

# **Khelo India & NCOE Induction & Weeding Out Protocols - Boxing**

## 1. Sanctioned Strength of SAI (TOPS NCOE & NCOE) and KI Accredited Academies

### a. The distribution of KIA (age-wise and gender-wise) is as follows:-

| <i>KIA (Boxing)</i> |              |           |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
|---------------------|--------------|-----------|--------|------------|----------|----------|-------------------------|------------|-------------|-----------|----------|--------|------------|----------|---------------|-------|
| Category            | Boys / Girls | SAI       |        |            |          |          | Non SAI                 |            |             |           |          |        |            |          |               | Total |
|                     |              | TOPS NCOE |        |            | NCOE     |          | KI Accredited Academies |            |             |           |          |        |            |          |               |       |
|                     |              | Rohtak    | Bhopal | Aurangabad | Guwahati | Itanagar | ASI Pune                | PIS Mohali | IIS Ballary | MP Boxing | Mary Kom | Sarita | Urmila Raj | DN Churu | Other Private |       |
| Sanctioned Strength | B            |           |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
|                     | G            |           |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
| Age                 | Junior (40%) | B         |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
|                     |              | G         |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
|                     | Youth (30%)  | B         |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
|                     |              | G         |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
| Elite (30%)         | B            |           |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
|                     | G            |           |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
| TOPS & Dev Athlete  | B            |           |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
|                     | G            |           |        |            |          |          |                         |            |             |           |          |        |            |          |               |       |
| Total               |              |           |        |            |          |          |                         |            |             |           |          |        |            |          | 150           |       |

### b. The distribution of NCOE (age-wise and gender-wise) is as follows:-

| <i>NCOE (Boxing)</i> |                     |           |          |            |          |             |       |     |  |
|----------------------|---------------------|-----------|----------|------------|----------|-------------|-------|-----|--|
| Category             | Boys/ Girls         | TOPS NCOE |          |            | NCOE     |             | Total |     |  |
|                      |                     | Rohtak    | Hamirpur | Aurangabad | Guwahati | Itanagar    |       |     |  |
| Sanctioned Strength  | B                   | 110       | 10 (NR)  | 25         | 0 (NR)   | —           | 10    | 155 |  |
|                      | G                   | 90        | 5 (NR)   | 25         | 0 (NR)   | 30 (+15 NR) | 5     | 175 |  |
| Present Strength     | B                   |           |          |            |          |             |       |     |  |
|                      | G                   |           |          |            |          |             |       |     |  |
| Age                  | Junior (40%)        | B         |          |            |          |             |       |     |  |
|                      |                     | G         |          |            |          |             |       |     |  |
|                      | Sanctioned Strength | B         |          |            |          |             |       |     |  |
|                      |                     | G         |          |            |          |             |       |     |  |
|                      | Youth (30%)         | B         |          |            |          |             |       |     |  |
|                      |                     | G         |          |            |          |             |       |     |  |
|                      | Sanctioned Strength | B         |          |            |          |             |       |     |  |
|                      |                     | G         |          |            |          |             |       |     |  |
|                      | Elite (30%)         | B         |          |            |          |             |       |     |  |
|                      |                     | G         |          |            |          |             |       |     |  |
|                      | Sanctioned Strength | B         |          |            |          |             |       |     |  |
|                      |                     | G         |          |            |          |             |       |     |  |
| TOPS & Dev Athlete   | B                   |           |          |            |          |             |       |     |  |
|                      | G                   |           |          |            |          |             |       |     |  |
| Total                |                     |           |          |            |          |             |       | 330 |  |

2. **Age Category wise Seat Allocation:** The bifurcation of sanctioned strength for the induction into the NCOE and Khelo India Schemes shall be as follows:

- a. Induction in NCOE – 330 (Elite – 30%, Youth – 30%, Junior – 40%)
- b. Induction in KIA – 150 (Elite – 30%, Youth – 30%, Junior – 40%)

3. **Inductions in NCOE-**

- a. Probational TIDC Recommendation
- b. Technical Assessment with existing NCOE Boxers
- c. Age Verification Test

a. **Probational TIDC Recommendation:** - The TIDC may plan to visit different competition for talent selection as per vacant seats. The following domestic competitions may be considered from where the best talent shall be identified for induction into the NCoEs.

