Co- Relation between Physical Fitness Index (PFI) and Body Mass Index in Asymptomatic College Girls

Short Communication

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Co- Relation between Physical Fitness Index (PFI) and Body Mass Index in Asymptomatic College Girls

Akre, Ambarish & Bhimani, Neha	
Article Authorship & Affiliation Details	Abstract
Communication Date: May, 22, 2015	Genetic variations, body built and
Acceptance Date: July. 05, 2015	physical activity determine the overall
DOI: 10.18376//2015/v11i2/67712	fitness levels of an individual. Physical
Akre, Ambarish, Associate Professor, Deccan Education	inactivity and hence obesity are major
society's Brijlal Jindal College of Physiotherapy,	risk factors for ill health. Objectives: - 1:
Fergusson College Campus, Pune, Maharashtra	To assess the physical fitness index in
State, India - 411 004, TeleFax: (91)(020) 30866106	asymptomatic girls. 2. To assess the
; Web: <u>www.despune.org</u> . E-mail:	body mass index in aymptomatic
physioambarishakre1412@gmail.com	girls.3.To correlate the physical fitness
Bhimani, Neha Final year B.P.Th. Student, Deccan	index and body mass index in
Education society's Brijlal Jindal College of	asymptomatic girls. Materials and
Physiotherapy, Pune, Maharashtra State, India.	methods: This was a cross sectional
	study done amongst asymptomatic girls
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Professor, Deccan Education society's Brijlal	Jindal college of physiotherapy, Pune,
Jindal College of Physiotherapy, Fergusson	India between August 2014 to March
College Campus, Pune, Maharashtra State, India -	2015. A total 34 female students were
411 004,TeleFax: (91)(020) 30866106; Web:	selected by convenient sampling. The
<u>www.despune.org</u> . E-mail:	Body mass index was calculated after
<u>physioambarishakre1412@gmail.com</u>	measuring each subjects body weight
	and height. The physical fitness index
Key Words: Physical fitness index, Body mass index,	was calculated by using the Harvard step
Harvard step test.	test and measuring the heart rate thrice
	during the step test. Results &
To cite this article: Akre, Ambarish & Bhimani, Neha.	Conclusion: Spearman's correlation test
Co- Relation between Physical Fitness Index (PFI)	was used to correlate the fitness index
and Body Mass Index in Asymptomatic College	and body mass index. The study showed
Girls [online]. <u>Journal of Exercise Science and</u>	that there was a negative correlation
<u>Physiotherapy</u> , Vol. 11, No. 2, June 2015: 129-133.	between the physical fitness index and
	body mass index.

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