CHAPTER – II

REVIEW OF RELATED LITERATURE

"Fitness, fatness, and Cognition, Achievement Academic Overweight Children:?" Davis, CL and S. Cooper (2011)

In this study, a fitness test at baseline, independent of demographic factors, cognitive, academic achievement, and behavior, exercise and koluppin study the associations. For this study 170 samples were selected from the Augusta, GA area from 2003–2006. Partial correlations examined the quality was Better realization, attainment and behavior, and oil and worse score. Specifically, the work of the executive, Child's behavior, the mother's math and reading achievement ratings were associated with fitness and fat.

“Boys and girls 6 to 9 years of Motor Fitness” Dr. Biwa’s A. K., Dr. Das S. S., Debate S., Prof. Bhowmick S. (2011)

This study was conducted to study the difference in between boys and girls of 6 to 9 years in selected motor fitness components. 2000 samples were selected for this study. Results showed that the boys groups were superior in speed, agility, endurance, leg explosive strength and abdominal muscular strength endurance for all age groups. Girls were superior in hip flexibility for all age groups. In reaction time the girls were found to be better with lower mean value at the age of 6 years but thereafter the boys became better than girls with lower mean values of reaction time for subsequent ages. In static balance there were no difference up to 8 years, but after that the boys became superior to girls. Based on the results it was concluded that there are parameters between boys and girls even before puberty for the age of 6, 7, 8, and 9 years.

"The middle of the Gujarat State, Navodaya physical fitness and student Adders a comparative study of residential schools " Dr.Patel BM and Dr Patel MG (2011)

In this study 400 articles were boys of the age group Gujarat Navodaya middle and Adders residential school 13 to 16 Measuring the quality of the physical selected, the consent of the principals concerned is taken. Nova (gap analysis) was used to measure the index of quality of the material. After a significant difference, D (significant difference test) was used to determine the difference, of outstanding
quality to be 0.05. Results obtained reveal that the Students' Physical Fitness of the Adders Residential School at variance with Middle School and JNV that. Students belonging to the same age group, but especially, the effect is.

“A Study of Body mass index, Minoan Singh, TN, anta Nine B "Chandigarh boarding and non-boarding school for boys, a study of the body fat percentage and blood pressure (2011)- The purpose of this study, BMI, body fat percentage between Chandigarh boarding and non-boarding school for boys was to compare BP. 50 boys boarding school (Jawaharlal NavodayaVidyalaya, Sector-25, Chandigarh) and. Used to test the 0.05 level 'SCORE’s find significant differences between the average. Study results BMI, body fat percentage and BP regarding the importance of the differences between school children in Chandigarh, boarding and non-boarding revealed.


This study examined the relationship between the quality of the physical and academic success, and school-aged youth fitness and academic achievement influence the association between socioeconomic status (SES) is determined. Overall, 3rd, 6th and 9th standard from 1,701 students in 5 school districts participated in the assessments. Fitness was assessed using the FITNESSGRAM. Academic achievement, Math, English and Social Studies (6th and 9th grade only) measured by standardized tests. In comparison to all the other variables, the strongest association with SES appears that academic achievement. However, High fitness levels are positively associated with academic achievement, it appears that young people of school age.

“Physical activity and childhood obesity mediate between motor functions and youth academic achievement Association” (2013)

This study searched motor function in childhood physical activity, exercise, and obesity through education and the achievement of the forecast. 8-year-old motor function in the parent information, including model 1986 Baseline data from the Northern Finland 8061 birth cohort, including children. These are then compared to self-reported physical activity, at the age of 16 years, cardio-respiratory fitness, obesity and academic achievement expected. Motor function is compromised as a
result of physical inactivity in childhood through young adolescents' academic achievement shows that a negative indirect effect. The results of exercise and motor function in childhood obesity and youth succeed, suggest that education may be the interaction between.

"The study and comparison of physical fitness among students of ape tribal health and welfare residential schools in Warangal district." (2011)

Choosing experimental design variables, each scored Warangal District Welfare Tribal and Jakarta Jungian 200, was chosen collection. 400 subjects adapted and recorded data. 2.00 Theft 'ratio, respectively, at 0.05 level of significance required. Tribal Welfare Department as a result of this study, home school high school students shows that students exercise the Social Welfare Home.

"The study and comparison of physical fitness among students of ape tribal health and welfare residential schools in Warangal district." (2011)

The study was conducted using a larger Using the model and Tribal Welfare Residential School a better school than students who are close to students. Data analysis Welfare and Tribal Welfare Residential School students revealed the following findings. Social hand and shoulder strength, muscle strength, speed and agility showed. AP Social Welfare Residential School students abdominal Strength. 4 to the nearest performance. Standing Broad Jump and cardio-vascular endurance Tribal Welfare and Social Welfare was a significant difference in the relationship between school students.

"Mewing district, the ink from the waist to hip circumference ratio in the province of Thai children and gender, age and nutritional status of the relations between the" Sacra Pruenglampoo, Sineenart Taejaroenkul, Viral Sirisanthana (2012)

The objectives of the study were to investigate the relationship between waist-hip circumference ratio (WHR) and demographic factors including gender, age and nutritional status and develop standard reference tables of WHR in Thai children and adolescents. This cross sectional study was carried out during 2001-2002 in Mueang
district, Chiang Mai province, northern Thailand. The participants include 2,537 children (1,215 boys and 1,322 girls) aged between 6 and 15 years, who were selected randomly {public (n=13) and private (n=9)} from schools. Their weight, height, and waist and hip circumferences were measured. The nutritional status was differentiated in 4 groups: under-nourished, normal, overweight and obese. The relationship between WHR and demographic factors was investigated by using ANOVA test. The standard reference tables of WHR were developed to categorize 2,537 Thai children and adolescents by gender, age and nutritional status. The mean and SD of WHR for all participants was 0.81±0.06. The WHR in the participants included associated factors such as gender, age and nutritional status, which were significantly smaller in girls than boys. WHR also decreased with the age. Nutritional status was differentiated into 4 groups, with all mean WHR having a statistically significantly difference from one another. This is the 1st study that provides tables of WHR according to gender, age and nutritional status in Thai children and adolescents.


The purpose of this study, students in Nutrition & Ilhabela State according to gender, cardio-respiratory fitness assessments to compare changes were made every ten from 1978/1980, Brazil. This study is part of the mixed development project with long. The research and development and physical therapy between 10 and 11 years old 1,291 subjects aged between both genders, are included. The study periods were: 1978/1980, 1988/1990, 1998/2000 & 2008/2010. The following variables analyzed: weight, height & Cardio respiratory fitness by using maximal Protocol sub tense on the meter circuit Largo. Individuals identified as Followed by Bonferroni method, and variation in age of 3 factors gender. Analysis (Noah), body mass index, Used in the period of comparison, according to the World Health Organization curved normal weight and weight. Normal weight individuals (61%) were increasing the number of weight. People were a significant reduction in cardio-respiratory fitness. With normal weight in school children, 22% of men and women was less than 26% of. Overweight children in the school, the males showed a decrease of 12.7% & females, of 18%. During the analysis of 30 years and a review every 10 years since 1978/1980, nutritional status, which can be explained by the fourth chapter, the school children
had a significant reduction in Cardio respiratory fitness. Cardio respiratory fitness levels than weight was greater in normal weight person.

Marceline all, the SB card, Magadha’s CS "M adolescents com Doers de crescimento cranks da muscle force in the hipermobilidade joint pains and joint hypermobility Avaliação growing muscle strength assessment in children and adolescents" (2008)

For the purpose of comparing the power of the muscles of children & young people with growing pains along the outside to take joint Hyper, to the healthy controls using a few tests.

47 Children & young people seem to be growing pains: 24 articles with a walk in the joint Hyper & 23 without a walk in Hyper. These cases, and 47 healthy subjects matched for gender, underwent 2 test for evaluation of a few muscle strength which Childhood myositis assessment scale (CMA s) and Test manual muscle strength (MMT), such as height, weight, body mass index as the .Anthropometric data triceps skin fold, arm circumference and arm muscle area 3 groups did not get the 3 groups compared with no statistical differences in the measured anthropometric. GP Were lower, there were significant differences in the average scores for CMAS.


Between 6 and 14 years in the middle childhood and early adolescent children's sense of identity is important that age is a time of growth and progress. In this period, children are proficient, independent, self-aware and make strides toward adulthood by becoming involved in the world. Biological and cognitive changes in children's bodies and minds changing. Social relationships and roles of children and their families out of school to enter the programs attended by peers and adults to change dramatically. Middle childhood, children compare themselves with their peers, develop a sense of self-respect and individuality. May create a bias towards their achievement. In early adolescence, puberty, physical and social changes that accompany the explosive distance from the family and the desire for autonomy and the transition from elementary school to the middle school junior high youth can all cause problems. Their needs and the growing independence of young adolescents in settings that are not right, they lose confidence in themselves and could fall into negative behavior patterns. 6 projects from this article, schools and family life as a
youth organization, better able to support the positive results that characterize the 14 years of development in ways that attract tourists to observe the change.

Min- Chen Wu, Chef-Hung Lin, Shoo-Man Chen, Chun-Chuan Wang, City C. Hsieh, Michelle Chia and Chia "Extreme BMI of schoolchildren aged 12-16 with a three-year evolution of the physical therapy and BMI" -Hue Kuok (2012)

The aim of this study was to find out a three-year development in BMI and physical fitness of school children age from 12 to 16 years with excessive weight status. Taiwan Physical Fitness Test Battery, assessing the quality of Aerobic (1600 meter trip / test run), strength (standing long jump), muscular endurance (sit-up), and flexibility (sit-and-reach) were killed in 16,945 boys in September from a year2006 to 2008 Overweight and underweight were defined by Baseline BMI values of the data. The results showed that BMI of school children in 2006 was 2 – 3 kg/m2 above the national average accounted in 1993. All physical fitness components in the overweight group were considerably poorer than those in the normal group. So far, these fitness parameters were improved over the 3 years in all groups. BMI in the underweight group improved at a faster rate than that in the normal and overweight groups. No difference was found in the jumping distance between the both groups. In the underweight group the aerobic fitness was superior but flexibility & muscular endurance were slightly lower than the normal group. BMI of Taiwan school children increased significantly from 1993 to 2006 but leveled off from 2006 to 2008.

“Waist circumference, waist-hip ratio among children aged Pakistan for twelve years, "Muhammad USAir Mehta, Sigh Gull, Muhammad Abdullah Hussein, Berea Said, Mehta Ahmad Shad and Jived Aram (2011)

Anthropometric indices predictive of central obesity and central obesity in children and cardiovascular and metabolic disease risk, waist circumference(WC), waist-hip ratio (WHR) and waist-height ratio(WHR) is connected to include. South Asian children in the groin with a high body fat distribution are not only in this part of world literature and related codes. The study of age and gender accurate WC, WHR and WHR provide percentiles for twelve years and the Pakistan central obesity among children in the event and to explore the correlations.

