



ISPAN's customized Physical & Psychological assessment
Report & Recommendation

Name: Thrivikram H

Age: 5.5

Sport: Skating

Coach: Jomon Benny

Academy: Sportonix

PSYCHOLOGICAL OBSERVATION REPORT

Personality Test	<p><u>Personality Overview:</u></p> <ol style="list-style-type: none">1. Positive Person: Maintains an optimistic outlook, contributing to a proactive approach to challenges and interactions.2. Organized Person: Demonstrates strong organizational skills, contributing to effective management of tasks and responsibilities.3. Restless, Full of Energy: Exhibits high energy levels and restlessness, potentially leading to difficulties with sustained focus and task completion.
Focus test	Low
Interest test	Curiosity and Enthusiasm: Approaches life with a desire for continuous learning and growth, driven by curiosity and enthusiasm.
<p><u>Recommendation:</u></p> <ol style="list-style-type: none">1. Managing Restlessness and Energy2. Enhancing Focus and Attention3. Leveraging Organizational Skills4. Fostering Curiosity and Continuous Learning5. Balancing Energy and Positivity6. Creating a Productive Environment	

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 needs eye and coordination drills, needs to work on body alignment and weight shifting for better body motor coordination