

The relationship between BMI and nutritional status of parents with physical fitness and nutritional status of 12-10-year-old boy students

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Aim: the aim of this research was to investigate of the relationship between BMI and nutritional status of parents with physical fitness and nutritional status of 12-10-year-old boy students. **Method:** In this study 260 12-10 year-old son students were ed by analytical method. Students were of Anzali in 95-1394 academic year. They were ed out of 805 people, randomly, with an average age of 11.52 ± 0.66 years and the average length 143 ± 0.08 cm. After completing the consent form and questionnaire, height, weight and students' physical fitness variables were measured. Physical fitness variables include the following: cardio-respiratory endurance (through testing both 540 m), abdominal muscle endurance (sit-through test), agility (both tests 4 through 9 meters), speed (through a test run 45 meters) and leg muscle power (through the vertical jump test). To assess the physical fitness, test records were taken students. Then the raw records became the standard Z score. Height and weight of the parents complemented by themselves in a food frequency questionnaire to estimate body mass index. In addition, evaluated the nutritional status of parents and students through the Pearson correlation coefficient. **Findings:** The results showed that significant relationship is weak between student body mass index (BMI) and mother body mass index, in all weight classes (P

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