

# **Effect of Physical Activity along with Nutrition Education on Health-Related Factors in Elementary Students**

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**Aim:** The purpose of this study was to investigate the effect of Physical Activity along with Nutrition Education on Health-Related Factors in Elementary Students. **Method:** The participants in this study included 40 male students aged 11 to 10 who were not involved in any other activity except at school. Volunteer students were randomly divided into two groups: physical activity (20) and physical activity in conjunction with nutrition education (20 people). The subjects of the two groups performed eight weeks of physical activity, including walking and running, in addition their classroom physical education program. For physical activity group along with nutrition education was conducted nutrition education included 2 sessions per week for students and one sessions per week for their parents. Student parents were asked to complete the food frequency questionnaire for their children. Before and after 8 weeks of physical activity and nutrition education, body composition (fat percentage, body mass index and WHR), physical fitness (cardiovascular endurance, vertical jump, muscular endurance and flexibility), and protein, fat and the carbohydrates consumed for both groups were calculated and recorded. Cardiovascular endurance by a 540-meter test, a vertical jump by a Sargent jump test, a muscular endurance by knee testing, and flexural strength by a back bend test were measured. The dependent t-test for intra-group changes and independent t-test were used for the differences between the two groups with a significant level of (P

**Keywords :** Key words: Physical activity along with nutrition education, Health-related factors, elementary school students

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