

Leisure-time physical activity and physical fitness of male adolescents in Oman

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Abstrak

This study investigated the relationship between leisure-time physical activity and physical fitness (cardiovascular fitness, body fat percentage, flexibility, muscle strength, and endurance) of 10th-grade male students in Oman. Data were collected from 330 students. All participants completed a descriptive questionnaire, a 1 mile walk/run test; a skinfold analysis of the chest, abdomen, and thigh; a sit and reach test; a hand grip test; and a 1-minute sit-up test. Students spent an average of 19.20 \pm 6.77 hours on sedentary activities, 3.46 \pm 2.11 hours on sports activities, and 11.22 \pm 9.24 hours working per week. The students had an average body fat percentage of 6.38% \pm 4.67%, muscle strength 38.04 \pm 7.55 kg, flexibility 38.01 \pm 7.41 cm, abdominal muscle endurance 38.85 \pm 8.15 times/min, and cardiovascular endurance 8.10 \pm 1.65 minutes.