Pakistan, where the 1860 p sch children aged 5 to 12 was conducted in a multi-stage random cluster sampling. Percentile curves through the LMS system WC,
WHR and WHR are built. Central obesity, age and gender that is both accurate and released WC percentile $\geq 90\text{th}$ and WHR $\geq 0.5$, 95% CI were multiple logistic regression with odds ratios of central obesity and adjusted (OR). Linear regression was used to examine the components of WC and WHR independent. Pakistani children aged from 5 to 12 percent of the are always provided. Increased with age among men and women in the world. Iranian, German and Swiss children compared to those who were less compared to that in the world in the 50th. Among women aged up to 9 years after the plateau, while the decline among boys WHR showed a plateau. Men and women & 85th WHR WHR match $\geq 0.5$ defining central obesity among both the WHR cut-off independent of age, irrespective of age and gender percentile. 12% of children (95% CI 10.1-13.0) 11% of children (95% CI 8.9-11.6), when there was both a WC $\geq 90\text{th}$ WC $\geq$ percentile and 16.5% of children (95% CI 14.7-18.1) had a WHR $\geq 0.5$. Central 90 percent predict obesity and WHR $\geq 0.5$. Significant, high quality, high socio-economic status (SES) in urban areas, higher income and higher parental education is included in the neighborhood. Subjects High-grade (or 5.11, 95% CI 1.76-14.85) and high SES (or 82.34, 95% CI 15.76-430.31), according to those who live in urban areas, which showed a significant independent association. While uyartara WC demonstrated a significant independent high SES Society and high parental education in the urban area, high WC and high WHR demonstrated a significant independent association.

A vast global resource values central obesity and the current study is to define the urban area centered bulky and strong predictors of high quality were included in the Pakistan school-aged children.11% of children central obesity is predictive of anthropometric indices to one of the first high-SES and higher parental education. These findings communities childhood obesity in developing a national strategy involving a higher social class, priority and need help.

**“Relationship between Over Weight, Obesity and the Motor Abilities of 9-12 Year Old School Children “Oran Koki Began Mededović (2013)**

According to the BMI & motor position 757 students, 379 boys and 378 girls, 6th grade, the nutritional status of school age from 3, 8 subjects variables (morphological factors 3 and motor skills level 5) studied using. The overall sample, 66.3%, 18.4% were overweight established a normal nutritional status, 15.3% were
obese. Obesity 3rd grade (21.8%), and the 4th highest weight (20.1%) and 5 (20.9%), the quality is very susceptible children. By all standards of sexual contact or frequency of overweight and obesity are statistically significant differences between the 3rd and 6th grades and shows a significant statistical difference. Obesity, speed, trunk muscle strength and explosive leg strength in the arms and shoulder strength runs much weight while having a negative correlation, explosive leg strength & arms and shoulder muscle strength is a negative correlation. Statistically significant decrease in the flexibility. By running, arms and shoulder muscle strength, trunk muscle strength and fat in subjects with a significant statistical difference between the explosive leg strength to speed. A small difference is that the value of flexibility was seen to test for assessing. In general, over weight and obese children is significant, particularly with regard to the expression of strength and speed, as compared to normal children, reduced motor skills..


The Food and Spanish Adolescents (Avenal), respectively, of the European Youth Heart Study (EYHS) assessment of nutritional status, such as the The cross-sectional and longitudinal studies and physical fitness adolescence highlight a key health indicator. Related diseases - physical activity of moderate and severe stages of life, thereby making them less vulnerable, to improve the fitness of all the tissues and organs of the body, ie, produce a functional adaptation. The major public health risk in children and adolescents identify and international level and involvement of European countries, the strategies and the effects can also be evaluated, across Europe, a similar test system health development experience, was given on must be included on the European Commission’s (EC) growth under the systems: Health and consumer Affairs (DG Saco) Director-General; Statistical Office of the European Communities (Eurostat), etc. Other things youthful (Helena) Healthy Lifestyle in Europe by Nutrition Study Group programs, many young adolescents in European countries to describe health-related fitness.
E de Honda, P Debouche, I Gentler, I de Bourdeaudhuij, R Vainest, R Philippaerts and M. Lenoir "normal weight versus overweight and obese children in a longitudinal study of the gross motor coordination fellow (2013)

"This research background and motor skills, coordination with overweight in childhood (OW) & obesity (OB) relationship should be read due attention has been receiving:. this study, however, as long as the facts currently is lacking double-minded analysis of a 2-year gap in their total motor coordination performance predicting factors that recognize children's weight status according to the gross motor coordination level of short-term evolution. subjects 10 6 from the (adult OB 8, including they'll give you 50 children were normal weight, 52% men), and 50 at baseline years (gender and age-matched NW). anthropometric measurements (body height, body weight, body mass index (BMI), body fat percentage) and gross motor level of integration in a follow-up in 2009 and 2 years later with a base in 2007 to evaluate and at baseline, all participants in a find the Flemish community physical activity questionnaire (FPAQ) completed the survey based on the. The various segments of the population and to determine the physical activity levels of information.

In the course of the development of gross motor coordination level is strongly related to children's weighting group of subjects exposed to high levels of poor performances in their OW / OB showed growth than peers. Multiple linear regression analysis and a sports club (positive predictor) organized sports in BMI per se (negative predictor) 2 years after the addition of gross motor coordination determines performance, showed that. In the absence of efforts to study the results over time in the development of the NW fellow OW / OB children's gross motor coordination relative to a growing gap able to provide concrete facts. Encourage regular participation in physical activity and thus special attention in terms of development of motor skills, especially in the context of a club is not the practice of the game, OW / OB children in need.

“Son's health-related physical fitness of 8 to 18 years old” Sunil Dot (2005)

Keeping in view of the requirement of the related information about the quality of life of young boys; Current research of male children and young people belonging to Punjab was carried out at 797. 8 is a list of articles in 18 years. 4
components associated with patient quality of life, heart, Muscular strength endurance; Using standard techniques of flexibility and body composition assessment. The results show a pattern of development of the children, cardio-respiratory fitness current research on in years. However, if comparison is made Prudential standards for the quality of gram results show , the development of the That health-related quality of large areas of the body such as the triceps muscles associated with 18., 8-year-old boy in the present study in different body regions with reference to the diversity of its development appeared, deltoïd, pectorals, etc. is to develop better compared to the power of their endurance and ability than Abdominal muscles, hip, leg of areas. In the current study, muscle strength and endurance in the unequal development of children in their habitual life style and thought to be due to selective Grace muscles and strengthening the body, Etching such an array of dumbbells, weights, use their body to create the attractive look. The average body fat percentage of children of all ages and health system stiffness is observed to fall. But after the age of 14 in the current study, the percentage of body fat for children up to 17 years pursuing a sharp increase in the first show.

"Levels of physical activity, physical fitness and Children and Adolescents with overweight / obesity" Louisa Maria Sear Moreira Carencro Aires (2009)

The purpose of the study used the Portuguese youth. The researcher in physical activity, sedentary activity and physical treatment of overweight / obesity associations should observe an interference study. This the cross-sectional and longitudinal studies education was the 1200 student subjects averaged Survey observed each year. Children. An PA index, sedentary time and trips in the interdisciplinary outpatient obesity intervention program - a public school. The intervention study data collection was carried out in a 10-school education in 3 years (2005-2008), there were over / from the questionnaire by; PA intensity levels were measured with the accelerator. PF health-related components of treatment assessed by gram battery. Body mass index was classified as normal weight, age and gender and body composition in overweight and obesity cut points for special recognition of sexual development according to Tanner's criteria thicknesses. Stages lap 3 as expected from skin.

The main results in these samples were:
I) Overweight/obese children and adolescents under the sign of the healthy zone, a number of children with normal weight and normal weight at the PF position peers. A not match.

II) Only the results of the BMI and serious attack on the accelerator to explain associations between.

III) Both cross-sectional and longitudinal studies, CRF level BMI was the best interpreter.

IV) When applied to the dependent variable Lattes showed a positive and independent association between PA and CRF. BMI had a negative even after the fundamental changes.

V) The importance of preparing for the special people overweight / obese children can raise the subjects of daily moderate level of complexity to the PA, the PA Program.

The results reported in this research to enhance PF PA add some proof to avoid the high intensity levels or excess weight among children and adolescents / reduce obesity.

“Bilateral Motor Coordination in 5- to 9-Year-Old Children: A Pilot Study” Lidia C. Magadha’s, Jane A, Kolmar, Sharon A. Ceram (1989)

The purpose of this research is to gather information on the regulation of bilateral motor coordination tasks & 3 reverse stride jumps, jumping jacks and run the children's ability to measure the quality of the clinical usefulness of the scales constructed to assess. 5 to 9 years old, in the 100 subjects were tested according to the research, development scales. Results point to the importance of sex differences that tends to rise in value with age. Jumping jacks was the most consistent and easy tasks. Mutual stride jumps was very difficult. The performance evaluation standards, and a number of tabs in J. second trial was recorded each year. Data from this research with normal children of the same age would be useful to compare the performance of the performance of children with motor deficits.

This research is an important & MC children PA -6 10 years. It hypothesized that the primary future of children adopted from the length of motor coordination (MC), physical fitness (PF) & physical activity (PA), considers the relationship between the. Samples were 142 girls and 143 boys. Height, weight and skin folds; PA, MC and MC as predictors of PA PF and PF-linear model with the measured. Hierarchical used. The model girls. The interaction of PA & MC boys at baseline and 1-mile run has been retained as indicated varied significantly different between / walk throughout a year a positive effect on the level of the general trend for a decrease in the level of PA PA. The Scathe PA reduction in the rate of 6-year-old children with high levels of MC, depending on the starting point for the assessment of a minor improvement, but improved 2.58 and 2.47 units, respectively, in each year, and the average levels of the lower of the initial MC for children. In conclusion, MC is an important factor for children ages 6-10 years of PA.

"Youth in the assessment of muscle strength: Standing Long Jump, such as the use of a muscle fitness General Index," Jose Castro pin ERO, FRANCISCO B ORTEGA, Enrique G. ARTERO, Maria J. GIRELA-REJO N, Jesus S. Mora, Michael SJO STRO M and JONATAN HR Ruiz (2010)

The study of muscular fitness as a simple indicator to check the use of the standing long jump. The purpose of this study, the children of the lower body muscle strength and muscle strength in the lower and upper body function is to examine the association between various measures of association. From 6 to 17 years of age in the sample of the study, 94 (45 girls) are healthy Caucasian children. Some of the children were presented with a, standing) tests of muscle strength in the upper body (ie, basketball throw, push-ups & isometric strength exercises). The study of the association between tests was evaluated by multiple regressions. SLJ tight muscle strength in the lower body of the other tests & exams was associated with muscle strength in the upper body. SLJ test the fitness of the muscle in young people is considered a general indicator. SLJ test equipment requirements for cost and time efficient & low, practical.

