

SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY
REPORT OF WORKSHOP

TOPIC OF WORKSHOP: Cardiorespiratory Fitness Assessment

RESOURCE PERSON: Dr. AARZOO ANSARI **DATE:** 29/07/2022 & 30/07/2022

NO. OF STUDENTS PARTICIPATED: 92 **SEMESTER:** 7th

WORKSHOP CONTENT:

Shrimad Rajchandra college of physiotherapy organized a Two days Expert talk on “**CARDORESPIRATORY FITNESS ASSESSMENT**” for 7th Semester Bachelor of Physiotherapy students on 29th and 30th July, 2022. Dr Aarzoo Minnat Ansari, Assistant Professor at Shrimad Rajchandra Collge of Physiotherapy was the Expert for the topic. 92 students of final year participated in the expert talk. Students learned about types and modes of fitness testing with practical. The major aim of the expert talk was to teach how to perform fitness testing in clinical setup. The session included practical demonstration of treadmill and field tests and evaluation of aerobic capacities. The session will help students in clinical as well as in research field. Throughout the talk various queries regarding the topic were solved and discussed.

WORKSHOP GALLERY :

