

The study of the relationship between physical activity level with body composition and physical fitness in urban and village (boy) students in Hir city

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The purpose of this study was to identify the relationship between physical activity level, body composition (BC), and physical fitness (PF) of urban and rural (boy) students in Hir city. Field gathering data, correlation method as well as comparing method were used as the methodology of this research. All 413 high school urban and village (boy) students in Hir city, were the population of this study. Using simple sampling method, 200 individuals were selected as sample of this research (Cochran). Physical activity questionnaire was used as the data collecting instrument. Statistical analysis of Pearson correlation and t-test with independent group were carried out using SPSS-20 software. The results indicated that physical activity level of village boy students was higher than urban boy students ($t = 10/55$, p

Keywords : Key words: Physical fitness, Body composition, Physical activity, Students, Hir

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