“Motor performance status in 10 to 17-year-old Estonian girls.”
Look, Aula, Sickout, Reline, Virus.
The development of motor abilities of males, female. This cross-sectional study of motor performance and the status of girls from 10 to 17 years was focused on the formulation of the soft curves of the periodic changes in adolescents is associated with acceleration. The following tools, which means that the motor performance, the 30-meter dash, (2 kg) long jump, vertical jump, standing , and the most likely to be between 1-min with 902 girls per Ergo cycling. Motor abilities between the ages of 10-12, all of the study group, the most pronounced differences in the results statistically higher than the 13-year-old age of 12 and 13 years old, Heights and body mass between the groups showed statistically significant differences. In have indicated a stuffed ball, vertical jump, quintuplet jump back extensors muscle strength, pushing the 30-meter dash & Ergo cycling test at 12, but the standing long jump and forward flexion of the trunk. Quintuplet jump, vertical jump, and unless the performance of 14-year-old, is not more than 13. Vertical jump, quintuplet jump reappeared results of the differences in age, the 30-meter dash with A stuffed ball,1-Min,from 14 to 16 years. The lack of significant differences between the 17-year-old cycling and forward flexion of the trunk, but the pushing and the standing long jump, the tests indicated that the final consolidation of motor abilities.

Results obtained for the 17-year-old Estonian girls 10 of the motor performance suggest the presence of several rounds in order to:

1) The average of the results of tests on the motor abilities of the main differences in the height and weight of the main differences in the match, which is the same age as the age of 10-11, 11-12 and 12-13 occurred between.

2) The average of the results of tests of differences in motor abilities, ages 13 and 14, the average results of 14-year-old girls to 13-year-old middle-stabilized compared to the results of some tests are less.

3) With the exception of the average results of the positive differences and standing long jump tests, sprint speed, remained between 14-15 and 15-16 age groups.

4) Motor abilities at the age of 16 to 17 were the final stabilization.
“A Comparative Study of Strength & Endurance of School Level Athletic Players of Rural and Urban Areas.” Goshen Kumar (2014)

The purpose of the study was to compare the physical variable strength & endurance of school level athletics player of both rural & urban area. Total of 60 school level athletic player (30 from each area) were selected as a sample from different schools of sonepat district (Haryana). This study includes the strength ability and endurance ability of the athletic players was studied by different tests. The study had been analyzed with the help of mean, SD, SEM and the comparison between the groups was done with the help of t-ratio.

The study shows that on the basis of t-test the rural athletic players and urban athletic players show a significant difference in possessing the strength and endurance. The rural athletic players were found significantly possessing higher degree of strength ability and endurance ability as compare to urban athletic players. The level of confidence was fixed at 0.01 levels.


The aim of this study was to find out certain variables, which are instinctive in a player that would contribute for the improvement of volleyball performance. To achieve the aim of the study 10 D.D.U. Gorakhpur male university players (group I) and 10 intercollegiate male players from St. Andrew’s P.G. College (group II) was selected as a sample. For the selection of sample the random group design was applied. The best timing of the 2 trials was selected to collect the data on selected skill test (Brady volleyball skill test and Russell Lange serving skill test) and motor fitness components (explosive power, agility, flexibility and speed). To study the selected motor fitness components and skill performances of university represented and non-represented volleyball players, Pearson product moment correlation &‘t’ test was applied; the proposed hypothesis was tested at .05 levels. The results shows that the correlation coefficient between explosive power with agility, explosive power with flexibility, explosive power with speed, flexibility with speed and inter correlation between Brady volleyball tests with flexibility were found significant. The result also
shows that the performance of university represented and non-represented volleyball players on both the skill test were varies significantly at .05 levels.

Hassam Eldon Nebbish Youssef and Khalid Abdel Fattah Hussein Mohammed Ali "Al-Zahra University in the Department of Physical Education at the Faculty of Education students handball skills in the daily biorhythm and the relationship between the level of performance" (2011)

The study aims to identifying the following:

(1) Al-Zahra University in the department of physical education at the faculty of education of the 1st grade students biorhythm.

(2) Many physiological & physical variables and the level of performance between the skills of handball the relationship.

(3) Al-Zahra University, Faculty of Education, many of the physical variables and the physical education department of physiology & 1st grade students biorhythm of the relationship between.

(4) Biorhythm types & many mental and physical signs of a residence in the hostel between the academic and non-resident students, and handball skills, the differences between the level of performance.

Researcher has used the descriptive way of this study, and the sample size was 60 people, Incidentally, Al-Zahra University in the faculty of Physical Education, Department of Education, students from the 1st class with the choice, between 18-21 years of age. Sample 2 equal groups of 30 students in each group. The 1st is to stay with a group of students 2nd is a non-residence in the hostel and academic, academic year 2010-2011. Research scholar application for the primary measurement & testing on a sample survey topics from 31.10.2010 for 4 days from 8.30 am to 12.30 main addition, the research would be treated using the data statistics, SD, Nova and test for calculating the development of statistical difference.

The main findings were as follows:
(1) Type of the morning came 1st followed by the weak morning type, evening type, usually evening summer, late summer and the type of non-executive last.

(2) There is a great difference between groups of resident & non-residents at all times pulse, but there were insignificant differences in blood pressure and vital capacity.

(3) There is a big difference between resident non-resident groups in the cardiovascular endurance, maximum speed, endurance, speed and explosive power variables in favor of the resident group, but the difference is insignificant in the maximum oxygen consumption (VO2max).Change-change and agility.

The most important recommendations are: Al-Azhar University in the department of physical education for all students at the Faculty of Education & all physical education and skills to be staying in hostels and academic organized under the direct leadership and firm and balanced program to build, so that lead to better performance.

Sheppard et.al. (2008)

This study examined the ability of the power, strength & players anthropometric Spike jump (SPJ) and the counter-movement vertical jump (CMVJ): The success of a particular vertical jump performance in volleyball. Power, strength and CMVJ and SPJ,integration & regression with an analysis considering the relationship between anthropometric variables. Strength, power, and the best comparison of the differences in anthropometric 7 samples and negative samples of 7 Test CMVJ and SPJ has been tested. Body mass is expressed as relative measures, the medium is co 1RM and both CMVJ relatives and relatives of SPJ was found between measurements. Very strong relationship relative depth jump was observed between performance and relative SPJ and relative CMVJ. Explaining 84% of the depth of the jump in performance relative to the performance of the single best regression model CMVJ. SPJ is the single best predictor for the relative depth of a jump in performance (performance 72%), and the relative depth of the jump part of the samples 3, CMVJ
relative spike jump and is the relative contribution of CMVJ, spike jump with the force peak, accounting for 96% and 97%, respectively.

This study clearly reveals volleyball player, best, show that small jump as in depth, the cycle performance and high stress loads and the ability to meet.

Williams AG, and Wilkinson M. (2007)

In this research the author said that the ability to Box-metal is the main feature of the war. The main objective of this research paper supply box to make the loading of military vehicles Hi-lifting upright row simple to predict the performance of a free-weight exercises and physical measurement test was to determine the usefulness. Research into 2 groups of adults is 1.4 m and 1.7 m max out box, respectively. All samples were tested on a specific row 1RM strength, body mass, height and body shape. The military could use the data mentioned here represent a simple physical measurements and the 1RM test of strength for the direct assessment of 1.4 m box-lifting performance.

Gamelan FX, et.al. (2006)

The study reported that the velocity Critical represents the maximum Can be continued without fatigue, the fast pace. The purpose of this study to assess any CV & model work better with a 1 hour belongs to determine whether CV five mathematical model was calculated to compare gives a correct prediction of performance. 12 professional long distance and middle male runners made 3 randomly arranged length of the same tests, a maximal running velocity test to measure CV and 1 hour test track. 2 straight, 2 nonlinear and 1 exponential models of statistics used to measure CV and wait for the maximum velocity during 1 hour. The results show that all CV measurements were correlated with performance; showed that the CV Exponential model is expected to be more closely related than all other models.

Intone T, et.al. (1999)

core competence is play very important role in the idetifai of the boys game and select there carrer we have to sum where we must agree with the point of that people are player sum are born and sum are made so core competence is the uniqe qualities
among the student that help them to be good player and the make magical changes in world we can find n number of the player in these world they have born with the core competence as major dhyanchand hocky player of india which has showed the world that he has the unique quilts theat he used in the hocky and he has born only for the playing of hockey. Not only major dhanchand but we can find number of the sports player they have such magical core competency about the game which they used in the sports now they are the undisputed king of the sports like sachem tendulker he also make n number of records of creket the player can only think about it so core competency is the very important to the player if they are able to idetifai there corcompetcy they can do anything and another importen point that good player always have the good decipling it help them to shine there career , if they are not flow deciplin they cannot be good player because only the decupilng palyer only be good player. There example of the sachin tendulker is not only decipline man but also a good human being which shows the sports player must be behave in the ground and in socity also. Such kind of player can be the role modl for the socities and they student and the other people have the role modle by looking them they can set role model and people will motivate from them. And it is very important that people will motivated by the people and take good guidance of such people.

Biddle SJ, et.al. (1999)

The Research to scholar predicted that physical objects work in 10 to 14 young people aged Hungarian samples 2 Predictions theory we develop a model that was tested by means of analysis. The results from the first sample (301) recommended Common beliefs and perceived power of the model could be improved by adding paths between and the power of the allegation and task orientation.


In today century we find the people reaction time is very less because the student are not interesting in sports and parents are pressurized student to study it result is very harm full to our country theta people are not happy with the their child performance in study. In india speckle found the student are not looking towards sports as carrier and they are not really focus on the sports people of today generation are not spending their time on the ground. There were busy in the study at home
result of that there phycal growth was stop. And it was the simple logic that people don’t have the good hardware how be become good in the softer so we must have the good command over the physic and the health if we have good health then only we can work by giving our hundred percent in the work.

Health is the anther serious issue for our country the students were not focus on the game and it result that they were not physically fit so there endurance power is also low and result from that they are not physically fit and consistency of the work and other activity they were not perfect.

WERNER, PETER. (1974)

Recent data indicate that with consistent and sophisticated teaching, some kinds of motor competencies may be accelerated during early childhood. In a 1974 study, Werner for example, demonstrated that by exposing groups of children 3 to 5 years of age to what he termed “guided instruction” of motor skills, significant improvement could be elicited work on a balance board test, together with kicking practice and jumping activities accompanied by ball bouncing work, did elicit significant improvement after an eight-week period. The control group was permitted a more free-choice play situation and exhibited not parallel improvement in the tested skills. This and other studies indicated that significant improvements in skills may be possible after the first 18 months of life with special tutoring; before that time, improvement in basic behaviors involving walking, stair climbing, and the like may be less likely to be changed via teaching.

CONSTANTINI A.F., D.A. CORSINI and J.E. DAVID (1973)

Student are not only for the sports but in their personal life also they got much more benefit of that as student of sports they are very good in the sports and physical exercise make there I Q and the concentration very strong and they will get benefit of that in their personal life in education and there carrier we found that number of people are suffering from there healt and concentration even the people cannot be work for long time if they don’t have good stamina the people has the good stamina they can work for the long time and people will achive there target which they want to achive but people who are physically unfit they cant work for the long time event the
student who has the good stamina they perform good in sports as well as in their academics because both physical health is very important and happen only by the routine and proper training. We all know that good presence of mind and the concentration is only possible with the hard work and training and by practice so people must do training not only for the sports but their professional life also you can have a number of benefits from it not only in sports but personal life also.

