

Compare the relationship between physical fitness and nutritional status of boys in the beginning stages, the first secondary, secondary

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Compare the relationship between physical fitness and nutritional status of boys in the beginning stages, the first secondary, secondary Comparison of the relationship between physical fitness and nutritional status of boys in elementary, secondary and secondary schools Hossein Ghadiri Abstract Aim: The purpose of this study was to compare the relationship between physical fitness and nutritional status in boys in primary, secondary and secondary schools of Tarom city. This study was a descriptive-correlational study. The sample consisted of 400 students aged between 10 to 18 (35.9 ± 7.3 ; weight: 136.88 ± 8.17) in the city of Tarom. In the academic year 1995-96, they studied at three levels: primary school (136), first high school (130) and secondary school (134). After completing the satisfaction, physical fitness variables including: cardiovascular endurance (540m long test), abdominal muscle endurance (long and sessile knee extension), endurance of upper trunk muscles (modified limb flexion test) and flexural The flexibility (flexibility box) was measured. The nutritional status of the subjects was also determined by a analyzed. nutritional status questionnaire based on the Likert method, and the data were Results: The results of this study showed that there was a significant and positive correlation between nutritional status and physical fitness of elementary students ($r = 5\%$). There was no significant relationship between nutritional status and physical fitness of first grade students. There was a significant relationship between nutritional status and physical fitness in secondary school students (p

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