

# **Compare the relationship between nutritional status with physical fitness in mental disabled boys with normal peers**

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**Aim:** The aim of this study was compare the relationship between nutritional status with physical fitness in mental disabled boys with normal peers. **Method:** The present study was a descriptive research. The subjects were 53 disabled in city or Rasht boys students (10-15 years) in rehabilitation complex and the 50 healthy boy students (10-15year), Moalem and Nosrati schools in Rasht. After determining the target population and sampling, objective of research and method described for staff of schools and participant's parents. After completing the consent form and questionnaire, food frequency measured height and weight of the subjects, and physical fitness variables include: cardiorespiratory endurance (running 540 m), muscular endurance (sit-ups) and flexibility (sit and reach) were measured. Data were analyzed by using Pearson correlation coefficient with the software SPSS version 20 and with a significance level (p

**Keywords :** Keywords: nutritional status, mental disabled, physical fitness

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