Sheppard et.al. (2008)

It is important physical education to our country it will not only help to students for the development of their physical education but also help to the development of our country. It was found in the research that students of physical education are disciplined and healthy that make country growth we have a number of examples that the people who have physical good they do anything and which will not only help to them but they also help to the country they will do lots of contribution for the county not only by their services but by the other way also as it was motivation to the other people and showing the importance of health to the other. Health is another serious issue for our country the students were not focus on the game and it's result that they were not physically fit so their endurance power is also low and result from that they are not physically fit and consistency of the work and other activity they were not perfect.

ROSENBLIT, JUDY F. (1073)

Various events after birth can give rise to motor ineptitude. These include traumatic events such as a fall, injuries resulting from child abuse, as well as the inhalation of noxious fumes, lead poisoning, and drug infections (accompanied by high temperatures), or more subtle behavioral signs. In a study by Rosenblatt, for example, it was found that conditions including hypersensitivity to room light, poor muscle tone, and/or differences in muscle tone between the lower and upper parts of the body at birth are likely to mean developmental problems persisting through the fourth year. In this investigation, potential high risk babies were followed for a seven-
year period, during which pediatric, speech-language and psychological evaluations were carried out at the fourth, eight and twelfth months, as well as the third, fourth, and seventh years.

CRATTY B.J. (1973)

It is probable that within a group of children evidencing coordination problems of the larger muscle groups, a larger percentage than would be found in a meteorically normal group will evidence speech (articulation) problems. The same is true when evaluating self-control groups of children with motor problems then to display distractible hyperactive behavior or hypoactive (lethargic) behavior more than will a group of meteorically “sound” children. At the same time, numerous awkward children are well controlled and many clumsy children free of speech-articulation problems while verbal IQ is not highly associated with motor problems, it is often found that the awkward child (due to his or her inability to perform important printing skills) will not do well in the first grade or two of school, and thus will be spuriously labeled as evidencing “learning disabilities”. Further complicating the problem is the fact that when testing a group of clumsy children, the various scores obtained will many times not be highly correlated. In a study some colleagues and Cratty completed in 1973, for example, low, insignificant correlations were found when testing over 400 children between tests of balance, agility, self-control, copying geometric figures, fitness, and throwing.

BRYANT, J. CRATTY (1979)

Children from 6 to 12 years of age improve to a marked degree in ability to move and to manipulate their environments. Although during this period obvious growth changes occur, the rates of growth begin to subside as children reach their sixth year and do not continue at the rapidity that characterized the first five years of life. More important than growth and body weight changes in the modification of performance during this period of childhood are a number of experiences and situations in which motor skill is demanded.

CAUDILL, E., and H. WEINSTEIN (1972)

Among infants in industrialized societies, acceleration in psychomotor development has been noted in studies among black infants in the United States, as
well as among Japanese-American infants in homes that stressed acceleration. Kibbutz infants reared in a system of “caretakers” also seem to show enhanced psychomotor development. On the other hand, traditionally reared youngsters in Japan, who often are restrained in their movements via restrictive clothing, often are less able meteorically than infants in other industrialized societies. The sharpest decline in motor development according to the survey by Werner is suffered by infants in urban slums, who while evidencing acceleration at birth, quickly decline in ability, probably because of inadequate nutrition.

PIKLER, EMMA (1972)

In a study, based upon the observations of over 700 children over a seventeen-year period, Emma Piker adds further data to the controversy concerning whether or not various kinds of early environmental conditions will elicit marked changes in motor development. The head of the National Methodological Institute for infant care and education in Budapest, Piker presents data which indicated that young infants left relatively unrestricted by clothing, and without constant adult intervention, tend to progress developmentally in a manner parallel to children who receive constant parental stimulation. Indeed, she inferred that somehow the too-interested adult may interfere with the progress of the maturing child.

FORBES, G. K. (1972)

Instead of noting that some children have difficulty in catching a ball or in jumping or skipping, but not doing anything about it because of the pressure to provide adequate reading and spelling attainment, we may do well to develop the basic neuro-muscular skills first.

BUNDschuh, E. L. (1972)

There is plenty of evidence that motor skills can be improved. Bundschuh et al. showed that much the same technique could be used with both moderately and severely handicapped pupils. He took fourteen severely retarded and twenty-six moderately retarded young people aged 5 to 19 years. After twenty daily swimming lessons involving carefully selected drills taught on a one-to-one basis together with some free play, 90% of the class could swim at least six feet, compared with only
three who could swim this far before the program began. Not only did all the moderately retarded learn to swim: over 10% went from being non-swimmers to being able to swim over seventy-five feet! The studies which follow show that not only can skills be taught and fitness improved but also that when this happens it has an effect upon other aspects of the personality.


Other aspects of the physical education curriculum have been shown to bring about similar changes in social adjustment. In one program Goodwin compared the effects of two different approaches. One group of educationally retarded children was taken for group-oriented activities of a traditional nature while a matched group had an individualized program of movement exploration. Each group had 30 minutes a day five days a week for ten weeks. Goodwin found that both groups had improved scores in tests of physical fitness, intelligence and social maturity. He found however that the group following a traditional program made greater gains in physical fitness tests while those following the movement exploration program had higher gains in the IQ test. This is as one might expect since the pupil was asked to make his own decisions and to work out problems in the movement exploration program, but could not spend as much time in active performance as was allowed in the more directed program.

GARN, S.B. (1966)

In most recent studies, parent stature and the growth and performance status of children has been studied by Garn as well as by Malina. Unfortunately, the findings are somewhat mixed. In the 1970 Malina study, for example, parents were classified into three groups: tall, medium, and short. A parent sized trend was noted for girls but not for boys in the strength-related items, but no consistent pattern when parent-size groups of boys were examined. In the study, however, there was a slight tendency for the offspring of tall parents to perform better at jumping and throwing. It is obvious that additional work employing more exact measures of parental size and body builds and performance task capacities of their children is needed. These and other studies indicate that there are more important influences on many types of motor performance than body build, and than the indirect influence of the body builds of parents.
Nutritional intake, climate, early child-rearing practices, as well as parental attitudes, are only some of the variables being studied during the 1970s.

**BERNAR, R.J., V.T. EDGERTON, and J.B. PETER, (1970)**

There has been a proliferation of research dealing with biochemical changes in children as a function of age, and with individual differences in the muscular makeup of children and youth. The work dealing with muscle fiber type, such as that by Bernard and Edgerton, for example, may tell us rather early in life whether a child is suited for either strength or endurance activities. Other chemical parameters of the child’s makeup may also afford helpful guidelines when devising remedial programs, as well as activities intended to improve the normal child. Investigations of development by research teams consisting of psychologists, biochemists, orthopedists, and biomechanicists should prove more than helpful.

**ISMAIL, A. H., J. E. CHRISTIAN, and W. V. KESSLER, (1963)**

A variety of factors in addition to physique are operative in the formation of early motor abilities. Further complicating the discovery of physique-performance relationships is the fact that some kinds of physical performance require certain bodily capacities different from the characteristics that may be helpful in performing another kind of task. Most studies, for example, indicate that the presence of more than average amounts of subcutaneous fat is not helpful in tasks requiring strength and fitness. Likewise, a lean, muscular child free of excess bodily fat is at an obvious advantage when required to project his or her body in various ways.


An increased number of studies have been done whose data are in surprisingly close agreement concerning the existence of racial and ethnic differences in the motor abilities of young children and infants. Ascertaining the causes of these differences, however, seems to be the job of scholars within the years that lie ahead. More than one investigation has produced data which indicate that young black children in the United States evidence motor abilities in various ways superior to those elicited from their white play companions. Hut singer, for example, found that the black children he surveyed could run significantly faster than his white subjects. Van Alstyle and Osborn also discovered that the black children they studied were able to replicate a
rhythmic beat with more facility than could the white children tested. In an unpublished study by Robert Bonds this same precocity of the black child was uncovered. The 5-year old black children were able to throw farther, run faster, and evidence stronger hand-grips than were both the white-angle and Chicano children exposed to his test battery. In this same study, superiority in balance ability was also seen among the black children evaluated.


The measurement of reaction time in young children has not been studied in any large range of tasks. The information that is available indicates that in simple reaction-time is found at adulthood. At the same time, there is marked improvement of about 43 percent from the ages of 3 to 5 years of age. These findings indicated that a large amount of the motor ineptitude apparent in young children may be caused by inability rapidly to start a movement itself. For example, as whiting points out, if a 5-year-old is expected to catch a ball traveling only 15 feet per second from a distance of 10 feet, he must initiate his response as soon as the ball has left the throwers hand.

ISMAIL, A.H. and J.J. GRUBER, (1967)

Ismail has reported a moderate correlation between balance scores, IQ, and school achievement measures. Bryant J. Catty has also obtained similar correlations in a study conducted in the laboratory. In studies B.J. Catty have carried out employing a series of tests of static balance, similar age trends have been noted. These tests have been made increasingly difficult but requiring the children to fold their arms across the chest and close their eyes to earn a higher score, and then to perform in the same manner on the non-preferred foot.

HOLBROOK, S.F. (1953)

By the age of 5 years, however, many children gain the necessary endurance, balance, and strength to enable them to hop for some distance at a reasonably rapid speed. Most can hop 50 feet in about 10.5 seconds. Sex differences are also seen in this type of hopping task, with the girls excelling the boys. They will usually traverse 50 feet, hopping on one foot about 3.4 seconds faster than the boys, and at the same time more than 80 percent of the girls exposed to this task by researchers have
completed 50 feet successfully, whereas only from 62 to 69 percent of the boys have been able to do so.

**ISMAIL, A.H., and C.C. COWELL, (1932)**

A testing program in which factor analytic techniques have been employed was carried out by Ismail at Purdue. Although his primary intent seemed to be the identification of relationships between mental and motor tests, his findings also reveal much about the factors that contribute to motor ability in children. In previous studies among educationally impaired children Ismail found that different domains of intellectual and motor attributes emerged.

**BLOOM, BENJAMIN S. (1964)**

A number of approaches have been made in comparison of mental and motor performance measures. One type of study is generally a predictive one. These investigations, summarized by Bloom and others, have involved comparing mental and motor scores at various points within a child’s lifetime, usually in attempting to determine whether early motor indices are in any way predictive of later intellectual development, still another approach has been to produce correlative data between mental, academic, and motor attributes using children of various types.

**RARICK, G. and BROADHEAD, G.D. (1968)**

One of the more extensive studies was made by Arrack and Broadhead. This study of 275 educationally retarded and brain-damaged children of the primary school of 206 motor, intellectual, emotional, social, and examined the role of physical education and behavior modification. One of the control group after a special art program; After the two teams a special group physical activity programs in one, and acting as a control, followed by the development of a common. All children are taken on their special by their own teacher in the same class for each school two weeks. Rarick and Brodhead reported that children participating in both the specially prepared experimental programs showed statistically significant improvement in scores of motor, intellectual and emotional development compared with the control group. In other words, the special art program produced the same sort of all-round improvement as did the physical education program. The important aspect was, as Oliver pointed out in his Packwood experiment, the promotion of feeling of achievement and success. The children taking part in Rarick and Brodhead’s physical
education programs showed, as one would expect, greater improvement in motor performance than did the children in the other groups. A Particularly interesting finding was that the girls did not show improvement in behavior to anything like the same extent as the boys.

