

This study was to develop the norm of physical fitness tests of Rasht`s Islamic Azad University`s male students.

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aim: The aim of this study was to develop the norm of physical fitness tests of Rasht`s Islamic Azad University`s male students. **Materials and methods:** The study population consisted of all male students of university who participated in general physical education class in the academic year 94- 95. The study population included 225 patients with a mean age $23/53 \pm SD$ and the body mass index $20/24 \pm SD$. The 4 physical fitness test of sit ups, flexibility, vertical jump and 600 m run were used. **Statistical analysis:** The kolmogorov - smirnov test, correlation coefficient and spearman were used to statistical analysis and percentage point with a 5% distance were used for the development of norms. The results showed that there is a negative correlation between fat percentage and waist to hip ratio with physical fitness $p \leq 0/5$. However there was no significant relationship between physical body mass index and physical fitness. **Results:** Therefore, according to the significate relationship between physical fitness and mentioned tests there is need to analyse and integrate the physical education lessons (1&2) in the form of booklets, available for the teachers and students.

Keywords : norms physical education, sit up, flexibility, vertical jump, 600 m run
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