

Nutritional status and physical fitness among school 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