

EduSports Survey finds school children in India lagging in health and fitness parameters

The 5th edition of EduSports' Annual School Health and Fitness survey covering 1,15,559 students across 287 schools in 85 cities reveals that 40 % of children don't have healthy Body Mass Index (BMI) levels

Key findings:-

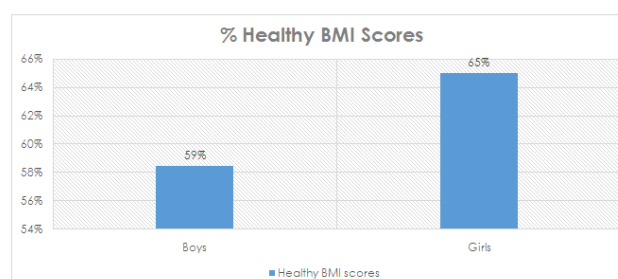
- 40% kids don't have a healthy BMI
- 40% kids don't have required endurance levels
- Girls score better than boys on BMI
- Non-metros score higher than metros in terms of BMI levels and fitness parameters.
- Structured sports programs show encouraging rise in fitness levels

Bangalore, November 27, 2014 – The current generation of school children in India, regardless of age group or gender, look to be heading towards an unhealthy future with health and fitness levels lagging, reveals The EduSports' 5th Annual School Health and Fitness Survey 2014.

The survey, which covered 1,15,559 children **in the age group between 7 to 17 years** in 287 schools across 85 cities from 23 states India (*list of cities is provided in the appendix to this release*) discloses that kids of all age groups show alarming fitness levels. The survey was built into the co-scholastic curriculum of schools during the academic year 2013-2014 and involved assessments of key health and physical fitness parameters like Anaerobic capacity, Flexibility, lower and upper body strength and BMI among others.

Girls have healthy BMI scores than boys

In a comparative study between boys and girls it was found that 65% of girls have healthy BMI scores compared to 59 % of boys. However, girls score lower than boys in other fitness parameters (anaerobic capacity, flexibility, upper body strength and abdominal strength), which is indicative that they are still short on overall fitness.



*Data compares 66,216 boys versus 49,343 girls across 24 states

An unfit generation in the making

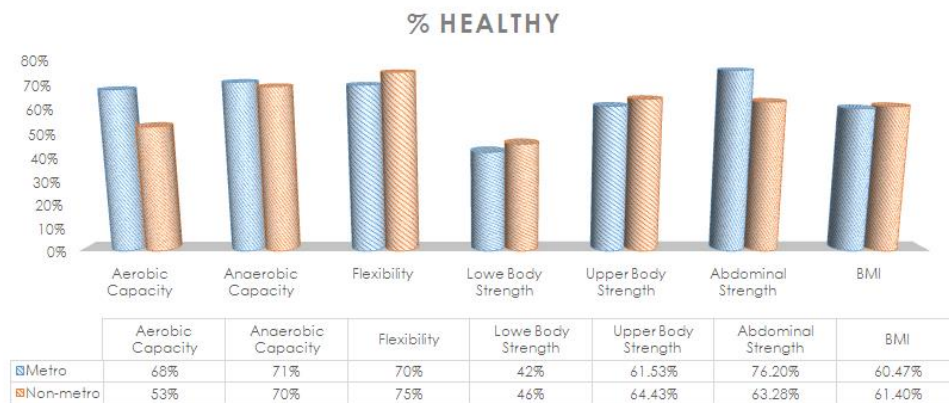
Geographically, children in all five regions of the country were deemed more or less equally unfit with unhealthy BMI scores of 37% (Central), 54 % (East) 37% (North), 38% (South) and 36% (West). The weighted scores for these regions across all fitness parameters do not vary a lot, which reinforces the view that children all across the country show an alarming lack of fitness.

Body Mass Index (BMI)		
	Healthy	Unhealthy
Central	63%	37%
East	46%	54%
North	63%	37%
South	62%	38%
West	64%	36%

Non Metros score higher than metros

Non-metros score higher than metros in terms of BMI levels and fitness parameters. Children in non-metros demonstrated better flexibility (75% in non-metros and 70% in metros), had good upper body strength (64% in non-metros and 61% in metros) and a marginal overall BMI score (61% in non-metros and 60% in metros).

