

# FITNESS & PSYCHOLOGICAL ASSESSMENT REPORT



**NAME- KRIISH TYAGI**

**AGE- 16 YEARS**

**SPORT- TENNIS**

**LEVEL- INTERNATIONAL**

<b>FITNESS ASSESSMENT</b>			
<b>Date:</b> 11/03/2024			
<b>HEIGHT:</b> 5.11 FEET / 181.3CM		<b>Weight:</b> 71 kg	
<b>Present Assessment</b>			
	<b>LOW</b>	<b>MODERATE</b>	<b>HIGH</b>
<b>Upper body flexibility</b>	<-5	-5-0	>0
	-1.2cm/-23cm		
<b>Lower body flexibility</b>	<12	12-18	>18
		14.7cm	
<b>Upper body strength</b>	<19	19-46	>46
		34	
<b>Core strength</b>	<1	1-3	>3
		2	
<b>Lower body strength</b>	<30	30-60	>60
		57	
<b>Upper body power</b>	<6	6- 10	>10
		9.10 feet	
<b>Lower body power</b>	<5	5-8	>8
		7.9feet	
<b>Remarks:</b> Upper body and lower back needs activation and flexibility. Upper body - Range of motion needs to be improved. Full body strength and power elevation for performance enhancement.			

## PSYCHOLOGICAL EVALUATION

	Low	Moderate	High
<b>Sports anxiety scale</b>			
<b>Worry</b>		✓	
<b>Concentration disruption</b>			✓
<b>Somatic trait anxiety</b>	✓		
<b>Emotional regulation</b>			
<b>Reappraisal</b>			✓
<b>Suppression</b>	✓		
<b>Perceived stress scale</b>			
		✓	
<b>State self esteem scale</b>			
<b>Performance self esteem</b>		✓	
<b>Social self esteem</b>	✓		
<b>Appearance self esteem</b>	✓		

**Recommendation:** Mental skills Training- Individual counselling sessions and Long term athletic plan for mind and body preparation, effective conditioning and performance enhancement. (Custom programmes )

## **PSYCHOLOGICAL INDIVIDUAL ACTION OF PLAN (3 MONTHS PLAN)**

### **PSYCHOLOGIST OBSERVATION:**

AS PER THE RECENT OBSERVATION AND ASSESSMENT, IT SHOWS THAT KRIISH SEEMS TO BE CRUMBLING UNDER THE PRESSURE, SUCCUMBING TO PANIC AS THE MATCH PROGRESSES.

### **HIERARCHY PLAN WHICH SHOULD BE FOLLOWED TO REACH HIGH PERFORMANCE:**

- MINDFULNESS - FOCUS ON FLOW STATE
- NEGATIVE EMOTION FACET - UNDERSTANDING THE EMOTION AND CONTROLLING THE BEHAVIOR
- ENVIRONMENTAL MASTERY - FOCUSING ON BEHAVIOR AND PLAYING UNDER PRESSURE AND DURING DISTRACTIONS.
- SELF-ACCEPTANCE - ACCEPTING THE FLOW AND BUILDING RESILIENCE ON BEHAVIOR RELATED TO TENNIS.
- PEAK PERFORMANCE - FINAL STEP IS TO ENHANCE PERFORMANCE



# Get Ready for the Game Changer

## WHAT IS ISPAN?

A one stop destination for all sports essential needs.

## OUR SERVICES

- Sports Specific S & C
- Sports Psychology
- Sports Recovery Massage
- Sports Medicine
- Yoga (Aligned with Psychology)
- Sports Physiotherapy & Posture Correction
- Sports Nutrition

## Contact Us

- ✓ Experienced & Qualified Trainers & Therapists
- ✓ Quality Service
- ✓ Ethics & Professionalism

## Athlete Support Group

LONG-TERM ATHLETIC  
PROGRAM

[www.ispan.in](http://www.ispan.in)  
[shubhacounsellingservices.com](http://shubhacounsellingservices.com)  
[info@ispan.in](mailto:info@ispan.in)

7338341312/ 080- 43942685