|   | National Competitions   | Sub-Junior<br>(13-14Yrs) | Junior<br>(15-16 Yrs) | Youth<br>(17-18Yrs) | Elite<br>(19-40 Yrs) |
|---|---|--------------------------|-----------------------|---------------------|----------------------|
| 1 | BFI National Ranking Competitions<br>(National Championships) | Y                        | Y                     | Y                   | Y                    |
| 2 | BFI National Ranking Competitions<br>(Zonal Competitions)     | Y                        | Y                     | Y                   | Y                    |
| 3 | Khelo India Games   | -                        | Y (U-17)              | Y (U-21)            | Y(U-23)              |

In addition to the above, TIDC may propose induction of other international/national medalist athletes of current year who have not competed in the aforementioned competitions.

- b. **Technical Assessment with existing Boxers:** The boxers recommended by the TIDC will have to go through technical assessment with the existing NCOE scheme athletes.
- c. **Age Verification Test:** - The selected athlete recommended by TIDC will be selected for the NCoE subject to the Age Verification Test. In case of discrepancy, TIDC may take a final call.

4. **Induction in Khelo India:**

In continuation to point 2, the induction in KI Scheme will be done as per following guidelines:

Total Eligible Boxers for OPA (Rs. 10,000) = 150

(KIA)Ratio for division of OPA-

- a) Elite: Youth: Junior - 3:3:4
- b) Total - 45:45:60 = (150 KIA); 50% to be maintained in Men and Women.

Minimum cut off score for OPA eligibility will be finalized based on boxer's performance assessment. Highest points achiever in each age category will be entitled for OPA from both Men's and Women's section.

5. **Weeding Out/ Retention in NCOE-**

**Performance Assessment of the KI and NCOE Boxers:** The following Criteria will be followed for the performance Assessment of the boxers training in KI and NCOE Schemes. The results of the same may be used for the weeding out/Retention of the boxers. Additionally:

- a. Athletes will be weeded out/removed from consideration for induction in case of age fraud or if their dope test result is positive.
- b. Athletes will also be weeded out on the grounds of disciplinary issues or prolonged injury leading to a significant drop in performance.

6. **Assessment areas for Evaluation of Boxers:**

Following 3 areas may be considered for the Yearly assessment of the Boxers:

- a. Tournament Assessment (Last 2 Years Result):
- b. KI Protocol (Physical Fitness, Sports Science): Bi Yearly
- c. Performance Assessment Camp (Technical): Bi Yearly

| Age Group              | Tournament Assessment (Last 2 Years Result) | KI Protocol (Physical Fitness, Sports Science) | Performance Assessment Camp (Technical) |
|------------------------|---|--|---|
| Elite (19-40Years)     | 70%   | 10%  | 20%                                     |
| Youth (17-18Years)     | 60%   | 20%  | 20%                                     |
| Junior (15-16 Years)   | 40%   | 30%  | 30%                                     |
| Sub-Junior(13-14Years) | 40%   | 30%  | 30%                                     |

**Note:** The weightage for tests conducted in the Performance Assessment Camp’s (i.e. Physical fitness, Sports Science Tests and Technical) shall be taken once norms/benchmark for the same are developed.

**a. Tournament Matrix:**

The following criteria would be considered before weeding out of boxers:

- Lowest Point Achiever as per the point system
- Minimum 02 years in any scheme (KIA/NCOE); which will be reviewed annually.
- High Performance Age as on 2028/2032 Olympic Games.
- NCOE Strength Status

