

Comparing Body Composition and Physical Fitness of Physical Education Teachers of Rezvanshahr Province with Global Standards

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Abstract The first index of a successful physical education teacher is proper physical fitness and body composition that can encourage students to do sports activities. Therefore, the present study was conducted with the goal of comparing body composition and physical fitness of physical education teachers of Rezvanshahr province with global standards. The present research the point of view general is quantitative and causal-comparative and in terms of purpose, it is practical. The statistical population of the study consisted of 74 physical education teachers who were purposefully studied. The required information was collected by a questionnaire and researcher's observations using various measurement tools. The results of the study showed that physical education teachers have no significant difference in terms of flexibility and aerobic capacity with global standards but, in terms of body composition, speed, agility, muscular endurance and muscular strength there are significant differences with global standards. Also young teachers have better conditions in terms of body composition and physical fitness than middle-aged teachers. According to the findings of the research, the development of appropriate service programs with age groups, holding nutrition workshops, providing insurance and health care to teachers, strengthening the speed, strength and endurance of muscles, recruiting forces with a body combination and physical fitness there are some cases that are suggested. Key words: Body composition, Physical fitness, Physical education teachers, Global standards.

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