HEALTH AND FITNESS RECORDS & NORMS

Haemoglobin _____ gm/100ml Male 14-16 gm/100ml

Female 13-15 gm/100ml

Pulse_____ 60-85/min

BP_____/_____ Systolic = 100-140, Diastolic = 60-90 MM of Hg.

Visual Acuity : Right Eye_____Left Eye_____6/6

Colour Vision_____ (Normal/Impaired)

Blood Group ABO_____ RH (+ / -)_____

Medical illness Recods :

Date Nature of Illness Duration of Illness

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

_____ _____ _____

Allergies : (if any) 1. _____ 2._____

3._____ 4. _____ 5._____

LIFE IS A CONTINUOUS CHALLENGE
FAT PERCENTAGE EVALUATION

Age	Excellent	Good	Averge	Overweight	Obese
<-19	12.0	12.1-17.0	17.1-22.0	22.1-27.0	>-27.1
20-29	13.0	13.1-18.0	18.1-23.0	23.1-28.0	>-28.1
30-39	14.0	14.1-19.0	19.1-24.0	24.1-29.0	>-29.1
40-49	15.0	15.1-20.0	20.1-25.0	25.1-30.0	>-30.1
>-50	16.0	16.1-21.5	21.1-26.0	26.1-31.0	>31.1

Age	Excellent	Good	Averge	Overweight	Obese
<-19	17.0	17.1-22.0	22.1-27.0	27.1-32.0	>-32.1
20-29	18.0	18.1-23.0	23.1-28.0	28.1-33.0	>-33.1
30-39	19.0	19.1-24.0	24.1-29.0	29.1-34.0	>-34.1
40-49	20.0	20.1-25.0	25.1-30.0	30.1-35.0	>-35.1
>-50	21.0	21.1-26.5	26.1-31.0	31.1-36.0	>36.1

RIGHT HUMAN RESOURCES NEEDED
the advance of Physical Education (as a profession) will depend more upon The kind of men who take up this work as a profession than upon any other one factor. If physical education is largely taken up by men of little education and small abilities, the works will never become of the Greatest value, nor will it be favourably

known to the general public. If me of collegiate trainting, philosophic minds of broad puposes and earnest hearts are induced to enter the field of pyysical education, the professin will show that is is intrinsically a broad, scientific, philosophic field, and it will be recognised by thinking men as one of the departments in education, fundamental in the upbuilding of the nation."

BMI CATEGORIES AND RISK OF DISEASES

BMI CATEGORIES AND RISK OF DISEASES		
BMI	**Category**	**Disease Risk**
<20.0	Underweight	High
20.0 to21.9	Acceptable	Low
22.0 to 24.9	Healthy	Very Low
25.0 to 26.9	Slightly Overweight	Low
27.0 to 29.9	Undesirable	Hight
Above 30	Obese	Very High

Body Mass Index (BMI) = Body weight (kg) / Height (meter)

WAIST HIP RATIO WHR TABLE

WHR values predict risk of developing type-II diabetes (Acuired diabetes due to poor body composition), high blood pressure, heart diseasesan gout.

Skeletal Frame Size (from Ankle circumference in inches.)

Skeletal	Male	Female	Male (Applyshaped)*		Female (Pershaped)	
Frame			**No Rish**	**Risky**	**No Risky**	**Risky**
Small	< 8"	< 7.5"	< 0.85	> 0.90	< 0.75	> 8.0
Medium	8-9.25"	7.5-8.75"	< 0.90	> 0.95	< 080	> 8.2
Large	> 9.25"	< 8.75"	< 0.92	> 1.0	< 0.82	> 8.4

Apple Shaped = Broader Waist relative to Hips (or Android fat) Pear Shaped = Hips broader relative to waist (or Gynoid Fat Distribution)

RECOMMEDED DIETARY ALLOWANCES RDA FOR BOTH WAIST

TOTAL COLORIES		See Page 14 Daily Calorie Reqiremets Table (Middle Table)
PROTEINS		0.9 gm per kg body weight
Saturated Fats (SF)		Less than 10% of Total Calories
Cholesterol Fat (C)		Less than 28 mg.
CARBOHYDRATES		More than 60% of Total Calories
Mineral	Calcium	1100mg
	Iron	15mg (Preganmt & Latctating Women = 30 mg)
	Sodium	2200 mg
	VitaminA	5000I.U.
Vitmins	Vitamin B, (Thiamin)	1.3mg, Pregnant & Lactating Women = 1.6 mg.
	Vitamin B2 (Riboflavin)	1.6 mg, Pregnant & Lactating Women = 1.8 mg.
	Niacin	1.8 mg.
	Vitamin C	100 mg.

In case of pregnant or lactating women add 18 gms. in total proteins calcuated