| Position | International Tournaments |           |                     |           |                   |                     |       |        |                           |           |           |           |
|----------|---------------------------|-----------|---------------------|-----------|-------------------|---------------------|-------|--------|---------------------------|-----------|-----------|-----------|
|          | O.G                       | Y.O.G     | World Championships |           |                   | A.G                 | C.W.G | O.G. Q | Continental Championships |           |           |           |
|          | 19-40 YRS                 | 17-18YRS  | 19YRS Above         | 17-18 YRS | 15-16 YRS         | Elite               | Elite | Elite  | 19YRS (Above)             | 17-18 YRS | 15-16 YRS | 13-14 YRS |
| 1        | 140                       | 110       | 120                 | 100       | 80                | 120                 | 110   | 100    | 110                       | 90        | 70        | 50        |
| 2        | 120                       | 90        | 100                 | 80        | 60                | 100                 | 90    | 80     | 90                        | 70        | 50        | 40        |
| 3        | 90                        | 70        | 80                  | 60        | 50                | 80                  | 70    | 60     | 70                        | 50        | 40        | 30        |
| 3        | 90                        | 70        | 80                  | 60        | 50                | 80                  | 70    | 60     | 70                        | 50        | 40        | 30        |
| 5        | 70                        | 50        | 60                  | 50        | 40                | 60                  | 50    | 50     | 40                        | 30        | 20        | 20        |
| 5        | 70                        | 50        | 60                  | 50        | 40                | 60                  | 50    | 50     | 40                        | 30        | 20        | 20        |
| 5        | 70                        | 50        | 60                  | 50        | 40                | 60                  | 50    | 50     | 40                        | 30        | 20        | 20        |
| 5        | 70                        | 50        | 60                  | 50        | 40                | 60                  | 50    | 50     | 40                        | 30        | 20        | 20        |
| Position | National Tournaments      |           |                     |           |                   |                     |       |        |                           |           |           |           |
|          | National Championships    |           |                     |           | Khelo India Games |                     |       |        |                           |           |           |           |
|          | 19YRS Above               | 17-18 YRS | 15-16 YRS           | 13-14 YRS | Youth Games U-17  | KI University Games |       |        |                           |           |           |           |
| 1        | 100                       | 80        | 60                  | 40        | 60                | 60                  |       |        |                           |           |           |           |
| 2        | 80                        | 60        | 40                  | 30        | 40                | 40                  |       |        |                           |           |           |           |
| 3        | 60                        | 40        | 30                  | 20        | 30                | 30                  |       |        |                           |           |           |           |
| 3        | 60                        | 40        | 30                  | 20        | 30                | 30                  |       |        |                           |           |           |           |

The Point system (developed by the HPD/HPMs of Boxing) for induction of raw talent/sub-junior in NCOEs is as follows:

1. REC Combined Talent Hunt Championships Point System for Induction:

| Point | 17-18 years | 15-16 Years |
|-------|-------------|-------------|
| 1     | 40          | 30          |
| 2     | 30          | 20          |
| 3     | 20          | 10          |
| 3     | 20          | 10          |

2. REC Talent Hunt Zonal Championship Point System for Induction:

| Point | 17-18 years | 15-16 Years |
|-------|-------------|-------------|
| 1     | 30          | 20          |
| 2     | 20          | 15          |
| 3     | 10          | 10          |
| 3     | 10          | 10          |

3. Sub Junior National Boxing Championships Point System for Induction:

| Point | 13-14 years | BFI Jr. Boys & Girls Selection trial |
|-------|-------------|--------------------------------------|
| 1     | 40          | 30                                   |
| 2     | 30          | 20                                   |
| 3     | 20          | 10                                   |
| 3     | 20          | 10                                   |

**Cut off Points for Each Age Category-**

#Note- Only 14 weight categories (7 Men & 7 Women) compete Olympic Games, Asian Games & Commonwealth Games are Quadrennial Games. Hence points of these games are not been considered for Weeding Out & Retention process as it is an yearly process.

The Cut-off Points for each Age category is as follows:

| Age Category               | Cut Off  | Percentage for Cut-Off  | Points System Total   |
|----------------------------|--|---|---|
| 19 to 40 Years<br>(Senior) | 132 Cut off Marks for NCoE Boxers (Elite)        | 40% of 330 points total marks in all International and National Championships | 120 + 110 + 100<br>(World Championship, Continental Championship, National Championship)          |
|                            | 165 Cut off Marks for KIA Boxers (Elite)         | 50% of 330 points total marks in all International and National Championships | 120 + 110 + 100<br>(World Championship, Continental Championship, National Championship)          |
| 17- & 18-Years<br>(Youth)  | 115 (115.5) Cutoff Marks for NCoE Boxers (Youth) | 35% of 330 points total marks in all International and National Championships | 100 + 90 + 80 + 60<br>(World Championship, Continental Championship, National Championship, KIYG) |

