: I Semester Height (in cm) Weight (in K Physical Fitness Test If Yes No X Student Test Reason if not tested Medical Excel	Status : ed st Date use / any other	I Semester Test 1 Test 2	2 Final	II Semester Test 1 Test	Weight (in h	demic Year	Weight category: Overweight 5-24.9 25-29.9
II - YEAR Body Composition: I Semester Height (in cm) Weight (in K Physical Fitness Test If Yes No X Student Test Reason if not tested Medical Excel	Status : ed st Date use / any other	I Semester Test 1 Test 2	2 Final	II Semester Test 1 Test	Weight (in h	demic Year	Weight category: Overweight 5 - 24.9 25 - 29.9
Body Composition: I Semester Height (in cm) Weight (in Kn) Physical Fitness Test If Yes No X Student Test Reason if not tested Medical Excu	Status : ed st Date use / any other	I Semester Test 1 Test 2	2 Final	II Semester Test 1 Test	Weight (in h	demic Year	Weight category: Overweight 5 - 24.9 25 - 29.9
Body Composition: I Semester Height (in cm) Weight (in K) Physical Fitness Test If Yes No X Student Test Absent on te if not tested Medical Excu Fitness Test Results: Aerobic Capacity Upper body strength	Status : ed st Date use / any other 100 mts. Run 400 mts. Run/	I Semester Test 1 Test 2	2 Final	II Semester Test 1 Test	Weight (in h	demic Year	Weight category: Overweight 5 - 24.9 25 - 29.9
Body Composition: I Semester Height (in cm) Weight (in Keight (in cm)) Physical Fitness Test If Yes No X Student Test Reason if not tested Medical Excustion Fitness Test Results: Aerobic Capacity Upper body strength Flexibility	Status : ed st Date use / any other 100 mts. Run 400 mts. Run/	I Semester Test 1 Test 2	2 Final	II Semester Test 1 Test	Weight (in h	demic Year	Weight category: Overweight 5 - 24.9 25 - 29.9
Body Composition: I Semester Height (in cm) Weight (in K) Physical Fitness Test If Yes No X Student Test Absent on te if not tested Medical Excu Fitness Test Results: Aerobic Capacity Upper body strength	Status: ed st Date use / any other 100 mts. Run 400 mts. Run/ Push-ups	I Semester Test 1 Test 2	2 Final	II Semester Test 1 Test	Weight (in h	demic Year	Weight category: Overweight 5 - 24.9 25 - 29.9

Assoc. Dean, Student Affairs

Physical Director

III - YEAR			Academic Year	
Body Compositio Height (in cn		Body Mass Index	Weight category :	
Physical Fitness	Test Status : If Yes	No 🗶		
	Student Tested	Test 1 Test 2 Test 3	Test 4 Overweld 1 25 - 28.9	
Reason if not tested	Absent on test Date Medical Excuse		Onese Ago	
Fitness Test Res	ults :	Test 1 Test 2	Test 3 Test 4	
100 mts. Run (se	ec.)			
400 mts. Run/W	alk (✓/X)			
Dhysical Directory				
Physical Directorv			ASSOC. Deall, Studelit Allai	irs
IV - YEAR			Academic Year	irs
	on :			irs
IV - YEAR		Body Mass Index		irs
IV - YEAR Body Composition Height (in cr	m) Weight (in Kg)		Academic Year	
IV - YEAR Body Composition Height (in cr		No X	Academic Year Weight category :	
IV - YEAR Body Composition Height (in cr	m) Weight (in Kg)		Weight category : Test 4 Vormal Overweight 5, 24.9 26, 29, 26, 20, 20, 20, 20, 20, 20, 20, 20, 20, 20	
IV - YEAR Body Composition Height (in cr	m) Weight (in Kg) Test Status : If Yes	No X	Weight category : Test 4 Vormal Overweight 5, 24.9 26, 29, 26, 20, 20, 20, 20, 20, 20, 20, 20, 20, 20	
IV - YEAR Body Composition Height (in cr	Test Status : If Yes Student Tested	No X	Weight category : Test 4 Wormal Overweight 25-28.9	
IV - YEAR Body Composition Height (in cr	Test Status : If Yes Student Tested Absent on test Date Medical Excuse	No X Test 1 Test 2 Test 3	Weight category: Test 4 Very and the state of the state	
Body Composition Height (in cr	Test Status : If Yes Student Tested Absent on test Date Medical Excuse	No X	Weight category : Test 4 Vormal Overweight September 24.9 25.28.9	

Tips to increase your **Physical Activity**





breaks from sitting

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