Gomal Univ. J. Res Tigger ad Tracham A To result bet all mineral better before the contract of Vol. 4 No. 1 & 2 (1984), pp. 65-74

## PHYSICAL FITNESS IN SCHOOLS OF D. I. KHAN 1979-80

Veber test as a simple evaluation test and it only

QURESHI M. IQBAL, M. JAHANGIR KHAN, NOOR M. KHAN sed to discover the physical QNAss of cases; but it does discover.

## whether a particular perior and mala. Mirenath and flexibility for

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## The purpose of the present study was to find the physica

The study aimed at finding out the physical fitness of boys and girls of various high schools of D. I. Khan. Further the study compared the performances of boys and girls in terms of failure to qualify certain tests. The study concludes that the standard of physical fitness in general was not upto the mark. Performance of girls was specially poor and needed The test is composed of the following :inemporements.

finess in schools of D. I. Khan city asing Kraus Weeer test.

## Introduction

ij Position lying on the back, hands behind the neck and feet Physical Fitness has been defined as performance of daily CHORES of life with undue fatigue.

SIT UPS (To find out this strength of abdominal plus, pseas

The physical fitness of adults in general and youth in particular has shown a marked downward trend in all countries, and Pakistan is no exception. a) Position (Lving on the back,

To find the status of physical fitness of the people, tests have been devised in various countries. Some of these tests tell simply the minimum physical fitness of a case, while other ran them in relation to other participants.

One such s'mple physical fitness test - known as Kraus weber Test (named after two famous American physical educationists, was Sedring: (position held)