

Comparative study of minimal muscular fitness among rural and urban students of Kashmir

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■ ABSTRACT

The objective of the present study was to compare the minimal muscular fitness between rural and urban students in the age group of 13-17 years. The study was carried out on 500 students of both the sexes in which 250 were rural (125 boys + 125 girls) and 250 were urban (125 boys + 125 girls). The study used a physical activity survey to measure the minimal muscular fitness by administering the six item Kraus-Weber Exercise Test. The data collected were analyzed and compared by using the statistical procedures. The results showed that there was a significant difference ($p < 0.05$) between rural and urban students. The study further revealed more number of fitness failures when compared to last such studies in India especially the girl subjects. The study concluded that an immediate and concerted effort be made by all the parents and school administrators to improve the physical fitness of students in general and muscular fitness in particular.

■ **Key Words** : Kraus-weber tests, Muscular fitness, Flexibility, Rural, Urban students

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