

Total Physical Fitness Programme (TPFP)

Total Physical Fitness Programme is the Kerala State fitness test battery for Youth. TPFP can be used by students to help them in planning personal fitness programme and also by teachers to determine student needs and to help guide students in programme planning. It also can be used by parents to understand their child's needs and to help the child plan a programme of physical activity. Moreover it can be also used as a tool for talent identification.

The total physical fitness testing programme is being implemented through the three-tier system of local self government with help of education, health and sports departments. The programme aim to assess the health related physical fitness of 100% school going children which includes state schools, CBSE, ICSE, KV and Navodaya Vidyalayas.

OBJECTIVES OF THE PROJECT

1. The proportion of children and adolescents between 9 to 17 years of age, who are regularly participating in appropriate physical activities, particularly cardio-respiratory fitness programmes, which can be carried into adulthood, should be greater than 90% (Currently less than 30%).
2. The proportion of children and adolescence of 9 to 17 years of age, participating in daily physical education programmes should be greater than 60%. (Currently less than 5%)
3. The methodology for scientifically and systematically assessing the health related physical fitness of children and adolescence should be established and 100% of children and adolescence between the age group of 9 to 17 years, participating in such testing programme for assessing health related physical fitness.

Website : <http://www.tfpf.org>