



Workshop/Seminar title: KHELO INDIA FITNESS ASSESSMENT PROGRAMME

Workshop/Seminar Date: 11-NOVEMBER-2019

Venue: FATHER AGNEL SCHOOL , SECTOR-62, NOIDA

Attended by: Ms. RANI NEGI.

Organizer: CBSE REGIONAL OFFICE AND SPORTS AUTHORITY OF INDIA

Resource Persons:

- Mr. DEVENDRA SINGH
- Mr. NEERAJ SINGH

1. Content of the Workshop/Seminar

The session started with introduction of all participants from different schools. The session commenced with detailed instructions on how fitness assessment of students should be taken.

The fitness app of Khelo India Khelo was introduced to the participants and the teachers were instructed to assess the fitness of the students twice in a year.

The interface of the app was explained in detail by the resource person and steps to undertake the test on different fitness parameters were discussed with the help of videos.

Fitness is generally divided into specific fitness categories & each can be tested and trained individually. The participants were apprised about the Khelo India ' Battery of a Fitness Assessment Test'. These tests were explained with the help of videos along with the assessor app web portal for schools & parents.

Different tests, such as BMI, flamingo balancing, push ups, 50 mtr. Race to name a few were explained and the participants tried to calculate and upload the data on the app.

In the second session, the participants were taken to the ground to show how to record the data of 50 mtr. And 600 mtr races. For a better understanding of concepts, physical demo was given to all the teachers.

The concluding session was about the importance of healthy living and good balanced diet. Tips to reduce weight and maintaining a healthy, lifestyle were given to all the participants.

2. Learning outcomes (Knowledge and Information) from the workshop/Seminar?

- Introduction to 3 step programme (assessment, intervention , monitoring)
- Implementing Fundamental Movements skills (FMS) in primary class.
- 'Fitness Assessment Test' module
- Additional test for sports talent identification.

- Data capture through mobile application.
- Interfaces for different stakeholders.

3. How will you implement the knowledge & techniques acquired to your subject?

- Make students, importance of good health teachers and parents aware about.
- Encourage 60 minutes of plays, daily.
- Make physical activities and recreational games an integral part of learning process.
- Identify and nature talent from an early stage.
- Motivate potentially outstanding performers in various games and sports for excellence.

Introduced 3- step programme on implementation:-

- Assessment
- Intervention
- Monitoring

4. Comments and suggestions (How do you think the workshop/Seminar could have been made more effective?)

- I would like to have more sessions of this sort in order to learn more about fitness assessment.

5. Was the advance briefing about the workshop/Seminar appropriate?

- Yes, it was well planned and informed so that all the participants were equipped with the required material.

	YES	/	No
GENERAL FEEDBACK			
• The workshop/Seminar was applicable to my job	•		
• I will recommend this workshop/Seminar for other faculty members.	•		
• The program was well paced within the allotted time.	•		
• The material was presented in an organized manner.	•		
• The resource person was a good communicator.	•		
• The resource person was knowledgeable on the topic	•		
• I would be interested in attending a follow-up, more advanced workshop / Seminar on this same subject	•		
• I will be able to conduct follow up workshop for the benefit of fellow Staff Members	•		

Glimpses of the workshop



Report submitted by

Name – Ms. Rani negi

Designation- PRT