How do our metros fare?



So is there a solution?

It is a well-established fact that a structured approach to learning is one of the biggest reasons for our academic system to succeed. It helps the teacher know what message to impart to the students and ensures age-appropriate training. A similar age-appropriate approach to structuring a school sports curriculum is bound to reap benefits in the areas of physical fitness and health of children.

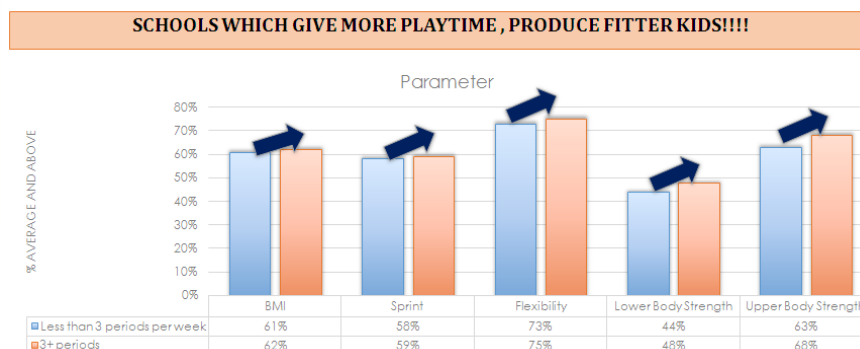
Schools provide the best environment for timely intervention

Experts are of the opinion that due to modernization and urban lifestyles, space and time to indulge in sports/play is now at a premium. Unless there is timely intervention in terms of exercise or play, fitness will take a backseat. In the current scenario, schools provide the best environment for providing effective intervention as children spend more time in school than at home. Schools have a clear advantage over the home environment, clubs or academies when it comes to providing necessary resources like safety compliant infrastructure, trained teachers, a dedicated time for sports and a healthy environment to build team spirit and competition.

A structured sports/ PE program helps improve fitness parameters

The second part to the survey involved recording the changes seen in the parameters after a controlled, structured physical education/sports programme was administered to a sub-group of over 27,918 kids children from 116 schools in 34 cities across India. The children went through a structured sports programme over 24 months and experienced 2-4 sessions of structured sports/physical activity per week. Schools which followed structured activity showed significant improvement across fitness parameters including anaerobic capacity, flexibility, upper body strength and abdominal strength. The results were heartening, to say the least. The schools which gave 3+ classes per week for the students' showed a significant higher fitness level as compared with schools having less than 2 classes per week.

How much playtime do schools need to give kids?



Speaking on the 5th edition of this landmark survey, Saumil Majmudar, CEO & Co-founder of EduSports emphasized the need for schools to increase play hours for children. “The lack of health and fitness among such a large number of children yet again proves that physical activity/sports in schools should be viewed as an important part of the curriculum for the overall development of a child. There is a need for greater awareness about the importance of play and there must be more time allotted for the same. In the next year, we hope to see far better results.”

About EduSports:

Winner of several Industry awards {GESS Awards Dubai – for Best Product to Improve Health & Fitness in the – Mar 2014; CII Emerging Entrepreneur Award – Mar 2014; FICCI Best Startup in Sports – India Sports Awards Feb 2014}, EduSports is India’s first and largest Physical Education & School

Sports enterprise. EduSports has been recently featured on Satyamev Jayate season 3 as a pioneering organization for promoting sports and physical education in schools.

EduSports partners with schools across the country to help them develop healthier and fitter children via the medium of sports/physical activity. EduSports designs and administers a sports curriculum for K-12 schools. The EduSports school sports programme has been designed by a distinguished panel of advisors comprising of leading sports psychologists, educationists, and sports professionals with vast experience of working with K-12 schools. Currently, EduSports is working with over 400 schools and covers more than 300,000 children in more than 80 cities all over India.