

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

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Abstract

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 improvement.

Introduction

Physical Fitness has been defined as performance of daily CHORES of life with undue fatigue.

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.

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 simple physical fitness test - known as Kraus weber Test (named after two famous American physical educationists), was