

# Effect of school curriculum on fat percentage of students

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## ■ ABSTRACT

The purpose of the study was to find out the effect of school curriculum on fat percentage between school going students. To attain this aim, a total of 100 students (50 each from CBSE and State Board) with  $15 \pm 2$  years of age and were randomly selected from the four schools at Kottayam, Kerala. The data collected from the participants was analyzed by employing independent t-test. The results of the study showed that students studying in CBSE Schools have high level fat percentage in comparison to students studying in State Board Schools. By revealing the importance of the educational settings, this study clarifies the effect of school curriculum to gain a fat per cent among school students. However, the error associated with level of body fat is not negligible and requires further investigation.

■ **Key Words** : Obesity, Fat percentage, School children, State Board, C.B.S.E. Board

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