PREFACE

We must get serious about improving the health of the nation by affirming our commitment to healthy physical activity on all levels: personal, family, community, organizational, and national. Because physical activity is so directly related to preventing disease and premature death and to maintaining a high quality of life’s.

I still do not have an ultimate answer to the question about different situation or environment in physical education classes, but I hope I can contribute a piece of the puzzle to further the understanding of physical education students. This thesis might be valuable in the debate about the role of school physical education as an arena for health, fitness and psychology. The approach in this thesis has been interdisciplinary, from the angles of physical fitness and psychology. In short, this thesis is a mix of many topics. The focus has been on the aspects and consequences of physical activity for health among young people.

The thesis is presented in five separate chapters. The chapter-I deals with introduction. Review of related literatures is reviewed in chapter-II. Methods, materials and processes of data collection are incorporated in chapter-III. Results are presented in chapter-IV with an elaborate discussion on findings and relevant information. Summary, specific conclusions and recommendations are presented in chapter-V. At the end bibliography is given which will really be useful for any young investigator for further research.

However, during the performance of the studies and the analysis of the results, many opportunities have emerged to think about the physical fitness and psychological discussion, but space does not permit extensive exposition and this must be left for another essay.