

Relationship Between Cardiorespiratory Fitness, Body Composition and Blood Pressure in Punjabi Collegiate Population

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ABSTRACT The present study deals with the relationship between cardio respiratory fitness, body composition and blood pressure in Punjabi collegiate population (n = 148) aged 19 – 26 years. Height and weight were determined by kinanthropometric methods, blood pressure was measured with subjects lying supine after at least 5 min. rest, VO_2 max was measured by Queen's College Step test. The results indicated that there was a close association with VO_2 max and percent body fat, and systolic blood pressure in boys, but in girls, correlation was found only between VO_2 max and systolic blood pressure.