

The relationship between nutrition knowledge and level of physical fitness and body composition in female students in state and private schools

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Abstract The aim of this study was to investigate nutrition knowledge and level of physical fitness and body composition in female student of public and private schools. For this purpose, 399 students 12 to 15 years in Rasht were included in the study with cluster-randomized sampling method. At first subject's height (state 155.40 ± 7.42 ; private 161.54 ± 74.44), weight (state 55.50 ± 11.75 ; private 61.35 ± 15.00), body mass index (state 20.01 ± 4.16 ; private 23.36 ± 4.81), waist-to-hip ratio (state 0.87 ± 0.08 ; private 0.82 ± 0.05) and fat percent (state 31.89 ± 10.08 , private 46.79 ± 10.96) were measured and recorded. Then, 1 minute sit-ups, vertical jump, 4 in 9 shuttle run, sit and reach, 540 m tests was used to measure physical fitness factors. Parmenter and Wardell nutrition knowledge questionnaire was used to assess knowledge of nutrition in subjects and the data were recorded and analyzed. Pearson and Spearman correlation test was used to determine correlation between the subjects. All statistical tests were analyzed in significance level of ($P \leq 0.05$). The results showed that there was only weak significant correlation between nutritional knowledge with the waist to hip ratio (0.21) fat percentage (-0.14) and flexibility (0.20) in private schools, however, there was no significant relationship between the two groups in other variables. Generally, according to the results of this study we could not conclude that if the amount nutritional knowledge was higher, the fitness level is higher and body mass index will show favorable values. **Keywords:** Nutrition Knowledge, Physical Fitness, Body Composition, Student.

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