|                                 |  |   |   |
|---------------------------------|--|---|---|
|                                 | 148 (148.5) Cut off Marks for KIA Boxers (Youth) | 45% of 330 points total marks in all International and National Championships | 100 + 90 + 80 + 60<br>(World Championship, Continental Championship, National Championship, KIYG) |
| 15- & 16- Years<br>(Junior)     | 89 (89.1) Cutoff Marks for NCoE/KIA Boxers       | 33% of 270 points total marks in all International and National Championships | 80 + 70 + 60 + 60<br>(World Championship, Continental Championship, National Championship, KIYG)  |
| 13- & 14- Years<br>(Sub-Junior) | 29 (29.7) Cutoff Marks for NCoE/KIA Boxers       | 33% of 90 points total marks in all International and National Championships  | 50 + 40<br>(Continental Championship, National Championship)                                      |

**b. KI Protocol Matrix:**

The benchmarks for the KI protocol assessment are as follows:

| Age Category | Sparring Cut Off | Physical Test Cut Off |
|--------------|------------------|-----------------------|
| Elite        | 70               | 4                     |
| Youth        | 70               | 4                     |
| Junior       | 70               | 4                     |

**Note:** The weightage for tests conducted in the Performance Assessment Camp's (i.e. Physical fitness, Sports Science Tests and Technical) shall be taken once norms/benchmark for the same are developed.

The concerned SAI NCOE as well Non SAI NCOEs to conduct the KI Protocol Physical Fitness as well as sports science tests twice a year and to update the same in the NSRS Portal. If the facilities are not available in Non SAI NCOE Centre, then they can arrange the tests in any nearby SAI NCOE Centre. (Details mention in Appendices 1 and 2)

**c. Performance Assessment Camp (technical):**

The performance Assessment camp may be conducted twice a year (Bi- Yearly). January to June and then July to December depending on the Periodisation of the specific Age Group. The percentile of the technical assessment in the performance assessment camp will be calculated and then awarded in total Performance Assessment of the Athletes.

It is mandatory for all Khelo India Athletes to attend both the Assessment Camps. Absence from which, may lead to weeding out of the athlete from the Khelo India Scheme.

**Appendices:**

**i. KI Protocol (Physical Fitness): Bi Yearly**

Following motor-ability & skill based performance and sports science tests as part of technical and scientific assessment would be conducted on boxers to assess their physical growth and fitness: **Frequency: Twice a Year (Half Yearly)**

| Categories                       | Tests                                   | Frequency                  | Measurement                           |
|----------------------------------|---|----------------------------|---------------------------------------|
| Elite Boxers + Experienced Youth | <b>Strength</b>                         |                            |                                       |
|                                  | Squat                                   | Twice a year               | Maximum Weight (KG)                   |
|                                  | Bench Press                             | Twice a year               | Maximum Weight (KG)                   |
|                                  | Hand Grip left + right                  | Twice a year               | Maximum Grip Strength (KG)            |
|                                  | <b>Power</b>                            |                            |                                       |
|                                  | Clean                                   | Twice a year               | Maximum Weight (KG)                   |
|                                  | Squat Jump                              | Twice a year               | Maximum Jump Distance from Floor (CM) |
|                                  | Counter Movement Jump (CMJ)             | Twice a year               | Maximum Jump Distance from Floor (CM) |
|                                  | Counter Movement Jump with arms (CMJ a) | Twice a year               | Maximum Jump Distance from Floor (CM) |
|                                  | Sprint 10m                              | Twice a year               | Time                                  |
|                                  | Sprint 20m                              | Twice a year               | Time                                  |
|                                  | Sprint 30m                              | Twice a year               | Time                                  |
|                                  | (Harres Test)                           | Twice a year               | Time                                  |
|                                  | <b>Aerobic Endurance</b>                |                            |                                       |
|                                  | Cooper (3000 m)                         | Twice a year               | Time                                  |
|                                  | <b>Anaerobic Endurance</b>              |                            |                                       |
|                                  | Chins2/Pull Ups                         | Twice a year               | Number (Count)                        |
|                                  | Dips                                    | Twice a year               | Number (Count)                        |
|                                  | Brutal Bench                            | Twice a year               | Number (Count)                        |
|                                  | 150m 1                                  | Twice a year               | Time                                  |
| 150m 2                           | Twice a year                            | Time                       |                                       |
| <b>Strength</b>                  |   |                            |                                       |
| Hand Grip left + right           | Twice a year                            | Maximum Grip Strength (KG) |                                       |

