Chapter-V

Summary, Conclusions and Recommendations

SUMMARY

The purpose of the study was to determine the effect of body composition with respect to health status and nutritional awareness of college students. For the purpose of present study 125 (males and female) of Gujarat were selected as a subject of study. The age of the subjects were ranged from …… years. Subjects were from different colleges of Gujarat University.

CONCLUSIONS

On the basis of the results obtained and within the limitations of the present study the following conclusions may be drawn:

1. 12.2% of the variation in DV (BMI) was explained by the variable of Nutritional enjoyment with lazium activity
2. 13.1% of the variation in DV (BMI) was explained by the variable of Nutritional enjoyment with dumbbell activity
3. 13.3% of the variation in DV (BMI) was explained by the variable of Nutritional enjoyment other activity
RECOMMENDATION

In the light of the findings of the study the following recommendations are made:

1. The results of this study may be used by Physical Education teachers, Health trainers and Fitness experts for giving more emphasis on nutritional enjoyment in both male and female.

2. A similar study may be conducted on women of different ages.

3. A longitudinal study may be conducted on a large sample with people having cardiovascular problems.

4. Attempt should be made to educate all classes of people (rural, urban, hilly and coastal), the importance of involvement in Physical Education and active life style in life, so as to lead a healthy living devoid of hypokinetic diseases.

5. More geographical areas may be included for further studies on health-related physical fitness and physiological variables of sedentary people, other than Gujarat

6. Parents, Teacher and general public may be made aware of ill effects of sedentary lifestyle, so as to make their wards involve in sports, games and physical activities, thereby reducing the risk of hypokinetic diseases.