

A Contrastive Analysis of General Health Level, Physical Preparation, Physical Combination And Physical Activity Of Female & Male Physical Education Teachers With Non - Physical Education Teachers In Rezvanshahr

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ABSTRACT Contrastive analysis of general health level physical preparation physical combination and physical activity of female & male physical education teachers With non-physical education teachers in REZVANSHAR abstract There for, the aim of the present study is to compare the level of health, physical preparation, and physical Combination and general health of physical education teachers and non-physical education teachers in REZVANSHAR. In order to do the study of the 125 teachers as sample 77 people of them were non teachers (both male and female), 48 people, physical education teachers (both male and female) with the average of 25/28 1/57kg/m² for man were teachers. For male non-physical education teachers have been chosen among all teachers in REZVANSHAR education office to do this survey, at first all examinees did the Goldberg's level of general health question aryl and batches level of physical activity then the weight, height of examines were measure red be for doing the practical tests. Physical preparation factor tests consists of the measurement of strength (medicine ball) flexibility (flexible board) stomach muscle device (Iging8gcttingup) health-heart)device test(running for mile)physical combination consist of measuring BMI, walk body fat in which in de pendent test with SPSS software version 22 with $\alpha=0/05$ has been used. Physical activity level results show that in comparison with physical activi9ty female physical education teachers have more physical activity than female non-physical

education teachers furthermore the comparison shows that physical activity level in male physical education teachers is more than male non-physical education teachers. The comparison of general health of female physical education teachers with non-ones shows that there is no. significant difference between female physical education teachers and non-ones. The comparison of differences among male physical education teachers indicates the general health grades in male physical education teachers was lower or more efficient than non-ones. the comparison of ed variants of physical combination consist so BMI ,WHR and the fat percentage Among female physical education teachers and non - ones showed that there was no significant difference in physical combination it became clear that in this survey between male physical education teachers and non - ones , the men enjoy the lower WHR proportion in comparison with non - ones. Although there was no significant difference between them in terms of BMI and fat proportion. as a result male and female physical education teachers conation teachers conation , general health , and physical combination approximately similar to non - physical education male and female teachers and here it is advised to hare physical activity in order to increase the general health.

Keywords : Keywords: General Health, Physical Fitness, Teacher of Physical Education and Non-Physical Education

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