

study of body composition, physical fitness, functional movement, job satisfaction and their relationship in men employees of department of education in Langroud city

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Abstract The purpose of this study was to check out body composition, physical fitness, functional movement, job satisfaction and their relationship in men employees of department of education of Langroud city. 153 subjects (height 1.77 ± 0.05 , weight 80.41 ± 6.61 , BMI 25.11 ± 2.18 , body fat percent 22.45 ± 3.03) were measured by cardiorespiratory, muscular strength and endurance, flexibility, and functional movement screen tests. Level of physical activity (Baecke questioner) and job satisfaction (Job Describe Index) were measured. Based on the data analyzing by Espierman correlation ($p\leq 0.05$) there were significant correlation between physical activity level and body fat percentage ($p=0.03$), functional movement screen and BMI and body fat percentage ($p=0.00$), and between physical fitness and job satisfaction ($p=0.04$) but no other relation between other factors. Results showed that body composition and physical fitness are effective factors in employee's job satisfaction. **Key words:** functional movement screen, job satisfaction, physical fitness, body composition, employee.

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