

The study of program effect of playgrounds on level of physical activity, body composition and physical fitness of high school girls

Farahnaz Kazemi Taskooh*,

Abstract: Objective: This study aimed to investigate the program effect of playgrounds on level of physical activity, body composition and physical fitness of high school girls. **Methodology:** The subjects of this study consisted of 200 girl students with aged range 12-15 years old of Masal city which it has been ed availably and randomly were divided into two groups of 100 person such as experimental group (mean age $13/55 \pm 0/99$ years, height $158 \pm 0/06$ cm, weight $57/27 \pm 12/13$ kg) and control group (mean age $13/35 \pm 0/89$ years, height $158 \pm 0/062$ cm, weight $55/60 \pm 12/10$). In the experimental group was conducted the painting and drawing of the sport forms in form of fun games (simulation), drawing of tables and evaluate different points on the ground of school Yard by color, for games such as hopscotch, spiral running, jump and spring, and jump length, jump height, lily, jump pair, balance line, marupel and harvard stairs for 8 weeks in break time (3 intervals of 10 to 15 minutes) every day and a session of weekly classes of physical education in the school yard for ninety minutes. To further support of the activities of the playground, each class had a box with the specifications of the playing field (for example, ropes and balls) for using in physical activity. Before the start of training both the experimental and control groups, was taken the standardized tests in the same condition in order to measure each component of physical activity level, body composition and physical fitness and after the end of the training, these components were assessed again in the same circumstances. To determine the normality of data distribution was used of the Kolomogrove and Smirnov test and to analyze the data was used of independent t-test and paired t and Spss software. **Results:** The results showed that the performances of playground program in the experimental group, the level of physical activity ($p= 0/003$), cardio-respiratory stamina ($p= 0/004$), flexibility

($p=0/001$), anaerobic power index ($0/001$) was significant improvement ($p\geq 0/05$). But the body fat percentage and BMI didn't show significantly different between the two groups ($p\geq 0/05$). Conclusion: According to the findings, the playground program can be used to increase physical activity level and improve the physical fitness. Therefore, physical education teachers and coaches are suggested that school health programs and improve the readiness use of playground program.

Keywords : Keywords: playground, physical activity level, body composition, physical fitness, teen girls

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)