**ISMAIL, A.H. and GRUBER, J. J. (1967)**

The Ismail and Gruber carried out an intensive study of fifth and sixth graders in USA. They used forty-two different items to measure motor and intellectual abilities. Their findings showed that while physical growth was not significantly related to intelligence, coordination and rhythm were significantly and positively related to academic achievement. They also found that strength, speed and accuracy of aim, though virtually unrelated to intelligence, did show some relation to academic progress.


A longitudinal analysis of strength and motor development of the children was carried out by H. Harrison Clarke and his students at the University of Oregon. The subjects have been from the Medford city schools in Oregon. During this time, much of data have been collected, and the interactions of a number of variables, including skeletal maturation and motor abilities, have been studied and compared. One portion of this larger study was devoted to assessing strength changes in boys from 7 to 9 years of age. The findings from this analysis have important implications for programs of physical education and for the study of muscle strength in children. Overall it has been found that there are only low to moderate correlations between strength measures obtained in various parts of the body. Elbow flexion strength correlated only from +.3 to +.5 to measures of trunk extension strength. Furthermore, it was found that as children mature the increase in muscle strength in various portions of the body proceeds at uneven rates. Shoulder flexion strength was found to accelerate to the age of 8; back lift strength improved through early childhood and then tended to become less pronounced at 12 years of age; and ankle flexion strength continued to improve regularly at all ages in childhood.

**SEASHORE, H.G. (1949)**
The when have beam-walking tests are utilized, it is usually found that most 6-year-olds can walk a beam that is 2 inches wide, but may fail to walk a beam that is only 1 inch wide. The scores obtained from these tasks are the distance walked (before falling) on a beam of a given width and / or the number of steps taken prior to loosing balance. Static balance measures are usually the number of seconds the child is able to posture in a specified position. Surveys carried out on changes in the ability to balance during the elementary school years generally indicate that the attribute matures slightly earlier in the life of child than do some other attributes, such as strength and endurance, and that there are usually two or more significant improvements in mean balance scores evidenced during childhood. Typical of the trends in the data between the ages of 6 and 12 years are the scores graphed from the work carried out by seashore. In general, sex differences are not usually marked; however, Keogh and other have demonstrated that girls between 7 and 9 yeas of age are so often superior to boys in dynamic balance abilities. When trends in the scores from balance studies are considered separately by sex, it is sometimes seen that boys tend to improve most between the ages of 7 and 9 years and again by age 10. Girls, on the other hand, often evidence more marked improvement between the ages of 6 and 7 years and later between the ages of 10 and 11 years.

CARPENTER, AILEEN, (1941)

To the age of 7, normal children can run well, and evidence well-coordinated arm and leg actions. They can jump vertically and horizontally reasonably well with takeoffs of 3 feet. Sometimes their jumping is accompanied by arm action; sometimes this arm action is absent. In addition to simple forward and lateral movements, 6-year-old children are beginning to experiment with numerous variations of locomotors patterns; they can skip, and some can hop rhythmically from one foot to the other foot while in place. Various tests of ‘speed’ of locomotors function have been given to children during the elementary school years. Running speed has been measured by several researchers, as has the speed at which children can hop a specified distance. Vertical Jump: A frequently used test with an older child and with an adolescent requires that the child first stand flat-footed and reach above his head with his hands, and than see how far above that height he can touch when he jumps. Successful performance is probably dependent on leg power and on proper jumping mechanics. It is seen that boys excel girls in this type of vigorous movement after the age of 7 years.
At 7 years, both female and male children can jump about 7 inches in the air straight upward, following that age, sex differences are apparent. There is about a 1 inch mean difference in this attribute between boys and girls. Girls are seen to improve most between the ages of 9 and 10 years, and boys’ mean improvement is more marked between the ages of 7 and 8 years. The boys improved about 66% and the girls during this same range evidenced improvement of about 50%.

SCHULTZ, A. G. (1926)

The differences in findings among the various studies, in both the United States and overseas, however, suggest that more careful attention be given to patterns of child rearing as well as to the nutritional status of both parent and child, in order to more clearly ascertain the reasons for the differences. Additionally, measurable structural differences between the black and white children, measured in the fetal state by Schultz in 1926, were similar to the differences seen in adults of both races. That is, the black child seems to possess longer forearms and a shorter trunk, than white counterparts. These differences, when coupled with others, may exert a considerable influence on the mechanics of running and throwing, as well as on other motor tasks and sports skills. Similarly, the precocity of the skeleton of the black child at birth, repeatedly verified by investigators such as Seale, Kelly and Reynolds and Masse and Hunt, which is reflected not only in heavier, denser bones, but in an earlier appearance of the ossification centers in the fetus, could have significant effects on the physical performance capacities of the black child.

Good Health,

Niemen (1998), to better present can be defined as, "to have enough energy and strength of the daily tasks and active recreation services, health behavior has been defined as knowledge, practice, and as a combination of attitude that people consider health and fitness Heath contribute to motivate action.

Health promotion able to increase control over the process, and you have to improve their health (WHO, 1986). Health promotion is also expanding health. Science and art of helping people to move to the stage of Optima Health to change your lifestyle. Continuum of health (Figure 2-03) between optimal health and death negative lifestyle habits, begins with a long period of the disease.
Individual behavior and environmental factors, "without undue fatigue, and premature death in the United States are responsible for 70 percent. An individual health in your bed each night without falling in-and-out(taking part in the study of entertainment, and enjoy an active social life, work, running a family, is best in class and are able to lead active life, which means tired), contract infectious disease less often, and better mother-in-law, who had to fight off infectious disease. This one's health is today, but also the quality of life in later years only affects. Generally, a person of good health enjoyed by the average raikoradasa on a national level can be determined absolutely.

Health-related physical fitness of good health is a relationship with that part of physical fitness. Section, the general body composition, cardiovascular fitness, flexibility, Muscular endurance and strength are defined.

Is a game of skills associated with physical fitness and motor skills with improved performance in the relationship, which are components of physical fitness. Section, general fitness, balance, coordination, power, speed and reaction time is defined as. Health and related skills, made a distinction between physical fitness, especially, was not to last 40 years Prior.

Body composition is related to circulatory and respiratory ability that physical fitness with a health-related components of the muscle, fat, bone and body fitness of another very important part of that is related to the relative amount of physical fitnessof health-related component, system regular physical activity (USDHHS, 1996) to the supply of oxygen. Fitness, cardiovascular endurance, gymnastic fitness and cardio respiratory fitness is referred to as. Laboratory environment than a VO2 test is considered the best measure of cardiovascular fitness. Often administered field test, one-mile run / walk, 12 minute run, children and different bikes, step Sehwag Run, and traidamila tests include.

Flexibility of a joint (USDHHS, 1996) 'and the available range of motion, which is associated with physical fitness is associated with a health component of. Some experts flexibility of discomfort or pain (Hawley & siiaisa, 1997), no speed limit, require that specified. Flexibility is for fitness, flexibility is a common measure of the body, each one is special to The United. Flexibility typically reach such a sit,
and Zipper, a goniometry, as Felix meter and test exercise for the device in the field measurements have been measured in the lab using.

Muscular endurance, fatigue (USDHHS, 1996), without the ability to continue to muscle that is associated with physical fitness is associated with a health component. Muscular endurance is specific in nature. Muscular endurance for a true assessment of each major muscle group of the body it will be necessary to test. Muscular endurance lab and field tests are the same, and this particular muscle group being tested, which can be used are based on the number of repetitions (eg: push-ups or Abdominal curls repetitions). Muscular endurance partners isometric (static contractions) or isotonic partner can be measured, to try to force muscle strength is associated with the ability of the physical fitness is associated with a health component (USDHHS, 1996). Strength is specific in nature. Of course, assessment for each major muscle group of the body will be required to test. Lab and field tests are similar and once more (you can win once more to me to be a conductor resistance amount) of the particle. 1RM test, especially resistance machines have been provided. Strength can also be determined using dynamometers. Isometric strength ally (static contractions) or isotonic partner (dynamic contractions) can be measured.

PHYSICAL ACTIVITY AND HEALTH

Of moderate intensity physical activity hipokratisa (460-370 BC) after the time has been recommended for health and welfare. Greek doctor hipokratisa, medicine’s father, "a man will not eat alone, they should also ...." advised that remain only in the last two decades, epidemiological evidence that physical activity is a is large, has identified that many chronic diseases (; Armstrong, Bauman and Davis, 2000 USDHHS, 1996) the rate and lack of deluging improved risk factor. In terms of the benefits of physical activity 1970'sa number of studies, regular physical activity (exercise) has been set health benefits and to governmental and non-governmental organizations, the report summary. U.S. Surgeon General (USDHHS, 1996), physical activity, and the United States National Institute of Health (NIH consensus development panel and

Cardiovascular Health,
He Disease Control and Prevention (pate et al., 1995), the game maidisana ACSM American College of appreciation for the United States (pate et al., 1995), the American Heart Association (Blair & makoi, 1993) is in regular physical activity concluded that it is associated with significant

**Health Benefits**

In terms of the health benefits of physical activity summarizes the current consensus is that the U.S. Surgeon General's Report (1996 USDHHS) following the end of

**SCHOOL HEALTH PROMOTION**

Adolescent health challenge facing today's many a century of public health are different from those imposed. Today, major health problems which are due, in large part, the young (Kolbe, 1993) during the establishment of behavior. Leading cause of death for most health-settlement behavior (CDC, 1999). Many people, often when they are young, neglected to maintain your health. Consequently, many preventable health problems are not prevented. This can be as a result of various healthy behaviors have been detected, with the most chronic diseases is particularly true. This is an example of the relationship between smoking, lung cancer.

The children and young CHD, cancer, and stroke, which is a very low rate that is true, but the development of the disease over time, and quite often young (Jackson, Morrow, Hill, 1999) began development inThis is true. Gilliam, Ketch, Thailand and Welt man (1977) in children aged 7 to 12 years of study of CHD risk factors, and 20% had a high body fat, have learned that, 11 per cent higher cholesterol and low,.

**Cardiovascular endurance**

A 25 percent of CHD had a family history and 60% one or two of CHD risk factors. Study of several large-scale analysis (Jackson, Morrow, Hill and पंजीकरण, 1999) was supported by. (; Stone and Perry, 1990, 1989) during the last two decades, extensive attention, especially in school, young people pay for health promotion and disease prevention. All children enrolled in school, and there are spending a large amount of school as often, health interventions are considered the ideal vehicle for delivery. School in a variety of professionals such Dietitian, physical, educational, classroom teachers, counselors, and school nurses as health interventions, can apply.
Classrooms, a gymnasium, outdoor play area, and other facilities necessary for the development and health are useful for. School of the impact of the disease in many developed early in life and provides the means to intervene. This also a good place to start to develop a health lifestyle. No other organization to achieve long-term behavioral changes z period of time required to affect a child's health and children, professional expertise, and access to physical resources provides a more appropriate combination. More importantly, the school (sallies, Chen and Castro, 1995) early in life provides a means of mutual. High level of health risk, high-risk children in the total population of the target distribution of risk factors, and secondary prevention interventions, reduce, primary prevention interventions: Generally, child health schooladharita intervention can be categorized into two types. Clinical Preventive Services Services Task Forces to defend the United States' Guide (2nd edition, 1996) as measures of primary prevention, says, "People have to, to prevent the start of a target state." This "identification and treatment as those that have information about secondary prevention measures for the risk or kilanaka have developed the disease, but in which case.

