

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

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Abstract

Genetic variations, body built and physical activity determine the overall fitness levels of an individual. Physical inactivity and hence obesity are major risk factors for ill health. **Objectives:** - 1: To assess the physical fitness index in asymptomatic girls. 2. To assess the body mass index in asymptomatic girls. 3. To correlate the physical fitness index and body mass index in asymptomatic girls. **Materials and methods:** This was a cross sectional study done amongst asymptomatic girls at Deccan Education society's Brijlal Jindal college of physiotherapy, Pune, India between August 2014 to March 2015. A total 34 female students were selected by convenient sampling. The Body mass index was calculated after measuring each subjects body weight and height. The physical fitness index was calculated by using the Harvard step test and measuring the heart rate thrice during the step test. **Results & Conclusion:** Spearman's correlation test was used to correlate the fitness index and body mass index. The study showed that there was a negative correlation between the physical fitness index and body mass index.