|  |   |              |                                       |
|--|---|--------------|---------------------------------------|
| Junior Boxers + Less experienced Youth | Bench Press                             | Twice a year | Maximum Weight (KG)                   |
|  | <b>Power</b>                            |              |                                       |
|  | Squat Jump                              | Twice a year | Maximum Jump Distance from Floor (CM) |
|  | Counter Movement Jump (CMJ)             | Twice a year | Maximum Jump Distance from Floor (CM) |
|  | Counter Movement Jump with arms (CMJ a) | Twice a year | Maximum Jump Distance from Floor (CM) |
|  | Sprint 10m                              | Twice a year | Time                                  |
|  | Sprint 20m                              | Twice a year | Time                                  |
|  | Sprint 30m                              | Twice a year | Time                                  |
|  | (Harres Test)                           | Twice a year | Time                                  |
|  | <b>Aerobic Endurance</b>                |              |                                       |
|  | Cooper (3000 m)                         | Twice a year | Time                                  |
|  | <b>Anaerobic Endurance</b>              |              |                                       |
|  | Chins2/Pull Ups                         | Twice a year | Number (Count)                        |
|  | Brutal Bench                            | Twice a year | Number (Count)                        |
|  | Dips                                    | Twice a year | Number (Count)                        |

## 2. KI Protocol (Sports Science): Bi Yearly

| S.NO. | TEST NAME (Physiological)   | UNITS               | Frequency    |
|-------|---|---------------------|--------------|
| I     | Resting heart rate  | Beats per minute    | Twice a year |
| II    | Maximum heart rate  | Beats per minute    | Twice a year |
| III   | Blood lactate   | (mM/L)              | Twice a year |
| IV    | Maximum aerobic capacity (Yo Yo Test)   | (L/min , ml/kg/min) | Twice a year |
| V     | Heart rate at 1 watt/kg work load (Exercise duration 2 minute) and Heart rate at 2 watt/kg work load (Exercise duration 2 minute) | Beats per minute    | Twice a year |
| VI    | Maximum anaerobic capacity (Wingate Test or RAST)   | (Watt/kg)           | Twice a year |
| VII   | Back Hamstring  | Kg                  | Twice a year |
| VIII  | Leg Strength  | Kg                  | Twice a year |
| IX    | Hand grip Strength  | Kg                  | Twice a year |

