Appendix-A

Letter for Seeking Permission from School

Mr. Sunil S. More
B.Y.K. College Nashik

To,
The Principal,

Sub: Permission to create scientific database for students

Sir,

I, Sunil More, am presently pursuing my doctoral studies in Physical Education at the University of Pune. Area of my research is Study of Health Related Physical Fitness of School Students from Nashik District. At this juncture I wish to elaborate how this study will contribute in the scientific development of the physical fitness. This kind of scientific research will also be a major contribution to the field of physical education in terms of its development at International level.

I will conduct selected tests to assess the health related physical fitness components from various schools of Nashik district. I have attached herewith the scorecard that mentions the tests to be administered.

Sir, I assure you that the data collected will be kept confidential and will be used for the purpose of research only. I also assure you that I will provide the outcome of this research thereby ensuring scientific growth of school students. This study will develop a scientific database essential for development of the fitness.

This is to request you to kindly allow me to conduct my investigations on the 11-13 years aged boys of your school. I assure you that these investigations will not cause any harm or hamper the performance of the students.

Hope you will accede to my request & oblige,

Thank you,

Yours truly,

Sunil More

Copy to – Physical Education Teacher
Appendix-B
Health Related Physical Fitness Score Sheets

Code Number:
Name of the Student:
Date of Birth:
School:

**Morphological Variables**

<table>
<thead>
<tr>
<th>Height (Cm.)</th>
<th>Weight (Kg.)</th>
<th>BMI (Kg/m²)</th>
<th>Body Fat (Percentage)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**H. R. P. F. Variables**

<table>
<thead>
<tr>
<th>Run &amp; Walk (Meter)</th>
<th>Sit Ups (Number)</th>
<th>Push Ups (Number)</th>
<th>Sit &amp; Reach (Inch)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

Signature of the student
Signature of the observer

Date: