

Preparation the norm and comparison of physical fitness and physical activity level in male and female students of Fouman and Shaft Islamic Azad University

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Preparation the norm and comparison of physical fitness and physical activity level in male and female students of Fouman and Shaft Islamic Azad University Seyyed Mohsen Mousavi Abstract: This study was norm preparation and comparison of physical fitness and physical activity level in male and female students of Fouman and Shaft Islamic Azad University. For this reason, 180 students (60 girls and 120 boys) aged 20 to 23 years old were ed by simple random sampling among the population. In this Research, muscular endurance of abdominal and shoulder girdle, anaerobic power and cardio-respiratory endurance were measured through sit-ups, corrected pull-ups, vertical jump and 540 meters physical fitness tests. Then physical fitness norm was determined through percentage points. Beck physical activity questionnaire was used to assess the level of physical activity. Percentage points were used to adjust the norm tables. Data were analyzed using Yumann -Whitney test to compare the meanings. All statistical calculations were analyzed using SPSS software version 22. The results showed that there was a significant difference between the muscular endurance of the abdomen and shoulder girdle, anaerobic power and cardio respiratory endurance of both male and female students ($P=0.000$) and mean score of male students in all tests was higher than Students were girls. Also, there was a significant difference between the level of activity of male and female students ($P=0.000$). So that male students had a higher level of physical activity than female students. So, we conclude that in the two sexes, despite the physiological differences between men and women, lower levels of physical activity can be attributed to their lower physical fitness. Therefore, special attention to

female students in order to increase the facilities and sports spaces especially in the extracurricular section is necessary in addition to the physical education lesson.

Keywords : Keywords: Norm preparation, physical fitness, physical activity, male students, female students

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