|              |                                     |                      |                    |
|--------------|-------------------------------------|----------------------|--------------------|
| <b>X</b>     | Upper Body And Trunk                | Cm                   | Twice a year       |
| <b>XI</b>    | Lower Back                          | Cm                   | Twice a year       |
| <b>S.NO.</b> | <b>TEST NAME (Biochemical)</b>      | <b>UNITS</b>         | <b>Frequency</b>   |
| <b>I</b>     | <b>Complete Haemogram</b>           |                      |                    |
| a            | Haemoglobin                         | g/dL                 | Twice a year       |
| b            | Packed Cell Volume                  | %                    | Twice a year       |
| c            | RBC Count                           | mill/mm <sup>3</sup> | Twice a year       |
| d            | MCV                                 | fL                   | Twice a year       |
| e            | MCH                                 | Pg                   | Twice a year       |
| f            | MCHC                                | g/dL                 | Twice a year       |
| g            | Red Cell Distribution Width (RDW)   | %                    | Twice a year       |
| h            | Total Leukocyte count (TLC)         | thou/mm <sup>3</sup> | Twice a year       |
| i            | <i>Differential Leukocyte Count</i> |                      |                    |
| j            | Segmented Neutrophils               | %                    | Twice a year       |
| k            | Lymphocytes                         | %                    | Twice a year       |
| l            | Monocytes                           | %                    | Twice a year       |
| m            | Eosinophils                         | %                    | Twice a year       |
| n            | Basophils                           | %                    | Twice a year       |
| o            | <i>Absolute Leukocyte count</i>     |                      |                    |
| p            | Neutrophils                         | thou/mm <sup>3</sup> | Twice a year       |
| q            | Lymphocytes                         | thou/mm <sup>3</sup> | Twice a year       |
| r            | Monocytes                           | thou/mm <sup>3</sup> | Twice a year       |
| s            | Eosinophils                         | thou/mm <sup>3</sup> | Twice a year       |
| t            | Basophils                           | thou/mm <sup>3</sup> | Twice a year       |
| u            | Platelet Count                      | thou/mm <sup>3</sup> | Twice a year       |
| <b>II</b>    | <b>Iron Profile</b>                 |                      |                    |
| a            | Serum Iron                          | µg/dL                | Twice a year       |
| b            | Ferritin                            | ng/mL                | Twice a year       |
| c            | Unbound Iron Binding Capacity       | µg/dL                | Twice a year       |
| d            | Total Iron Binding Capacity         | µg/dL                | Twice a year       |
| e            | Transferrin Saturation              | %                    | Twice a year       |
| <b>III</b>   | <b>Muscle Markers</b>               |                      |                    |
| a            | Creatine Kinase                     | U/L                  | Special evaluation |

|              |   |                                     |                            |  |
|--------------|---|-------------------------------------|----------------------------|--|
|              | b | Lactate dehydrogenase               | U/L                        | parameter. These parameters can be assessed only after considering the sports-specific training protocol                     |
| <b>IV</b>    |   | <b>Urea</b>                         | mg/dL                      | Twice a year   |
|              | a | Blood Urea Nitrogen                 | mg/dL                      | Twice a year   |
|              | b | Creatinine                          | mg/dL                      | Twice a year   |
|              | c | Uric Acid                           | mg/dL                      | Twice a year   |
| <b>V</b>     |   | <b>Testosterone/Cortisol</b>        |                            |  |
|              | a | Testosterone                        | ug/dL                      | Special evaluation parameter. These parameters can be assessed only after considering the sports-specific training protocol. |
|              | b | Cortisol                            | ug/dL                      |  |
|              | c | Free Testosterone                   | Pg/mL                      |  |
|              | d | Free Testosterone/ Cortisol         | Ratio                      |  |
| <b>VI</b>    |   | <b>Vitamins</b>                     |                            |  |
|              | a | 25 (OH) Vitamin D                   | ng/mL                      | Twice a year   |
| <b>VII</b>   |   | <b>Lipid Profile</b>                |                            |  |
|              | a | Total cholesterol                   | mg/dL                      | Twice a year   |
|              | b | Triglycerides                       | mg/dL                      | Twice a year   |
|              | c | HDL- cholesterol                    | mg/dL                      | Twice a year   |
|              | d | LDL-cholesterol                     | mg/dL                      | Twice a year   |
|              | e | VLDL- Cholesterol                   | mg/dL                      | Twice a year   |
| <b>VIII</b>  |   | <b>Urinalysis</b>                   |                            |  |
|              | a | Glucose                             | Conventional Units         | Twice a year   |
|              | b | Protein                             |                            | Twice a year   |
|              | c | pH                                  |                            | Twice a year   |
|              | d | Specific Gravity                    |                            | Twice a year   |
|              | e | Bilirubin                           |                            | Twice a year   |
|              | f | Urobilinogen                        |                            | Twice a year   |
|              | h | Blood                               |                            | Twice a year   |
|              | i | Leukocytes                          |                            | Twice a year   |
| <b>IX</b>    |   | <b>Minerals</b>                     |                            |  |
|              | a | Calcium                             | mg/dL                      | Twice a year   |
|              | b | Phosphate                           | mg/dL                      | Twice a year   |
|              | c | Magnesium                           | mg/dL                      | Twice a year   |
| <b>S.NO.</b> |   | <b>TEST NAME (Anthropometrical)</b> | <b>UNITS</b>               | <b>Frequency</b>   |
| <b>I</b>     |   | Body Composition Analysis           | PDF Document Upload Option | Twice a year   |

