



**Savitribai Phule Mahila Mahavidyalaya, Satara**  
**Department of Physical Education and Sports**  
**Academic Year: 2021-2022**

**Two Days Workshop on “Test batteries” in Physical Education**

**Organized by:** Department of Physical education and sports

**Date:** 28<sup>th</sup> and 29<sup>th</sup> April.2022

**Resource Person:** Mr.Sandip Patil

(Arts and Commerce College, Satara )

**Beneficiaries:** 275

**Objective of the tournament:**

- To measures muscular endurance of upper and lower body
- To monitor and assess students ability as it relates to aerobic fitness ,strength and flexibility
- It can also help students understand how healthy they are and learn to set goals to improve their Heath related Physical Fitness

**Participants:-**B.A., B.Com. BCA, B.Voc (Nursing) All Faculties First Year class

**Description of the Activity:**

Rayat Shikshan Sanstha's, Savitribai Phule Mahila Mahavidyalaya, Satara Department of Physical Education and Sports Organized workshop on Test Batteries in Physical Education 275 Participants happily attend this two days workshop

- **In this workshop we conduct five Test batteries:**

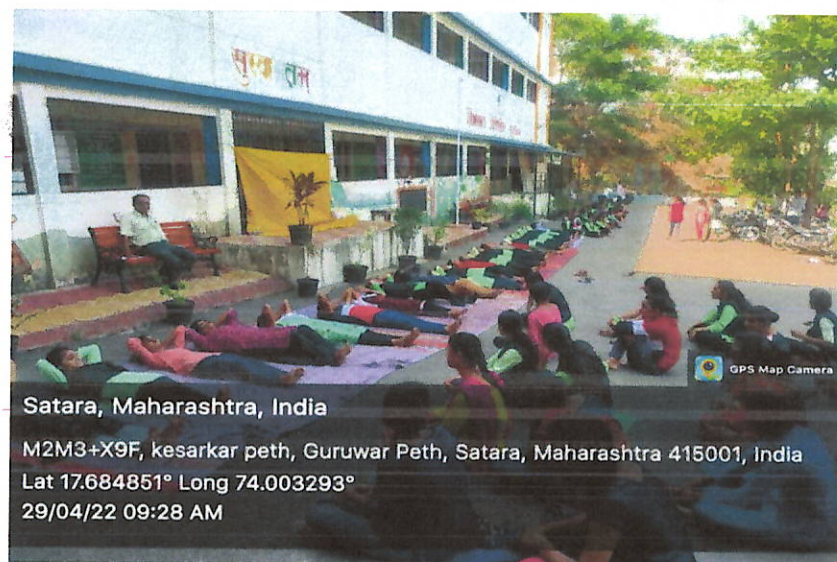


Sit ups	For abdominal Strength
Modified Push Ups	Upper Body Strength and Endurance
100 M.Run	For Speed
Standing Broad Jump	For Explosive Leg Strength
3.k.m.Run and Walk	For increase Cardio Strength

Mr.Sandip Patil Explain all test with practicals and its benefits for women's health. All girls were actively Participate in these test batteries. The guests were highly pleased at girl's performance and enthusiasm .They encouraged us to take part in sports and games.

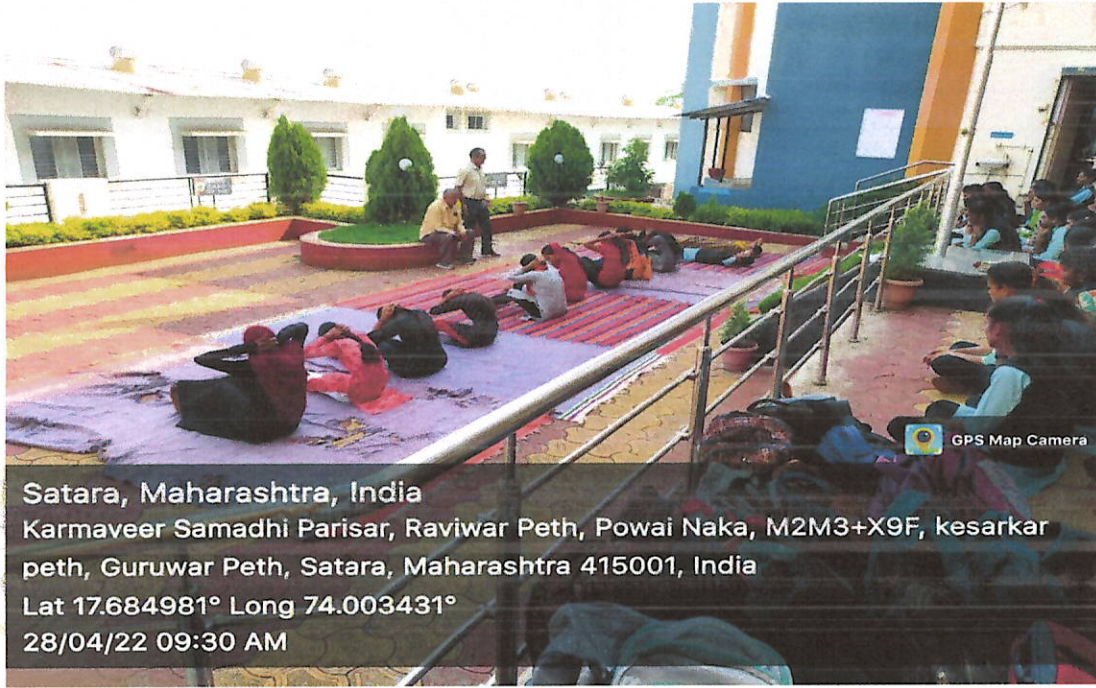
### Outcomes:

- Students aware about fitness and how to improve fitness
- It's beneficial for find out their own sports event through sports event.



**Sit Ups: for abdominal Strength**





Satara, Maharashtra, India  
Karmaveer Samadhi Parisar, Raviwar Peth, Powai Naka, M2M3+X9F, kesarkar  
peth, Guruwar Peth, Satara, Maharashtra 415001, India  
Lat 17.684981° Long 74.003431°  
28/04/22 09:30 AM

### Sit-Ups: Improving balance posture and flexibility

  
Director of Physical Edn.  
S. P. Mahila Mahavidyalaya,  
Satara

  
IQAC  
Co-ordinator

  
Principal  
Savitribai Phule Mahila Mahavidyalaya  
SATARA

