

Sports Potential Physical Assessment (SPPA) Report



Personal Information

- **Child's Full Name:** Farida Ahmed
- **Gender:** Female
- **Age:** 9 years
- **Date of Assessment:** 12/8/2025
- **Time of Assessment:** 12 pm
- **Location:** Jewel Club
- **Trainers & Testing Coaches:** DR Basant, Coach Mohamed Nawry
- **Performance Analyst:** Dr. Hossam Anber / Dr. Bassant Aboellah
- **Number of Sessions Attended Before Assessment:** 6



CEO's Message to Parents

Dear Parents,

This assessment was created to help you understand your child, Farid, not just as a future athlete, but as a growing individual with unique physical abilities, needs, and potential. It offers science-based insights into his strengths and areas for improvement, guiding how to support him in both sport and everyday life. Our goal is not only to recommend the right physical path, but to nurture his confidence, prevent injuries, and build lifelong healthy habits. By understanding Farida's body better, you'll be better equipped to help him thrive, not just on the field, but in all aspects of his well-being.

Warm regards,

Ahmed Anber

Founder & CEO, Explore Academy



Anthropometric & Body Score

Measurement	Value	Score (0–10)	Interpretation	Sports Implication
Height	129 cm	6.5	Typical for age; slightly on the lighter frame overall.	Neutral; favors running/jumping over heavy-contact roles.
Weight	22 kg	7.0	Lean build.	Helpful for speed/endurance and skill sports; less leverage in contact sports.
Arm Span	120 cm	5.5	Just under height (reach a bit short).	Slightly reduces reach in throws/blocks; minimal impact elsewhere.
Waist Circumference	49 cm	8.0	Slim waist; favorable waist-to-height ratio.	Efficient movement; good trunk control potential.
Hip Circumference	60 cm	6.0	Proportions consistent with a light, agile frame.	Stable stance; power can improve with age/strength.
Leg Length	74 cm	7.5	Long legs relative to height.	Aids stride length in sprints/jumps.
Torso Length	45 cm	6.0	Balanced.	All-round coordination potential.
Shoulder Width	24 cm	4.5	Narrow shoulders for age.	Less leverage in contact/overhead power early on.
Total Body Score	—	6.4 / 10 (64%)	Weighted average across traits	Lean, leggy build optimized for running/jumping & technical/skill sports.

Body Composition Overview

- **BMI:** 13.2 kg/m² (calculated from 22 kg & 129 cm) → very lean profile.
- **Waist-to-Height Ratio:** 0.38 (49 cm / 129 cm) → favorable.
- **Estimated Body Fat %:** ~15–18% (estimate consistent with lean build)
- **Muscle Mass % (Estimated):** ≈50–55% of total body weight (≈11–12 kg) → inferred from her strength performance (excellent push-ups, squats, plank endurance) despite her lean weight. This indicates **good neuromuscular development**, though hypertrophy and shoulder/hip mass will increase naturally with age and training.
- **Skeletal Structure Type:** Ectomorphic-lean (narrow shoulders, long legs).

Performance Scoring Summary

Attribute	Avg. Score (0–10)	Notes/Observations
Strength	9.5	20 push-ups/30s, 28 squats/30s, 4:21 plank indicate excellent strength endurance.
Power	8.0	Overhead 2.50 m , chest 3.50 m , triple broad 3.40 m (ball = basketball).
Agility	3.5	Shuttle 5×5 m 23.02 s , Zigzag 10 m 15.95 s = current limiter.
Speed	6.0	20 m 4.68 s , flying 10 m 2.54 s , 40 m 12.81 s (mixed profile).
Endurance	8.5	6-min run 950 m , burpees-60s 18 , step test 43 .
Flexibility	8.0	Shoulder 5/4.5, forward-fold 10/10 ; butterfly 25/22 cm (hips need mobility work).
Total	43.5 / 60 → 72.5%	Strength/endurance strong; agility is the main limiter.

Physical Ability Index (PAI)

Formula: PAI = (Body Score % + Performance Score %) / 2 = (**64** + **72.5**) / 2 = **68%**

Interpretation: Just under the 70% readiness benchmark, great foundation, with agility and sprint efficiency the key to unlock sport-specific readiness.

Psychological Assessment Results

Trait Category	Score (0–10)	Interpretation
Team Orientation	4.8	Prefers small group or individual play; limited natural inclination toward team reliance.
Physical Contact Tolerance	5.2	Moderate comfort with physical contact; not a strong preference for collision sports.
Risk-Taking & Adventure	6.2	Open to trying challenges and new movements; balanced but slightly cautious.
Competitive Drive	6.6	Shows healthy desire to compete and succeed; enjoys measurable progress.
Discipline & Consistency	6.2	Fairly reliable in following routines; benefits from structured coaching.
Coachability & Feedback	6.0	Accepts instructions positively; will respond well to short, clear feedback loops.
Focus & Attention	5.6	Average ability to sustain concentration; may lose focus during longer drills.
Emotional Regulation	6.6	Handles pressure and setbacks calmly; can bounce back without frustration.
Overall Psychological Index	59%	Balanced profile with stronger competitive/emotional traits than teamwork or focus.

Key Insights

- **Strengths:** Competitive drive and emotional stability give her resilience; she stays calm and motivated in sport settings.
- **Developing Areas:** Lower team orientation and mid-range focus suggest she may excel first in individual sports; structured attention-training and cooperative tasks will boost her all-round readiness.
- **Coaching Implication:** Best engaged through short, clear drills, measurable challenges, and gradual introduction to team-based settings.