**Obesity**

For the obesity of various chronic diseases is a strong risk factor. Obesity history as a personal or individual problem; However, Canadian among the fastest growing rate of epidemic proportions for a public health concern as soon as one has brought the issue to the forefront. In Canada, between 1970 and 2004, the prevalence of obesity in all age groups has increased dramatically. During the same period, doubled for men and women, an increase of approximately 40% attributable to obesity more than the ratio of major chronic diseases. (2) Canadian man is approximately 65% and 53% of women in Canada are weight or obese.

**Healthy Weights**

Achieve a healthy weight between energy intake and energy output of the need to maintain a balance. However, the balance of social, cultural and physical environment is the challenge. Healthy weight loss sensitive policies and programming language is required to use; An example is a healthy way, active, eat great, is produced by Toronto Public access and tool kit.

The evaluated to antibacterial activities of Chenopodium album L. against five human pathogenic bacteria Viz. Escherichia coli, Salmonella typhimurium, Staphylococcus aurous, Proteus vulgarism and Pseudomonas aerogenosa. In this investigation aqueous extract showed highest antibacterial activity against Staphylococcus aurous with 25.00mm zone of the activity.

Inhibition and least antibacterial activity against Salmonella typhimurium with 17.75 mm zone of inhibition. Metabolic leaf extract showed strongest activity against Pseudomonas aeruginosa with 28.30mm zone of restricted area of activity was observed, while in Salmonella typhimurium with 14.00mm zone of inhibition.

Ali Sadeghian et al., (2011)

The assessed to the antibacterial activity of pomegranate against both Gram positive Staphylococcus aurous and negative Pseudomonas aeruginosa bacteria as well as a against pathogenic yeast Candida alb cans. They compared the show antimicrobial activity of extract with cloxacillin, gentamycin and clotrimazole using.


Liquorices determined to root area with expanded mode with bacteria at the sky, chloroform, acetone open. An extract Licorice root against two gram positive and showed significant activity area (Bacillus subtitles and to the as Staphylococcus aurous) and two gram negative (Escherichia coli and Pseudomonas aeruginosa) bacteria. Ethereal extract of licorice has shown good inhibitory effect on E. coli strain. The acetone extract has shown excellent inhibitory effect than Streptomycin.

Oslo Adel eke et al., (2010)

The demonstrated antimicrobial activity of they have extracts of Anchormans. Deforms against Title dying, a diffusion method using Agar torulopsis Klebsiella pneumonia, Staphylococcus aurous, Pseudomonas Aeruginosa, Candida ALB box, Candida stellatoidea and Candida. Pseudomonas aeruginosa is the only stem and root.
sensitive to oil, but did not leave. Candida torulopsis to stem oil was sensitive to.
Above all Candida species tested were resistant to oil.


The demonstrated in-vitro microbicidal activity of the methanol extract of the Oregano marjoram L. against seven fungi (Fusarium salami, Candida alb cans, Aspergillums Niger, A. parasitic us, Rhizopus oryzae, Rhizoctonia oryzae-sativae and Alter aria brassicicola) and six bacteria (Bacillus subtitles, B. elaterium, Escherichia coli, Proteus vulgarism, Pseudomonas aeruginosa and Staphylococcus aurous). The methanol extract of the Oregano.

Majoring L. showed significant activity against Aspergillums Niger, Fusarium salami and Bacillus subtitles. The metabolic extract showed more microbicidal activity than the standard misstating against Aspergillums nige.

Garry O.O. et al., (2005)

Staphylococcus aurous, Pseudomonas aeruginosa, Trichophyton mentagrophytes, T schoeleinii, microsporium Canes and against Candida ALB containers of Aloe Vera gel and leaf antimicrobial activity. Zone to prevent the appearance of gel and leaf S. aurous (18.0 and 4.0mm, respectively), the growth was inhibited. Leaf basic both P. aeruginosa and C. alb cans and shows inhibitory effect, whereas the gel, T. mentagrophytes (20.0mm) inhibited the growth.

Fonda Basher Ahmad et al., (2010)

The investigated the effectiveness of essential oil of lemongrass for the treatment of pathogenic organisms Staphylococcus aurous, Bacillus cereus, Bacillus subtitles, and Broth Dilution method. Lemongrass shows significant activity against the test organisms except P. aeruginosa. Lemon grass showed more sensitivity to gram positive bacteria than gram negative bacteria.

Facile Radioman Om et al., (2011)

The studied hepatoprotective activity of aqueous extract of the asparagus rats. Paracetamol for varagedarada liver damage in racehorses at the root superoxide dismutase with a lack of snow is a significant increase in the weight of liver, aspartame amino transferees (MHK), almandine amino transferees (ALT), alkaline phosphates (Alp), total bilirubin (causes SOD) and catalane. Plant extracts (150 and
250 mg / kg) of different doses against significant varagedarada-treated rats near normal levels of serum marker enzymes and antioxidant. Asparagus racehorses rat histopathological study of root part in the treatment of hepatic cells with normal appearance, performance is less vacuolization and fatty change.

**Ahmed Jam eel et al., (2011)**

The designed a study to the evaluate the possible beneficial effect of the methanol extract of aerial parts of Deloris regain against CCl4 induced liver damage in rats. The plant of extract protects to In rats with carbon tetrachloride induced liver against injury. ) with methanol extract of Deloris regain. Histopathological observation they showed disrupted cords of hepatocytes and few hepatocytes shows feathery change, mild inflammation and moderate degree of macro and micro vesicular steatosis.

**Saravanakumar A et al., (2009)**

The investigated the phytoconstituents, acute oral toxicity and hepatoprotective activity of ethanol (90%) extract of Cordial subcordata Lam. (EECS) using CCl4 induced hepatotoxicity in male Westar albino rats. The Cordial subcordata Lam (100, 200 and 400mg/kg, pod) and the standard drug Liv.52 (40mg/kg, p.o) were administered for 7 days in CCl4 intoxicated rats. Test drug significantly decrease (P<0.001) the elevated levels of the hepatic enzymes, total bilirubin and urea in a dose dependent manner after 3 days and return. Towards near normal after 7 days indicating the recovery of hepatic cells. In the liver sections of the rats treated with test drug extracts for 7 days, the normal hepatocytes architecture was retained as compared to Liv.52.

**Chandrasekhar K.S. et al., (2010)**

The studied hepatoprotective activity of the aerial parts of Lucas lavandulaefolia against CCl4 in rats. They ethyl acetate extract of Lucas lavandulaefolia produced significant decrease in the serum enzymes like SGOT and SGPT in rats intoxicated with CCl4. to The rats treated with Silymarin and extracts along with toxicants showed sign of normal hepatic cards and absence of necrosis and vacuoles.

**Kumar B. Shyam et al., (2010)**
The demonstrated hepatoprotective activity of the Coccidian indica leave extract at dose 400 mg/kg body weight against carbon tetrachloride induced liver toxicity in rats. To the results and they have showed hepatoprotective activity of Coccidian indicia leave extract at dose 400 mg/kg body weight. They then and the showing results were compared with standard treatment 125 mg/kg body weight of m Silymarin, a known hepatoprotective drug.

**Background to the Review**

A nineteenth-century public health workers around better health of the overall results of the measures to poor physical properties of the environment and health, and to take action were well aware of the relationship between. Until relatively recently, is the context in which people lived and the manner in which health d 'health, research has tended not to be encouraged. In the area of public health, the emphasis has been little focus on behavior or health is attributed to put in order as a result. I have been found between different areas in the health disparities, mainly age, employment status and income level of the local population as Theohari cteristics were the following, where. However, recent research quality, "Who are you” means, but a very few states, have tended to show that, too (Pickett and Pearl, 2001) "If you live, where" a effect is to place the health transition. This includes death is a range of health measures, have been found (David Smith et al, 1998), heart disease (sahie Roux et al, 1997), cancer, obesity (ELL et al , 1997; Kahn et al, 1998), and mental (Fine and Dunstan, 2006; Ross, 2000), well-being, health behavior such as smoking (Duncan et al, 1999), physical activity, and diet (ELL and Macintyre, 1996). Is now widespread acceptance, but in today's world, which affect this understanding method, where people live affects their health, (, Acheson, 1998, for example) only to be understood are engaged. West of Scotland 2007 study2 has been in some of these, in Glasgow between two social issues in the region. One, in the northwest of the city, have better health and lower the average social benefits; For more, the city in the south-west, have worse health than the average and relatively socially disadvantaged. The study's independent investigators and local service providers, and planners to data obtained by direct monitoring of both in your own home with people face-to-face interview with the need to collect data. With a wide range of data a report with a comprehensive suite of ourselves to their housing and local environment, understanding on how well \ structured range of questions and it includes parents' health and , about their day to
day life has been collected to answer, -being indicator. Can anything about this study suggest that people living in more deprived areas also account for individual socio-economic conditions after a workout or eat a healthy diet and weight more were likely found that it is less likely to affect the chances of living a healthy life, the local environment. Further investigation of the more deprived areas were more likely to also have access to less than the more affluent area of entertainment and food shopping facility (which is revealed).

Aims of the Review

Review its original purpose has been made on the health and well-being and social environment of the different aspects related to the impact of the provision was to review the literature. Initial initial literature search was for a time, but the human health and welfare, on various aspects of the social and physical environment, addressing the impact of different factors, which is a large literature that that became evident.

So it's health and well-being, physical activity and / or the level of obesity at local level, review of the impact of the physical environment research has been decided to focus washes. It is part of a comprehensive literature that is recognized, but is still available and to review it was a clear need to focus resources listed.

