

Abstract

Title: Evaluation of health related physical fitness of elementary school students in Libya.

Aims: Evaluating the elements of physical fitness related to health of students of elementary education of Libya, and comparing their level with students of other countries according to the availability of data.

Methods: Statistical survey and comparative analysis.

Results: The researcher used a set of fitness tests related to health using the presently implemented physical fitness test battery to get results to present the realistic outcomes to officials who take care of physical activity, which is one of the bases of health as we know.

This research identifies the current health-related fitness levels of students in (Aljmeel, Regthaleen, Zwara) school district and suggests cultural differences that may influence that fitness status, and discussed four the evaluating of elements of physical fitness related health, cardiorespiratory endurance, muscular strength, flexibility and body composition which measured by 1 mile run, sit up test, sit and reach and skinfold caliper. The study showed that the mean and std were: height, weight, cardiorespiratory, muscular strength, flexibility and skinfold are (141.832 ± 9.405), (42.398 ± 10.592), (10.957 ± 1.579), (20.045 ± 11.690), (13.865 ± 6.024), skinfold is (17.546 ± 9.973) respectively. Also, there was significant differences relate to the factor city and how it affected muscular strength ($p \leq 0.05$), (0.009) for which the mean value was (17.77 ± 10.006) and how it affected skinfold ($p \leq 0.05$) for which the mean value was (0.05), (16.12 ± 8.568) in favor to Zwara district. On the other hand there were no significant differences by the other factors on the other elements.

Also, it noticed that is a completely different between Libyan students and their counterpart from US in components of health related physical fitness in favor to US, that refer to the differences between developed country and less developed country

Keywords: Fitness, Physical fitness related health, body composition, flexibility, muscular strength and endurance, health, field testing