



# MAHATMA GANDHI UNIVERSITY KOTTAYAM

Inauguration of



'AN MG UNIVERSITY INITIATIVE TOWARDS  
FITNESS FOR ALL'



**Dr. R. Bindu**

**(Hon. Minister for Higher Education, Govt. of Kerala)**

**Venue : St. Thomas College, Pala**

**15<sup>th</sup> December 2022 at 2PM**

## **CAMPUS FITNESS DRIVE**

Mahatma Gandhi University would like to introduce a Physical fitness Assessment and Awareness programme named CAMPUS FITNESS DRIVE in all the affiliated colleges in order to ensure the development of the Physical fitness of students. All the Colleges should implement the same from the academic year 2022-23 onwards as per the following guidelines.

### **Objectives**

- To develop and maintain the Physical fitness components of students affiliated to the colleges of M. G. University.
- To create awareness of the importance of Physical fitness in daily life.
- To assess the Physical fitness level of students.
- To motivate the students to participate in a physical fitness programme.

### **Procedure**

- Mainly focused on 1st year degree students.
- Programme will continue till the 4<sup>th</sup> semester.
- 4 levels of activities (**4 A** Programme)
  - i) Assessment**
  - ii) Awareness**
  - iii) Activities**
  - iv) Awards**

### **Assessment**

- Physical fitness components of 1<sup>st</sup> year students will be assessed and recorded.
- Programme will be implemented in the 1<sup>st</sup> semester onwards.
- Assessment can be done by the College by the end of 4<sup>th</sup> Semester
- College should keep the records of data collected.
- Fitness assessment week can be set aside for this purpose.
- Physically challenged students also should be included in the fitness assessment process using adapted physical fitness test norms.

## Components of Health-Related Physical Fitness to be assessed

1. Body composition
2. Flexibility
3. Agility
4. Muscular Endurances

### Test to be administered

1. Body Mass Index ( Body composition)
2. Sit and Reach test (Flexibility)
3. Shuttle Run( Agility)
4. Bent Knee Sit ups test ( Muscular Endurance)

### Body Mass Index

Body Mass Index is a simple calculation using a person's height and weight. The formula is  $BMI = \text{kg}/\text{m}^2$  where kg is a person's weight in kilograms and  $\text{m}^2$  is their height in metres squared.

<b>BMI SCORE</b>	<b>BODY COMPOSITION STATUS</b>
Below 18.5	Under Weight
Between 18.5 and 24.9	Normal
Between 25.0 and 29.9	Over Weight
30 and above	Obesity

### Sit and Reach test

First, you'll need a special sit-and-reach testing box. You can also make your own testing box by finding a solid box about 30cm tall. Fix a meter stick on top of the box so that 26 cm of the ruler extends over the front edge of the box toward the test subject. The 26cm mark should be at the edge of the box.

- Get in position: Remove your shoes and sit on the floor with your legs stretched out in front of you with knees straight and feet flat against the front end of the test box.
- Begin the movement: In a slow, steady movement, lean forward at the hips, keep your knees straight, and slide your hand up the ruler as far as you can go.
- Stretch and repeat: Extend as far as you can, record the result in cm, rest, and repeat three times.
- Calculate your results: Average your results for your final score.

Grade	Men	Women
Excellent	Above 29cm	Above 35cm
Good	21cm to 29cm	26cm to 35cm
Average	15cm to 20cm	16cm to 25cm
Below average	8cm to 14cm	7cm to 15cm
Poor	Below 8cm	Below 7cm

### Shuttle Run Test

4x10m Shuttle Run is a test used to measure an individual's agility performance.

- Mark the running course by measuring a length of 10 meters(33 feet). Place one cone to mark the starting point and a second cone on the 10-meter(33 feet) mark.
- Place the two blocks on the opposite side of the starting point.
- Explain the test procedures to the participants.
- On the signal "get set," the athlete stands at the starting point with their feet slightly behind the line facing the course.
- At "go," the participant sprints forward, heading towards the opposite line. At the opposite cone, the athlete grabs the first block of wood and turns to sprint back to point A, where they place the block on the line. The athlete should dash towards point B again to grab the second block and bring it to the starting point.

Altogether, the participant will have made four 10-meter sprints for a total of 40 meters.

<b>Grade</b>	<b>Men( Seconds)</b>	<b>Women( Seconds)</b>
Excellent	Below 14.2	Below 16
Good	14.2 to 15.1	16.0 to 16.9
Above Average	15.2 to 16.1	17.0 to 17.9
Average	16.2 to 18.1	18.0 to 21.7
Below Average	18.2 to 19.3	21.8 to 23.0
Poor	Above 19.3	Above 23.0

### **Bent Knee Sit ups test**

The subject lies on a cushioned, flat, clean surface with knees flexed, usually at 90 degrees. Some techniques may specify how far the feet are from the buttocks, such as about 12 inches. A partner may assist by anchoring the feet to the ground. The position of the hands and arms can affect the difficulty of the test. They are generally not placed behind the head as this encourages the subject to stress the neck and pull the head forward. The hand may be placed by the side of the head, or the arms crossed over the chest, reaching out in front. Some protocols use curl up strips or other marks on the ground to slide the hands along and indicate how much to curl up. The subject raises the trunk in a smooth motion, keeping the arms in position, curling up the desired amount. The trunk is lowered back to the floor so that the shoulder blades or upper back touch the floor. Total number of sit ups performed in **one minute** is the score.

<b>Grade</b>	<b>Men</b>	<b>Women</b>
Excellent	Above 49	Above 43
Good	44 to 49	37 to 43

Above average	39 to 43	33 to 36
Average	35 to 38	29 to 32
Below average	31 to 34	25 to 28
Poor	25 to 30	18 to 24
Very Poor	Below 25	Below 18

**Awareness**

- Awareness programmes on hypo kinetic disease and importance of fitness can be organized in the form of seminars, workshops, webinars etc.
- Awareness programmes can be organized for parents to create awareness to encourage their children to participate in campus fitness programme.

**Activities**

- Duration( Minimum20 hours in each semester)
- Health related physical fitness component developing activities like Aerobics, Cycling, Yoga, Indoor games , Outdoor games, Recreational games etc. can be organized.
- Important Health and Fitness related days can be observed.
- Will be done during the Semester 1 ,2,3 and 4

**AWARDS**

- Certificate can be awarded based on fitness assessment score .
- Assessment will be done in the 4<sup>th</sup> semester.

**A and B** grade certificates can be awarded based on the norms given below.

**‘A’ grade-** Normal BMI + Excellent in Test 2, 3 and 4

**‘ B’ grade-** Normal BMI + Excellent / Good in Test 2, 3 and 4

### **Programme Executive Committee at University Level**

Chairman	:	Prof. Dr. Sabu Thomas, Vice-Chancellor
Convenor	:	Adv. Reji Zacharia, Member Syndicate
Joint Convenor	:	Dr. Biju Thomas, Member Syndicate
Co-Ordinator	:	Prof. Dr. Binu George Varghese, Director ,SPESS
Joint Co-Ordinator	:	Dr. Vineeth Kumar, Associate Professor,Department of Physical Education, MarthomaCollege,Perumbavoor
Members	:	<ol style="list-style-type: none"><li>1. Dr. Thankachen Mathew , , Associate Professor,Department of Physical Education,Alphonsa College,Pala</li><li>2. Dr. Joji M Philip, , Associate Professor,Department of Physical Education .K.G College,Pampady</li></ol>

### **Programme Executive Committee at College level**

1. Principal
2. HOD of Dept. Of Physical Education
3. IQAC coordinator
4. Staff advisor to college Union
5. Student representative.