RATIONALE, RELIABILITY AND VALIDITY OF FITNESSGRAM

The FITNESSGRAM is the U.S. national fitness test battery for youth. For a comprehensive assessment protocol to determine the answer to the need for the physical education program was developed by the Cooper Institute. Fitness assessment is designed to assess the health-related physical fitness test includes a variety of muscle Muscular endurance, flexibility, and body composition stronger. Criterion-reference standards associated with good health health-related fitness components, for each of the children and young had been established. Program software, health-related fitness and children and the performance of each part of the shows, and to promote and maintain good health, which gives suggestions on how to develop a personal report card. The program is a database structure within the class report is compiled and over time the student's fitness is useful for long-term tracking of, (CIAR, 1999).
2.12.1 Rationale, reliability and validity of one mile run for aerobic capacity

Gymnast capacity (VO2 max) is taken by the body during exercise and oxygen, which can be used to reflect the higher rate. VO2 Max intensity, lung capillaries between air and blood in one's ability to exchange oxygen is dependent on the capacity of the lungs. Cardiovascular system to transport oxygen to the muscles, and the muscles' ability to use oxygen. Understanding and use of oxygen to active muscles during exercise is hard to overcome gymnast for the supply of energy through metabolism in the body's ability to display the upper limit. Gymnast's ability to achieve weight to account for differences in body size and the ability of a person to display the most commonly expressed relative body weight. And the ability to carry out prolonged strenuous exercise (; the heart and respiratory system (Taylor, bus irk & Herschel, 1955 Mitchell, and Chapman, 1958) to reflect the overall performance, because the gymnast capacity of a physical fitness is an important part of Strand & Rodale, 1986; Taylor, bus irk & Herschel , 1955). From a health point of view, a good cardio respiratory fitness (Blair, Clark, treatment tones and Powell, 1989, hypertension, coronary heart disease, obesity, diabetes, and some forms of cancer, and other health problems appear to reduce the risk of have been; Blair, Kohl, Gordon and Paffenbarger, 1992). Gymnast capacity or VO2 as a more direct measure of fatigue, and open-circuit spirometry (Appendix 3) is obtained using a grade for the exercise. A nose clip, and equipped with one-way valve while wearing a spokesperson usually subject to a fair traidamila or ergo meters. Sometimes breathing masks are used in a place.

High ventilation rate, and they are prone to gas leaks, but the traditional nose-clip-mouthpiece in place of the set-up,. Low resistance one-way valve for analysis in expired air collected in a Douglas bag or a weather balloon, or on-line measurement of minute ventilation and term part of O2 (passed by a gas analyzer have been the subjects allows ambient air to breathe FeO2) and CO2 (FeCO2). The VO2 require the determination, knowledge of the gas temperature, barometric pressure and relative humidity is a measure. Sportsman's capacity is reached, the point at which the intensity of exercise increases gymnast as a growth rate of oxygen metabolism and understanding. On this occasion, the intensity of exercise can be increased, however, the oxygen uptake is no longer increases. Proportionate, and rate (exercise intensity) to work for the rate of uptake of oxygen is a plateau relative. Plateau at the rate of
uptake of oxygen sporty performance. Laboratory measure of sporty performance tech, expensive equipment and highly-trained technicians need to demand. It is also time consuming; A test requires 30 minutes and only one person can be measured at once. Therefore, sporty performance measures such as a high school for all field settings is not possible or practical.

The number should be tested. Assesses three field tests of sporty capabilities are used in the FITNESSGRAM: Sehwag (Progressive run endurance sportsman heart), is a mile race and (teen aged 13 years or older), a walking test. In a mile race test, aim as quickly as possible, is to run a mile. To speed up the rate of uptake of oxygen is related in part, to set the average speed of the rate of uptake of oxygen is also possible to estimate possible. Age, gender and body olive influence of sporty performance prediction. Therefore, FITNESSGRAM software, sporty potential treatment tonnes et al, using an expression of time, age, gender and body mass index is predicted to follow. (1995) Children and Young developed on a large sample.

**Systematic Reviews,**

With the research team of people related to health promotion intervention is identified six systematic reviews of the literature SMI [54-59]. See Table 1: Summary of Systematic Reviews.

Mostimportant et al Veraeghe, a recent review. [54], influence and intervention for people with SMI lifestyle to consider the cost-effectiveness of the total data. Author of Body Mass Index and body weight as a result of changes in the primary person with SMI physical activity and dietary habits in the target disorder resulting pain or lifestyle interventions for systematic review of 17 studies met the criteria for inclusion (14 cases, 3 reviews) identity. A review of 14 cases, in 11 studies the intervention was associated with weight loss. The intervention and control group, no difference in weight loss between the ages of nine studies have had the slightest difference. In aggregate, 361 intervention participants (N = 669) of the total of 1.96 kg (4.3 lbs) and / M2 0.87 kg a mean BMI reduction of the mean weight. Study of a cost-effectiveness [54] report analyzes addition, five studies, to improve the quality of life and general health report. The slightest difference in weight loss was found in the majority of studies, but no study, no serious physical health problems considered to be associated with lower risk of overall clinically significant weight (over 5%) achieved.
Author of body weight and BMI in the "small loss" SMI supports physical activity and nutrition interventions in health promotion intervention is possible for a person to participate in the "promising" that conclusion. The author is also very simple to change, however, one important outliers can benefit, suggests that.

Alvarez- Jimenez, et al. Promoting weight loss and weight loss goal of six studies with the aim of preventing the four studies including 482 participants with a total of ten non-pharmacologic health promotion RCTs, examined. Both types of study (to prevent weight gain and promote weight loss) is the change of body weight had the same effect. Alvarez- Jimenez, et al.found a 2.56 kg (5.6 lbs), and in a review of 10 studies of 253 intervention group participants (N = 482) / M2 0.91 kg of a mean BMI reduction of mean weight loss. Comparison of the intervention group versus individual differences was not the slightest difference, but one intervention study, group interaction, which showed a trend for other benefits. Weight management program to connect to that modality option to connect to more weight loss programs more likely to participate in the suggestions should be considered, more-positive LY was associated with weight loss, . In this review studies of interventions to reduce 5% of body weight to achieve a clinically significant threshold, with an estimated 2.5% to 4.0% in weight reduction ranged from.

Faulkner and reduce partner with or manobhajana people and non-pharmacological strategies to prevent weight (diet / exercise) (antipsychotic medication except change) to determine the effects of both drugs limited to RCTs conducted a systematic Cochrane Collaborative Review. This review identified 23 studies; However, only five were non-pharmacologic nature of education. Author of non-pharmacological intervention is acceptable and concluded that possible, but the weight was modest, and further research was recommended.

Lowe & Lobos 360 Portico- Pat includes a total of eight studies conducted a review of a selection. This review identified the two intervention groups: 1) weight management, nutritional advice, discussion group or individual, or group-based cognitive behavioral therapy and lifestyle coaching classified as psycho educational intervention consisting of four studies; And 2) combined with exercise and diet intervention saragarama ty- based intervention consisting of four studies. A significant reduction of individual research studies, small sample sizes, high school
drop out rate, the author of a psycho educational effectiveness is limited evidence suggesting that this conclusion concurrent change in medication, lack of control group, etc. Overall, some studies also include emphasis on weight management intervention or activity-based combined exercise and diet intervention.

Finally, a search of the literature conducted by the Cabals et al. And Loch et al. Differences in both the design of the 24 study, resulting in their exclusion criteria were not as strict. Loch and fellow clinicians as a preventive measure suggested the use of health promotion programs, and the reward and / or reinforcement of the system interfere with weight loss were the most successful in producing that. Cabals et al. Suggests three components of the intervention, which should include: exercise, nu- Triton, and general health promotion.

**Healthy School Policies**

This clearly document or in a number of health promotion and policy to promote good health and well being of that has been accepted practice, ie, to occur in school practices that enable healthy food policy; And as this policy that discourage bullying.

**The School’s Physical Environment**

In a physical environment, buildings, grounds and equipment refers to, is a school, the surroundings, such as: building design and location; Providing plenty of natural light and shade; Learning and healthy eating, physical activity and the creation of space for the convenience.

**The School’s Social Environment**

This school is in the midst of a social environment and the relationship between staff and students have a better combination of quality all over. It is influenced by relationships with parents and community. The quality of the construction of the connection between us and a high school student is between all key stakeholders in the community.

**Individual Health Skills and Action Competencies**

Health of the best student in processing efficiency with age, which is able to make the relevant knowledge, understanding, skills and experience, where the formal
and non-formal curriculum and related work, refers to both, and for improving health and well-being of himself and others in your community, and improve their results.

**Does Physical Activity Affect Physical Fitness of Children and Adolescents?**

Price of regular physical activity for health benefits are now well established. The question of the children's physical activity physical fitness (particularly sporty performance) can increase. Search results are divided. Some researchers have found an increase in strength training airovabaka; Other training balancer system has no impact on that report. Payne (1993) Morrow child andaerobic show in a review of 69 studies examining the training and improvement in prepubescent children had moderate to small, concluded that.

**Physical Activity and Physical Fitness of Children and Adults**

Of physical fitness and activity, and the specific relationship between health outcomes primarily among adults has been established. Provides health benefits and activity in children it is not strong, the search (Malian, 2001) and difficult to detect (Baranowski et al., 1992). (2001) Malian available evidence related to childhood physical activity and health is important to moderate the relationship between physical fitness, but usually at least signal that suggestion. Taylor et al. (1999) The relationship between the child and the child's experience in physical activity and exercise habits were weak overall majority concluded. But for the motor fitness and skill development have suggested a potentially important role, and their physical activity and sport participation in young people a voice or choice and stressed the need.

**Maturation and Physical Fitness in Children and Adolescents:**

Sexual cells, a sex hormone for girls and boys aged 20 to 24 years to reach youth on to the body to start growing again occurs, which is a biological process. USDHHS (2000b), according to the report, it begins at puberty and rapid development, and is associated with the appearance of secondary sexual characteristics. Physical education, some young more quickly. Two children are the same age and sex, but a physiologically older (advanced skeletal cells Bari), another older child usually less mature than child's physical fitness test better. Terms of fitness analysis shows that. This comprehensive biological maturity affect the performance of a physical fitness test that has been believed. Child more or less mature than the same chronological age counterparts, physical fitness test may be
advantaged or disadvantaged in (Jones et al., 2000). Skeletal age (Gruelich & Pyle, 1959; Krahenbuhl & Panigrahi, 1983) Studies consistently examine skeletal maturity in the Transformation of a 5 to 6 years younger is present in a particular classroom, that show. For example, view all of 8 years old, the third grade class took in 5 to 11 years old skeletal. The young age of 5 years are in fact skeletally and 11 years of age who are skeletally mature as trying to compete with other means. Effective program to their level of maturity and growth that are fair and consistent work should offer. (1971) Clark boys performance of the motor to a more mature boy usually better motor activity that is associated with skeletal maturity, that signal. However, girls' motor performance appears to have been related to physical maturity. Practice of physical education programs often are maturing at a rapid development of the student or can be detrimental to a slower rate, but still, at the same rate, ask students to learn. Students do not mature at the same rate and the same level of readiness to learn are not. Different maturity level and is designed to help young developmentally appropriate to offer a wide spectrum of work is encouraged to participate in physical activity. Malian & Bouchard (1991, p.274) of both sexes in the early-maturing children about the age of 6 to the medium and late maturing and sex peers, which are longer and heavier than the signal. Armstrong & John (2001) VO2 peak age in both sexes, and the cells grew very well too. More understanding of oxygen per kilogram of body weight has been adjusted, as they mature boy little change (an increase) and for girls a gradual reduction (again, 1983) shows. This reduction in body fat in women has increased and is due to a decrease in lean body mass.

Armstrong et al. (1999) cells are very 97 boys and 12.2 years with a mean age of 97 for girls of all maximum peak VO2 response to exercise did not affect the signal. Virus et al. 13-year-old boy and a 11 - girls (MoU value of 12 were all in the 13 years (1998) gymnast for a rapid improvement in the patient's potential for a young 11-15 year round and was recorded for 11 indicated that the 12-year-old girls).

