

ISPAN's customized Physical & Psychological assessment
Report & Recommendation

Name: Vishrut Nair

Age: 8

Sport: basketball

Coach: Shalin

Academy: Sportonix

PSYCHOLOGICAL OBSERVATION REPORT

Personality Test	<p><u>Personality Overview:</u></p> <ol style="list-style-type: none"> 1. Generous to Fault: A person who is highly giving and caring but may sometimes overextend themselves or prioritize others' needs over their own. 2. Soft-Spoken: Communicates in a gentle and reserved manner, which can influence interactions and assertiveness. 3. Carefree: Exhibits a relaxed and spontaneous approach to life, potentially impacting consistency and long-term planning. 4. Stable & Satisfied: Generally content with life, showing emotional stability and satisfaction. 5. Need for Security: Seeks stability and predictability, indicating a preference for structured environments and clear plans.
Focus test	Moderate
Interest test	<p><u>Characteristics Noted:</u> Humanity, harmlessness, high thinking, and a keen observational ability.</p> <p><u>Potential Interest Areas:</u> High intelligence work that involves understanding human behavior, analytical tasks, and research.</p>
<p>Recommendation:</p> <ol style="list-style-type: none"> 1. Balancing Generosity 2. Enhancing Communication Skills 3. Managing Carefree Tendencies 4. Securing Stability 5. Fostering High Intelligence Work 6. Exploring Personal Interests 	

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 : He needs full body fitness in muscle strengthening and muscle endurance.				