

Measures and Physical Fitness Level of the College Going Students

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ABSTRACT Physical Fitness is the basis of dynamic and creative intellectual activity. The intelligence and skill can only function at the peak of their capacity when the body is healthy and strong. In the present situation there is need for the students to measure and analyze their physical fitness for their own benefit and improvement. Hence, the study was taken with the objective to analyse the physical fitness of the college going girl students. Thirty final year girl students studying Home Science degree were selected for the study. The general health condition of the students was found to be 'Normal'. The tests of measuring physical fitness level showed different results. Among the various tests 'step test ergometer' is commonly considered. This test revealed that majority of the students belonged to the 'Poor' physical fitness condition. This states that exercise is an essential element to achieving and maintaining physical fitness.