

## **Physical Fitness: Age Change and sex Differences Among the Jats of Delhi**

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**ABSTRACT** A well-coordinated physical fitness regime includes strength, cardio-respiratory endurance, flexibility, agility, speed and balance. Incorporating all these components into the exercise schedule makes the physical fitness program truly beneficial. Considering that physical fitness and health have a symbiotic relationship and that health of the children denotes Nation's prosperity, knowledge of physical fitness and its application is of paramount importance. Selecting a representative sample of 580 Jat school children of Delhi, their physical fitness was assessed by employing physical fitness tests; including AAHPER (American Alliance Physical for Health, Physical Education and Recreation) test. Both the components of physical fitness viz. health related and motor fitness were studied. Health related fitness increases with age in both Jat boys and girls. A clear developmental trend in motor fitness is lacking, as it is controlled by individual skills, practice, etc. Jat boys are stronger than the girls in static, explosive and functional strength. They also outdo girls in the tests of flexibility, shuttle run, fifty yard run, and softball throw. Girls, on the other hand, achieve higher scores in plate tapping and balance flamingo tests. Results of Analysis of variance (ANOVA) show statistically significant sex differences in most of the tests, as well as health related fitness, motor fitness, and total physical fitness, particularly after 12 years of age.