



ISPAN's customized Physical & Psychological assessment
Report & Recommendation

Name: Achyuth D Ratheesh

Age: 8

Sport: Skating

Coach: Jomon Benny

Academy: Sportonix

PSYCHOLOGICAL OBSERVATION REPORT

Personality Test	<u>Personality Overview:</u> <ol style="list-style-type: none">Careful with Time: Values punctuality and efficient use of time, demonstrating strong time management skills.Aggressive, Positive, and Self-Assured: Displays confidence and assertiveness, with a positive approach to challenges.Sensible & Reliable: Known for practical and dependable behavior, with a grounded approach to responsibilities.Overthinking: Tends to dwell on thoughts and potential outcomes, which can lead to stress or indecision.Functions Equally Well in Any Surrounding: Adaptable and versatile in various environments and situations.
Focus test	low
Interest test	Curiosity and Enthusiasm: Shows a keen interest in learning and growing, approaching life with a sense of curiosity and a desire for personal development.
<u>Recommendation:</u> <ol style="list-style-type: none">Managing OverthinkingChanneling Aggression PositivelyEnhancing Focus and ConcentrationLeveraging Sensible and Reliable TraitsSupporting Curiosity and EnthusiasmAdapting to Different Environments	

FITNESS ASSESSMENT

Exercise :		Low	Moderate	High
1	Bird dog	<10 rep	10 - 20	20 rep >
		✓		
2	Pushup	<10 rep	10 - 20	20 rep >
			✓	
3	Squat	<10 rep	10 - 20	20 rep >
				✓
4	High to low plank	<10 rep	10 - 20	20 rep >
				✓
5	Tree pose	<30 sec	30 - 60 sec	60 sec>
				✓
6	Warrior pose	<30 sec	30 - 60 sec	60 sec>
			✓	
7	Burpees	<10 rep	10 - 20	20 rep >
			✓	
8	Shoulder taps	<10 rep	10 - 20	20 rep >
				✓
9	Air squat	<10 rep	10 - 20	20 rep >
			✓	
10	Sit and toe touch	<30 sec	30 - 60 sec	60 sec>
				✓
Remarks: the player have very good strength but need to work on muscles endurances with upper and lower coordination				