

Assessment of nutritional status and physical fitness among college going girls

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■ **ABSTRACT** : In college going girls due to lack of exercise or physical activity a major problem of obesity is found. Physical fitness is only achieved by correct nutrition, regular exercise and proper nutrition knowledge. Hence, the aim of present study was to assess the nutritional status and physical fitness among the college going girls. The sample comprised of 100 college going girls selected on the basis of stratified convenient sampling and divide into three groups; Home Science, Non-Home Science and Sports Group. Anthropometric measurements like height, weight and body mass index (BMI) was used as a general tool to assess the nutritional status. National Physical Efficiency Battery B test was used to assess the physical fitness among the groups. The result revealed that the BMI of the three groups was normal that ranged into 19.66 - 20.13. Majority of the students of sports belonged to fit and good fitness category whereas 50 per cent students of Home Science and Non-Home Science belonged to average fitness category. The study concluded that proper nutrition and regular exercises have a greater impact on the physical fitness level.

■ **KEY WORDS** : Physical fitness, Body Mass Index, Nutritional assessment

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College students are exposed to a variety of new experiences and potential lifestyle changes that may influence their health and risk of obesity, including changes in eating habits, living environment and daily lack of physical activity (Huang *et al.*, 2003). For maintaining weight and to be physically fit, proper exercise, proper nutrition and proper nutrition knowledge play an important role in one's life. Fitness is being able to handle the daily stress of life and is a symbol of good physical or mental health. Physical fitness is only achieved by correct nutrition, regular exercise and proper nutrition knowledge (Chuhan, 1999). Proper intake of nutrients and well balanced diet give nourishment to the body and help to maintain long term physical fitness and proper health. Hence, the present study was conducted to assess the nutritional status and physical fitness among college going girls. The present study was conducted with the following objectives in mind :

– To assess the nutritional status of college going girls.

– To assess the physical fitness of college going girls.

■ RESEARCH METHODS

Sample selection:

The study was carried out at Department of Home Science, University of Banasthali. 100 college going girls were selected on the basis of stratified convenient sampling. Three groups were made: Home science group, Non-Home science group and Sports group.

Tools and techniques:

Anthropometric measurements for assessing nutritional assessment:

The height was measured with stadiometer. For the measurement of body weight, beam or lever actuated scales with an accuracy of 50- 100 g was used. Weights of the sample were taken under basal conditions with minimum clothing and without shoes. The body mass index (BMI) of the subjects was calculated by using the Quetelets Body Mass Index