|              |   |                              |                  |
|--------------|---|------------------------------|------------------|
| a            | Height                                      | Cm                           | Twice a year     |
| b            | Weight                                      | Kg                           | Twice a year     |
| c            | Body Mass Index                             | kg.m <sup>-2</sup>           | Twice a year     |
| d            | Sitting Height                              | Cm                           | Twice a year     |
| e            | Arm Span                                    | Cm                           | Twice a year     |
| f            | Waist Hip Ratio                             | waist(cm)/ hip(cm) *score <1 | Twice a year     |
| g            | Segmental analysis for muscle and fat areas | mm (milimetre)               | Twice a year     |
| <b>S.NO.</b> | <b>TEST NAME (Psychology)</b>               | <b>UNITS</b>                 | <b>Frequency</b> |
| <b>I</b>     | <b>Reaction Test (Vienna Test System)</b>   | Percentile                   | Twice a year     |
| <b>II</b>    | <b>Hand Eye Co-ordination</b>               | Percentile                   | Twice a year     |
| <b>S.NO.</b> | <b>TEST NAME (Nutrition)</b>                | <b>UNITS</b>                 | <b>Frequency</b> |
| <b>I</b>     | <b>Macronutrient Intake</b>                 |                              |                  |
| a            | Energy                                      | KJ/d                         | Twice a year     |
| b            | Carbohydrate                                | g/d                          | Twice a year     |
| c            | Protein                                     | g/d                          | Twice a year     |
| d            | Fat   | g/d                          | Twice a year     |
| <b>II</b>    | <b>Micronutrient Intake</b>                 |                              |                  |
| a            | Iron  | mg/d                         | Twice a year     |
| b            | Calcium                                     | mg/d                         | Twice a year     |
| c            | Potassium                                   | mg/d                         | Twice a year     |
| d            | Selenium                                    | mg/d                         | Twice a year     |
| e            | Sodium                                      | mg/d                         | Twice a year     |
| f            | Manganese                                   | mg/d                         | Twice a year     |
| g            | Retinol                                     | µg/d                         | Twice a year     |
| h            | β carotene                                  | µg/d                         | Twice a year     |
| i            | Thiamine                                    | mg/d                         | Twice a year     |
| j            | Riboflavin                                  | mg/d                         | Twice a year     |
| h            | Total Folates                               | µg/d                         | Twice a year     |
| i            | Vitamin B12                                 | µg/d                         | Twice a year     |
| j            | Total Ascorbic Acid                         | mg/d                         | Twice a year     |
| k            | Total Vitamin D                             | µg/d                         | Twice a year     |
| <b>III</b>   | <b>Hydration</b>                            |                              |                  |
| a            | Total Body Water                            | %                            | Twice a year     |
| b            | Extra Cellular Water                        | %                            | Twice a year     |
| c            | Intra Cellular Water                        | %                            | Twice a year     |

|              |  |                                 |                  |
|--------------|--|---------------------------------|------------------|
| d            | Hydration  | %                               | Twice a year     |
| e            | Total Fluid Intake   | L                               | Twice a year     |
| <b>IV</b>    | Energy availability and dietary intake, food frequency         | Number (Range)                  | Twice a year     |
| <b>V</b>     | Energy cost for physical activity and Total energy expenditure |                                 |                  |
| a            | RMR  | Kcal/d                          | Twice a year     |
| b            | Non Exercise Energy Expenditure                                | kcal per hour & number of hours | Twice a year     |
| c            | Exercise Energy Expenditure                                    | kcal per hour & number of hours | Twice a year     |
| d            | Sleep  | Number of Hours                 | Twice a year     |
| <b>S.NO.</b> | <b>TEST NAME (Biomechanics)</b>                                | <b>UNITS</b>                    | <b>Frequency</b> |
| <b>I</b>     | Force Measurement with force platform                          | mm, kN, Hz & kg                 | Twice a year     |