

## A SURVEY OF YOUTH FITNESS IN HIGH SCHOOLS OF D I, KHAN CITY.

M. JEHANGIR KHATTAK, NOOR MOHAMMAD KHAN

AND

M. ASLAM BHATTI

Department of Health and Physical Education

Gomal University, D. I. Khan.

### Abstract

A study was conducted to determine the physical characteristics of children and youth, utilizing the AAHPER youth Fitness Test. Boys 10 to 17 years of age were tested, these test results were compared with the U.S.A. National norms. The test included these items: Pull-Ups (Arm and shoulder strength), Sit-Ups (Abdominal strength), Standing Long Jump (Leg Power) 50 yards dash (Speed), Shuttle Run (Agility), & 600 yards run walk (endurance) study indicated that our youth Fitness status was overall satisfactory except Abdominal strength, Arm and shoulder strength.

### Introduction

Usually the youth belong to different families with different environment and status. Some belong to rich families, some to average and others to poor families. So the nourishment takes place according to their diet they have and their socio-economic condition.

Similarly the rest and fatigue are considered, because the youth from the poor families do some laborious work in addition to their normal study hours. So a Survey of youth fitness was carried out in the high schools of D. I. Khan City to determine the fitness standard and to suggest ways and means of improvement.