



Appendices

APPENDIX - I

Protocol
Physical Fitness Test

Date : Body Height :
Subjects Name : Body weight :
Subject Code : Body Temperature :
Age : Blood Pressure :
Last-meal time : Time of Observation :

Height of stool ergo meter : 24 Cm
Length of stool ergo meter : 48 Cm
Breadth : 24 Cm
Duration of Steeping : 5 min

Time (min)	Resting hear rate	RPE	Working heart rate	RPE	Recovery heart rate	RPE	Fitness score

*RPE :- Rate of Perceived exertion.

Physical fitness index	
< 80	Poor
81-100	Low Average
101-115	High Average
116-135	Good
136-150	Very Good
> 150	Excellent

Physical fitness Index = $\frac{\text{Duration of stepping (sec)}}{\text{Sum of 1st, 2nd and 3rd min recovery of heart rate}} \times 100$