DATA SHEET

A STUDY OF RELATIONSHIP OF SOCIO-ECONOMIC STATUS WITH PHYSICAL FITNESS, HEALTH STATUS, SPORTS PERFORMANCE AND PRONENESS TO DISORDERS AMONG MYSORE UNIVERSITY STUDENTS

Game / Sports:

Name of the student:

College:

Date of Birth:

Class:

Trial Date:

Physical fitness test

1. BENCH SQUAT TEST (Wt. In Kilogram)
2. STANDING VERTICAL ARM PRESS TEST (Wt. In Kilogram)
3. BURPEE (SQUAT THRUST) TEST (Completed number)
4. TWELVE MINUTE RUN – WALK TEST (Total distance covered in mts)
5. SCOTT AND FRENCH BOBBING TEST (Inches)