



EduSports
Holistic Education through Sports

12th Annual Health Survey 2024

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VILLAGE**
born to play



The Annual Health Survey (AHS) was launched ago to understand the overall health and fitness levels of children in private schools. The 12th AHS reveals that children are displaying poor fitness levels across India. The nationwide survey has covered 73,000 children in the age groups of 7 years to 17 years from across 250 cities and towns.



Key Findings of the Annual Health Survey



Children do not have healthy BMI

Body Mass Index (BMI): A value derived from the weight and height of an individual and is used to gauge whether a person is within a healthy weight range.



Children do not possess the desired Anaerobic Capacity

Anaerobic Capacity: The total amount of energy from the anaerobic (without oxygen) energy systems. It is useful during high intensity short duration exercises or tasks such as sprinting.



Children do not possess the desired Flexibility

Flexibility: The ability of one's joints to move freely.



Children do not have the desired Aerobic Capacity

Aerobic Capacity: The ability of the heart and lungs to get oxygen to the muscles.



Children do not have the desired Abdominal or Core Strength

Abdominal or Core Strength: The strength of the muscles of the torso which helps to determine posture.



Children do not have the adequate Upper Body Strength

Upper Body Strength: The strength of muscles such as Pectorals (chest), Rhomboids (upper back), Deltoids (outer shoulder), Triceps (back of upper arm) and Biceps (front of upper arm).



Children do not have the adequate Lower Body Strength

Lower Body Strength: The strength of muscles in the legs such as quadriceps (the muscles on the front of the upper leg), Hamstrings (the muscles on the back of the upper leg), Gluteals, Hip Flexors, and Calf muscles.

Fitness Analysis: Girls versus Boys

According to the survey, the percentage of girls with healthier BMI levels (62% of girls have healthy BMI scores) is more when compared to boys. The girls also fared better in Flexibility and Upper Body Strength. However, they did not fare well in Aerobic Capacity and Lower Body Strength.

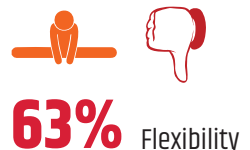
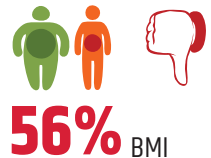
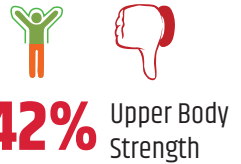
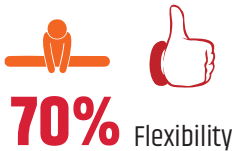
The numbers below indicate the percentage of children who are healthy in the respective parameters.



Performed better in this fitness parameters compared to their peers in the comparison group



Performed worse in this fitness parameters compared to their peers in the comparison group



Government Vs Private Schools

The numbers below indicate the percentage of children who are healthy in the respective parameters.

The survey further reveals, more children in private schools better Upper Body Strength levels (43%), compared to the children from government schools (31%). Children from government schools fared better in BMI, Aerobic Capacity & Flexibility.



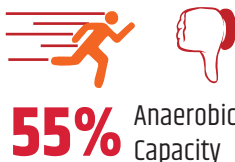
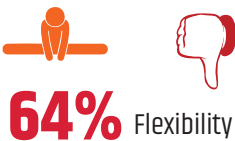
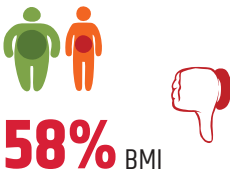
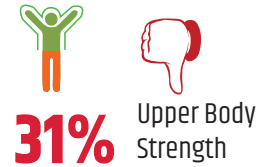
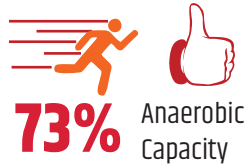
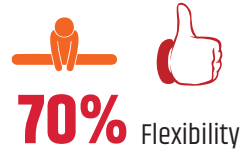
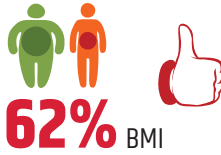
Public Schools



Performed better in this fitness parameters compared to their peers in the comparison group



Performed worse in this fitness parameters compared to their peers in the comparison group

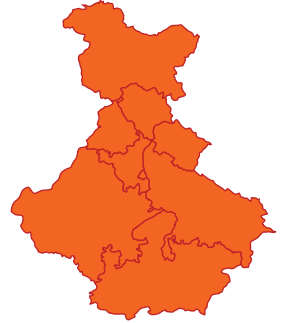


Private Schools

Regional Comparison

The numbers below indicate the percentage of children who are healthy in the respective parameters.

North



BMI



Flexibility



Aerobic Capacity



Abdominal Strength



Anaerobic Capacity

The North region shows extremely poor performance in all the physical fitness parameters. They have performed the worst in BMI, Flexibility, Aerobic Capacity, Abdominal Strength & Anaerobic Capacity



Upper Body Strength



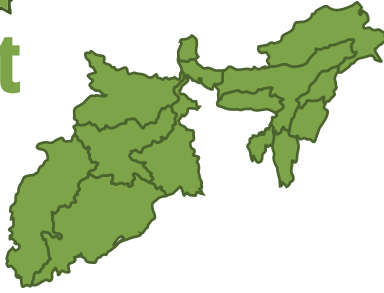
Lower Body Strength

South



The South regions hasn't fared very well. The performance in most of the fitness parameters is below average. In Upper Body Strength & Lower Body Strength they have performed the worst compared to the other regions

☆☆☆
East



BMI



Flexibility



Upper Body Strength



The East region has performed reasonably well. They have performed better than the other regions in BMI, Abdominal Strength & Upper Body Strength

☆☆☆
West



Lower Body Strength



Aerobic Capacity



Flexibility



Anaerobic Capacity

The West region has performed the best when compared to all other region with exceptional performances in Lower Body Strength, Aerobic Capacity, Anaerobic Capacity & Flexibility

Effect of number of P.E periods per week

According to the survey, the number of weekly P.E periods also impacts the health of children. The survey further shows that children with more than 2 physical education periods per week, have significantly better performance in multiple physical fitness parameters such as Lower Body Strength, Abdominal Strength, Flexibility & Aerobic Capacity

The numbers below, indicate the percentage of children who are healthy in the fitness parameter of Aerobic capacity

Below 2 classes per week
(% Healthy)

38%



Lower Body Strength

Above 2 classes per week
(% Healthy)

41%

76%



Abdominal Strength

82%

63%



Flexibility

71%

54%



Anaerobic Capacity

63%



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