

**ASSOCIATION OF BODY MASS INDEX AND PHYSICAL
FITNESS OF ELEMENTARY SCHOOL CHILDREN**

A

Report

Submitted to the

Department of Physical Education

for the partial fulfillment of the Degree of

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Investigator

Supervisor

Kiran Gill

Dr. Neelam Sharma

LOVELY SCHOOL OF PHYSICAL EDUCATION

LOVELY PROFESSIONAL UNIVERSITY

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2017

DECLARATION

I do hereby declare that the dissertation entitled “**Association of body mass index and physical fitness of elementary school children**” *Submitted* in partial fulfillment of the requirement for the award of the degree of M.P.Ed in Physical Education is entirely my original work and all ideas and references have been duly acknowledged. It does not contain any work that has been submitted for the award of any other degree or diploma of any university.

Signature

Name Kiran Gill

CERTIFICATE

This is to certify that Sandeep kaur has completed M.P.Ed. dissertation entitled **“ASSOCIATION OF BODY MASS INDEX AND PHYSICAL FITNESS OF ELEMENTARY SCHOOL CHILDREN”**, has been prepared under my guidance and supervision. To the best of my knowledge, the present work is the result of his original investigation and study. No part of the dissertation has ever been submitted for any other degree or diploma at any university.

The dissertation is fit for the submission and the partial fulfillment of the condition for the award of M.P.Ed degree.

Supervisor

Dr. Neelam Sharma

Department of Physical Education

Lovely Professional University (Punjab)

Date:.....

ABSTRACT

Physical fitness is now a day to emphasize fitness level upgrade by sportsman. It is link with development of human cognitive and physical movement. Nowadays, we find big problem of change our lifestyle. It is influence our physical, emotional, and mental health. Fitness - includes emotional, mental, spiritual, and social fitness, as well as physical fitness; the term wellness often used to mean same thing. When defining physical fitness, it may be best to describe two types of physical fitness: health-related and skill-related. Descriptive survey method was used in the study to obtain pertinent and precise information. In order to select the problem for study, the researcher has taken help from previous researchers related to the problem; the researcher has also taken the help of internet, magazines, journals, etc. The major objectives of the research were; to analyse the association of Body mass index with physical fitness of elementary school children in grade. Based on the above objectives null hypothesis were framed.

The investigator selected 361 secondary school teachers as sample through simple random sampling technique for his investigation. For collection of data the investigator used, Fitnessgram test developed by the cooper institute. The result of study revealed that There is no significant difference in the Pacer, curl-up, push-up of male and female students studying in elementary school in 6th grade. There was insignificant difference between public school and private school of push up curl up, pacer exercise of 7th grade. there statistically significant differences were observed between male and female groups on pacer, curl up sit & reach, and push up excercise of physical fitness in 8th grade, as the obtained t-values of .782, 2.813, 1.729 respectively which is found to be significant at the 0.05 level of confidence.

There was no significant relationship between Pacer test and BMI of elementary student in 6th grade. it was negative association between Curl up and BMI of elementary school student in 6th grade. , there was positive correlated with Push up and BMI of elementary student. There were negative correlated between sit & reach test and BMI of elementary school in 6th grade.

There was no significant relationship between Pacer test and BMI of elementary student. it was positive association between Curl up and BMI of elementary school student. there was no correlated with Push up and BMI of elementary student. There were negative correlated between sit & reach test and BMI of elementary school in 7th grade. There was significant relationship between Pacer test and BMI of elementary student. , it was positive association between Curl up and BMI of elementary school student. , there was no correlated with Push up and BMI of elementary student. There were negative correlated between sit & reach test and BMI of elementary school student.

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Investigator

Kiran Sharma

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