For both traits, the rapid improvement of the sexual cells was significantly associated with the final phase of. Must Et al. (2000), many young players for the game, compared to a younger age are highly encouraged to train the signal. Compared with studies in adults, less is known about the child's physical trainability. Young people during the year, the pace of physical development, especially difficult to search by a

This study of the relation between physical fitness and academic achievement examined and school age youth, the relationship between fitness and academic achievement in the effect of the economic situation (SES) was determined. Overall, 3, 6, and 5 of the school district to 9 standard 1,701 students participated in the assessment. Fitness was determined using the FITNESSGRAM. Academic achievement in math, English and social science (6 and 9 standard) was measured by a standardized test. Compared with all other variables, SES academic achievement appears to have strong relationships with. However, this high level of fitness in the positive school-age youth is associated with academic achievement, which appears.

“Physical Activity and Obesity Mediate the Association between Childhood Motor Function and Adolescents Academic Achievement” (2013)

For this research study, the motor function of childhood physical activity, fitness, and obesity later academic achievement is prophetic. Sample the age of 8 years old and mother-reported motor function including the 1986 baseline data to northern Mexico birth cohort included 8,061 children. It then compared with self-reported physical activity, at the age of 16 years old cardio respiratory fitness, obesity and predicted academic achievement. Result Agreement motor function through physical activity in childhood youths' academic achievement and a negative indirect effect that seems (B = −0.023, 95% confidence interval = −0.031, −0.015) and obesity (B = −0.025, 95% confidence interval = −0.039, −0.011), but not via cardio respiratory fitness. The results of the physical activity and motor function in childhood obesity and children can mediate the relationship between academic achievement, suggests that.

“A Comparative Study Of Physical Fitness Among Students Of A.P. Tribla Welfare And social Welfare Residential Schools In Warangal District.” (2011)

An experimental design is according to data subjects collection.400, Warangal district tribal welfare and social well-being of everyone in the school hostel, Ashoknagar, Eturnagaram and AP Social Welfare Residential School Jungian and Jakarta 200, was selected. Overall goals and variables selected for the show. 2.00 'T' respectively ratio of 0.05 significance level were needed. The results of this study Tribal Welfare
Residential School Student Wellness Social Welfare Residential School students, shows that.


The study's six health unit to find out the truth by using a larger sample busing was held. All the items, close to Social Welfare Residential School students only for Tribal Welfare Residential School students. The analysis of data in the following reports. Tribal Welfare School Student Social Welfare Residential School student has a better arm and shoulder strength, muscularendurance, showed speed and fitness. AP Social Welfare Residential School students to show the stomach near Strength.4 show. Broad Jump and Cardio-vascular endurance, standing, tribal welfare and social welfare of the school's students was a significant difference in the relationship,.

Blinks et al. (2005)

Conducted a study to examine physical activity and Patterns of a group of rural children and Saskatchewan, living in Canada. (7- age 3 years) of the 102 participants, 52.6% met national guidelines for Appropriate amount of physical activity required to achieve health benefits. The involvement of children in out of school, organized physical activity (eg Baseball, soccer, dance) was associated with whether or not we have received, Guidance. There was an iota of difference between link Children's physical activity and participation in physical activity School, watching television educational level behavior, their parents. Resulting in Saskatchewan, many rural children are not physically suggests that Active enough for health benefits, and many factors can potentially influence This group of children's physical activity. Such other search Factors in the family, community, school, and health professionals can help To promote physical activity in this population.

Eileen et al. (2005)

The author presents a comparison between urban boarding
And to the outside of the area taken in Hungary, Hungarian National Growth and physical fitness based on the study of non-boarding school student in rural boys and girls. Investigating the sample (N = 39,035) anthropometric investigation program on physical fitness of the seven test a used battery and 18 in Hungary's Body Measurements included 3-18 years of healthy boys and girls aged 5% contemned.

Data was collected about family background, urban boys and girls. A longer, more robust. And their rural counterparts Pubertal development of more robust. Made in urban boys and girls about one-and-a-half-year than in the first appears. Width measurements of rural people. Urban boys and girls is generally high. However, on the basis of skin-fold increase rural people. These differences during or at the end of puberty most pronounced arc Lat urban boarding boys and rural boarding school students at 46 rural girls generally have more subcutaneous. Author various school student survey.

Urban and rural socio-economic environmental factors affecting children's Development and physical fitness, and they discuss possible the difference.

**Shamble. (2010),**

Conducted a study to measure physical activity and Physical fitness (cardiovascular fitness, body composition, flexibility, Al-Dhahran muscle strength and grade male students in the "patience of '10) 46 area, Oman Sultanate. Study sample were male student of 330 Rural and urban areas. The study used a physical activity survey And for measuring physical activity and to measure the physical verification of battery Fitness segment (I-mile walk / run test; a skin fold of the breast, stomach, anal, and thighs; Sit and reach test; The hand grip test; And a one-minute sit-ups). Results Showed that the percentage of body fat (6.82:1:4.91) and then muscle strength (38.15:1:7.60) the boarding urban students were higher than rural students (body fat Percentage 5.79:1:4.29, then muscle strength 37.81:1:6.93). Rural respondents
Scored higher in flexibility (39.36:1:6.95), then muscle endurance (40.03:1:7.64), then cardiovascular endurance (7.63:1:1.30) compared to urban students (Flexibility 37.96:1:6.97, then muscle endurance 39.78:1:7.67, then cardiovascular endurance 8.03:1:1.77). The results showed significant difference in body fat percentage (p = 0.04), then muscle endurance (p = 0.00), and then cardiovascular endurance (p = 0.01) between participation in sports activities and For the overall sample of physical fitness section. Study concerted effort of all the parents, teachers, school recommends that Administrators and the community to improve general physical fitness For all students.

**Studies on physical activities programmed Aires at el. (2010)**

Conducted a study to analyze the link, Body mass index (BMI), Cardiorespiratory Fitness (BBS), and levels between Very severe intensities to the Sons of physical activity (NA), measured accelerometer, a middle and high school students. This cross-departmental Study of 110 children and the young, 12 years, including 17 years of age. Anne For 7 consecutive days, an accelerometer (1 minute epoch) was assessed with Specific cut-points, NJ, was taken using a special written using Software (MAH). BBS Hi multistage 20m shuttle was assessed Run. T-test of the BMI Group, Pearson was used to test the difference between The link between all variables and multinomial co analysis Logistic regression, and the estimated value of BMI category. This paper Unlike BMI, and important relations that gives evidence BBS. BBS is strongly and very strongly associated with the level of PA, And weight / obesity NBBS total amount of children were less likely to To laps than normal weight counterparts. The total amount or The level of intensity of NBBS BMI levels did not show any effect on. **Aires et al (2010)**

It changes have conducted a study to analyze Physical activity index (NBBS), screen time (ST: television, computer) and body Mass Index (BMI) of the fitness contribution to long-term changes in Children and youth. Additionally, our analysis between intervention
47 changes in the baseline level of fitness and wellness. This is a 3-year long study, 345 high school students aged 11-19 years. Students, curl- up Fitness Gram maubaila and street and 20-m shuttle run test-ups Push Consider using a standard questionnaire. Wellness standardized test scores Were summed. Changes over time, (2007 minus 2006) \( \Delta 1 \) were calculated as \( \Delta 1 (2008 \text{ minus } 2007) \), and \( \Delta 2 (2008 \text{ minus } 2006) \). To result in changes Pai is positively and independently associated with change in fitness, \( \Delta 1, \Delta 2 \) and \( \Delta 3 \). Changes in BMI was associated with changes in negative \( \Delta 3 \) Fitness. Baseline fit very positive were shown to participate \( \Delta 3 \) changes in Pai. ST changes and most of the increase was less than 3 years in BMI at baseline compared with the less-fit. 

Aires et al (2010)

Material for analysis to a study conducted, Activity index (Pai), physical fitness, and screen time (TV watching, and Computer use), socio-economic status and school trips, a Body Mass Index (BMI) in long-term change in a significant contribution to Youth. With this long-term study of 345 was in a period of 3 years, At the beginning of between 12 and 17 years of age, the students (146 boys) Study. Fitness grams for Students were invited to test the battery to Sign Curl-, Push-up, back-saver sit, and trees, and run 20m Shuttle- (BBS) Fitness test for healthy zone and were under the Healthy Zone Category Is less active and inactive (Pai; socio-economic status, at least, in the middle And the level of higher education, and active and passive travel. BMI, We ate age sexspecific lowered the age and gender of the means to Weight cut points. Body mass index was used as In a linear mixed model of the dependent variable. The main result was strong, BBS show that a person with a positive and independent organization With body mass index corrected UHZ. In conclusion, the results of this long-term study of much lower fitness was a significant relationship. Specific BBS and in the strength of stomach fat / weight of the level of risk. © Georg Thyme KG Stuttgart.
**Bentsen et al. (2010)**

Conducted five months of the study and for guidance
All the weight or obese children and active in youth sports
Order to reduce the burden of management leads to increased physical
The level of activity in leisure time, as soon gymnast with changes in fitness and body
Composition. Sixty weight and obese children and young
Randomly assigned to an intervention or control group. All participants received
Nutrition advice and to increase the level of physical activity was encouraged.
Additional 50 minutes and took part in the intervention group active leadership
Twice a week for 4 months / run physical activity. Physical activity, record; Gymnastic fitness and body composition was measured at inclusion and
After the intervention, de-addiction. The level of physical activity during the day Saturday
Control was important for the intervention group compared with the highAfter 4
months intervention (p=0.03). The mean reduction in percentage of
Body fat was 1.8% (95%CI: 0.6, 3.0) in the intervention group (p=0.04) and not
Significant among the controls (0.8 [-0.8, 1.6]). There was no change in aerobic
Fitness.

**Hastie et al. (2010)**

It conducted a study to determine the top gymnast
Wellness Rural Aurangabad and sleeping child as a pattern of the situation, and
Physical activity outside of school tests in the light of these findings
Involvement. In this study, ten and eleven years of age (N = 415) children
Both countries have completed a 15 meter Progressive gymnastic heart
Endurance Run (Sehwag) fitness test, and test, children
Healthy fitness zone beyond the upper limit of the scoring was interviewed
In physical activity outside the school with regard to participate. to
P (Aurangabad students (P <.001), and the male is much more than Beed received a
score higher for students of both countries women Round Results
<.001). After examining the student's profile 3 begin to express themes
Emerge: Beed and walk to school for students; Students in both settings
A good level of fitness, school, students participate in physical activity after school; The American students after school work looking for more entertainment Participate in structured training in the Russian students, Sports Club.

A comparative study of physical fitness among students of asp. tribal welfare antisocial welfare residential schools in Warangal district.” (2011)

The study's six health unit to find out the truth by using a larger sample busing was held. All the items, close to Social Welfare Residential School students only for Tribal Welfare Residential School students. The analysis of data in the following reports. Tribal Welfare School Student Social Welfare Residential School student has a better arm and shoulder strength, muscular endurance, showed speed and fitness. AP Social Welfare Residential School students to show the stomach near Strength.4 show. Broad Jump and Cardio-vascular endurance, standing, tribal welfare and social welfare of the school's students was a significant difference in the relationship.