

Musculoskeletal Fitness among College Students of Adesh University- An Observational Study

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Abstract

Aim: To study musculoskeletal fitness among college students of adesh university. **Method:** The present study was conducted at college level students of adesh university, Bathinda (Punjab). A sample of 200 college students both female and male was selected through random sampling. **Results:** It is found that subjects have more flexibility in spine and hip joint muscles as compared to shoulder girdle and upper arm muscles. Subjects have fair upper body strength and poor abdominal strength and endurance. **Conclusion:** The result of this study revealed that student has significant difference in the musculoskeletal fitness levels among the age group of 16-27 years. It is concluded that 62% students have shoulder girdle and upper arm muscles flexibility, 82% have spine and hip joint muscles flexibility, 42% students have below average upper body strength and 85% have below average abdominal strength and endurance.

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Introduction

“Physical fitness is a primary creed of health.” According to WHO (1946), health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (Mayorga et al. 2012). Physical fitness is defined as our capability to carry out day- to- day activities without excessive exhaustion. Commonly it is carried out through proper nourishment and vigorous physical exercise (Rajalaxmi et al. 2017). Individual are physically fit when both the ordinary and the unusual demands of the day-to-day life can be met by them carefully and successfully without being excessive exhausted and still energy have been left by them for recreation and frolic activities (Hoeger and Hoeger 2009). For physical fitness number of measurable component is doing contribution. The most commonly cited element fall into two groups: one is related to health and other is related to skills (Caspersen et al.1995). Component of fitness that related to health comes under the health-related fitness (Huotari et al. 2009). Health related fitness’s components are cardiovascular endurance, muscular strength and endurance, muscular flexibility, and body composition (Hoeger and Hoeger 2009). In motor skills, fitness is vital in action such as basketball, racquetball, golf, hiking, soccer, and water skiing (Hoeger and Hoeger 2009). The skill-related fitness refer to “current ability to perform activities requiring the involvement of agility, balance, coordination, power, reaction time, and speed (Kotwica and Majcher 2012). Important component