SPPA Comprehensive Analysis, Strengths & Limitations

a) Key Strengths Analysis

Anthropometric & Body Score Strengths

Farida has a lean ectomorphic build with long legs relative to her height and a slim waist-to-height ratio. This frame is advantageous for running, jumping, and endurance-based sports. Her low BMI and slim body composition show a natural predisposition toward agility and aerobic efficiency. While her shoulders are narrow, her lower body proportions give her a biomechanical edge in stride length and jumping mechanics.

Performance Strengths

She excelled in strength endurance (push-ups, squats, plank) and demonstrated a strong aerobic base with a high 6-minute run score and strong burpee results. Her power outputs in multi-hop jumps and ball throws are also promising, especially considering her lean build. These results suggest she has excellent foundational fitness, high muscular endurance, and the ability to sustain performance in prolonged activities.

Psychological Strengths

Farida's profile highlights competitive drive and emotional regulation as strong traits. She remains composed under pressure, enjoys measurable challenges, and shows resilience after setbacks. Her openness to adventure indicates she will embrace skill-based drills and progress well with structured guidance.

b) Natural Limitations & Areas of Improvement

Farida's agility and change-of-direction speed are below average, limiting her ability to respond quickly in multi-directional tasks. This is likely linked to hip mobility restrictions and developing sprint mechanics. Her team orientation score is also lower, which may make her less engaged in team-based sports early on, and her focus and attention span sit at average levels, meaning she may require shorter, more engaging training blocks.

From an anthropometric perspective, her narrow shoulders reduce natural leverage in overhead throws and contact-based sports. While this does not affect her endurance or technical potential, upper-body strength and coordination should be progressively developed.



Suggested Sports for Farida

Sport	Suitability %	Rationale
Athletics (Middle / Long distance Running / Long Jump)	88%	Lean ectomorphic build, long legs, slim waist; excellent endurance and strength endurance; individual nature fits her current psychological profile.
Artistic Gymnastics / Acrobatics	80%	Strong trunk control, flexibility, and strength endurance; suits structured environments; narrow shoulders not limiting; light frame aids body control.
Badminton / Squash (Conditional)	70%	Compact arm length and endurance base support racket sports. However, success is conditional on improving agility, footwork, and reaction time, which are currently her weakest domains.



Sports Readiness Program SRP (*Subject Registration*)

Farida has achieved a **Physical Ability Index (PAI) of 68%**, placing her just below the recommended 70% threshold for sport-specific specialization. While she demonstrates high strength, endurance, and flexibility, her profile highlights areas that must be strengthened before she can fully excel in her chosen sports. The SRP is designed to raise her PAI above 75%, ensuring she develops a well-rounded athletic foundation to safely and effectively transition into sport-specific training.

Rationale

Farida's testing revealed excellent performance in strength endurance, aerobic capacity, and flexibility, supported by favorable anthropometrics (long legs, lean frame). These attributes align strongly with athletics (jumps and middle-distance events) and gymnastics. However, her agility and speed efficiency scored lower than average, and these weaknesses reduce her readiness for sports requiring rapid directional changes or high-intensity bursts. The SRP therefore aims to preserve her strengths while directly addressing these limiting factors, ensuring a balanced profile that reduces injury risk and enhances performance potential.

Development Priorities

1. **Agility & Change of Direction:** Her lowest scoring area (3.5/10) requires focused improvement. Emphasis will be on quick footwork, multidirectional drills, and reactive movements.
2. **Sprint Mechanics & Acceleration:** While endurance is strong, sprint speed (6/10) is moderate. Targeted work on mechanics, stride frequency, and explosiveness will improve efficiency.
3. **Mobility & Core Stability:** To complement her strong flexibility, stability and controlled mobility will help translate range of motion into functional performance.

4. **Psychological Engagement:** Building focus and self-regulation within structured competitive drills will sharpen her readiness for high-pressure performance.

Implementation Strategy

- **Phase 1 (Weeks 1- 4):**
 - Introduce agility ladders, cone drills, and short reactive sprints.
 - Low load plyometrics to refine movement quality.
 - Core stability circuits to improve control of her long-limbed frame.
- **Phase 2 (Weeks 5 - 8):**
 - Progress to resisted sprints, shuttle runs, and game-speed reaction drills.
 - Integrate gymnastics-style drills for trunk stability and coordination.
 - Maintain endurance with interval running and aerobic conditioning.
- **Phase 3 (Weeks 9 - 12):**
 - Sport-specific refinement for athletics (jump technique, sprint strides).
 - Controlled exposure to agility-demanding drills (badminton/squash style) to test adaptability.
 - Psychological preparation: scenario-based challenges requiring composure and focus.

Expected Outcomes

By the end of 8–12 weeks, Farida is expected to:

- Improve her Agility from 3.5/10 → $\geq 6/10$.
- Raise her Speed from 6/10 → $\geq 7/10$.
- Maintain high scores in Strength, Endurance, and Flexibility.
- Increase her PAI from 68% → 75–78%, fully entering the readiness zone.

This outcome will allow her to transition confidently into sport-specific pathways such as Athletics or Gymnastics, while keeping open the conditional potential for racket sports should her agility continue to improve.

What Farida Will Receive

- Custom Sports-Specific Training Plan – A tailored 12-week program designed to improve her agility, sprint mechanics, and sport-specific skills while maintaining her strong endurance, strength, and flexibility.
- 2 Nutrition Coaching Sessions – Practical guidance for Farida and her parents to support healthy growth, optimize recovery, and reinforce habits that complement her training.
- 2 Family Psychological Guidance Sessions – Focused on building concentration, emotional regulation, and motivation strategies to ensure readiness for competition and long-term sport engagement.

End of Analysis

Director of Sports
Dr. Hossam Anber
Sign:
Date:

Head coach
Dr. Bassant Aboelelah
Sign:
Date: