

Analysis of the Health-Related Fitness Status of Lecturers and Students of Kenyatta University, Kenya (2004)

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Abstract

Physical fitness refers to an individual's ability to perform daily tasks without undue fatigue and having ample energy to meet unforeseen emergencies and enjoy leisure time pursuits. Health related fitness variables include cardio-respiratory endurance, percent body fat, low back flexibility, upper body strength endurance and abdominal muscular endurance. These variables have their foundation in prevention and remediation of hypokinetic ailments. Sedentary lifestyle is the cause of low levels of fitness which in turn subjects victims to hypokinetic diseases. This study therefore, compared health-related fitness measures of Kenyatta University's 22 lecturers and 30 students at the university's Fitness Centre. Appropriate field tests were used to measure the subjects' fitness levels.

The t-test showed significant differences between lectures' and students' mean abdominal muscular endurance and cardio respiratory endurance: students' fitness on these variables was higher. There were no significant difference I their low back flexibility upper body strength endurance and percent body fat. The need for enhancing lecturer's abdominal muscular endurance and cardio respiratory endurance was emphasized.

Key words: Fitness, Health, Hypokinetic