

Fitness Development for Sports performance

FDS



EduCure[™]
....Assuring child Wellness

Why Student Fitness Is Important

- **2 in 5 kids** in India do not fit their ideal BMI ranges
- **2 in 5 kids** are not able to sprint at adequate distances
- **1 in 2 kids** do not possess the desired flexibility that is expected to be found in a child
- **1 in 2 kids** do not have the adequate upper or lower body strength.



Why Student Fitness Is Important

- To Strengthen their Immunity
- To Attain the Ideal Weight
- To Reduce Stress, Anxiety and Depression
- To Prevent them from various Cardio-vascular diseases
- And also to boost one's own self esteem
- To perform at sports
- To develop fitness as life regime



Why FDS

- *FDS* is Fitness Development for Sports performance
- FDS aims at creating a healthier and productive students for the future.
- FDS focuses on fitness development of students by trained sport physiotherapist and Nutritionist



What is FDS Program- Features

- It Imparts education as well as conducts fitness sessions in schools.
- Along with physical health, nutrition and mental health are a part of our concern .
- Focuses on fitness development of students by trained physiotherapist and Nutritionist & trainer.
- It will enable and enhance student sport performance.
- We will Set up a small Gym in School For Fitness Development with basic equipment & Trainer
- Designed Fitness Program for all students which will include Diet Chart & Exercise Regime



What is FDS Program- Design

Inhouse Set-Up

- Sports Physiotherapist & Nutritionist
- Fitness Props & Equipment



Implementation

- Designing of Diet Chart & Exercise Regime
- Follow-up

Assessment

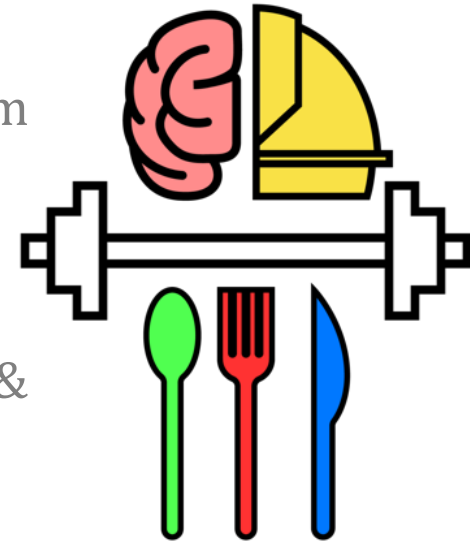
Individual Student's Fitness Assessment

Analysis

- Skill based Sports Mapping

FDS Program Design - Inhouse Set-Up

- **Sports Physiotherapist**
 - Helps in assessing the individual child's abilities and skills
 - Personalizing the workouts for the child
 - Regularity of the exercises and make workouts interesting by adding variety
- **Nutritionist**
 - Help the child living a healthy lifestyle on a longer term basis
 - Educating the child about food habits is done
- **Fitness Props & Equipment**
 - BMI and Body Fat Analyzer, Hydration Index , Height & Weight Scale, Weight
- **Inhouse Gym Setup**



FDS Program Design - Assessment

Physical Fitness Assessment

- Endurance
- Strength
- Flexibility
- Speed
- Balance
- Skill assessment

Nutritional Assessment

- Dietary habits
- Meal Evaluation
- Nutritional Deficiencies/ Disorders
- BMI
- Body Fat Percentage

Mental Strength

- Stress Level
- Motivation Scale
- Anxiety

FDS Program Design - Analysis

- Analyzing the data plays a crucial role as the data obtained from the assessments is further put into reports
- The data from Fitness assessments and Nutritional Assessments are analyzed and their **fitness levels are graded** according to the capacities of the students
- We have expertise assigned for assessing the fitness and nutrition of a child like **Fitness trainers and Dieticians**



FDS Program Design – Implementation

Designing of Diet Chart and Exercise Regime for Individual Students

EXERCISE AND TRAINING

- **Weekly Program** for all students
- Special Sessions for students with Fitness Issues
- Zumba Sessions

DIETARY SESSIONS

- **Dietary sessions** for all students with parents.
- **Monthly consultation** one to one for all students with Diet issues

YOGA AND PHYSIOTHERAPY SESSIONS

- **Weekly Yoga** Sessions for all students to improve sleep & mental peace.
- Special **Physiotherapist consultation** for students with posture & ergonomic issues.

FOLLOW UP SESSIONS

- Session with individual students
- Diet and Exercise Plans

FDS Program Design – Important Details

Duration :

- Annual – Year long Program in School

Venue :

- Onsite
- A dedicated Fitness Room in the school premises

Technology:

- Fitness Data Management
- Monthly / Quarterly Performance Review


Why Educure

- 4 Years of rich Experience in School Health Programs
- Successfully Implemented in 250+ Schools (Including 75+ Kidzee Schools)
- 2.7 lac + student medical checkups Conducted
- PAN India Presence
- 2000+ Experienced & Qualified Health /Doctor Team
- Strong Care Support Post Service for any Health Query
- Documented Process
- Quality Service Assurance

Because holistic health is the key to fitness...
And fitness lies within you



India's leading 'Student Health and Wellness Program'
company with presence in more than 250 schools

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