Prevalence of Obesity and Overweight among Female Students of Shiraz University of Medical Sciences and Its Association with Physical Fitness Factors

Abdossaleh Zar1*, Parvaneh karan-khosravi2, Amin Ahmadi-Mohammad 3

1. Associate Professor of Sport Science, Department of Sport Science, School of Literature and Humanities, Jahrom University, Jahrom, Iran
2. Master of Physical Education and Sport Science, School of Humanities, Marvdasht Branch, Islamic Azad University, Marvdasht, Iran
3. Master of Exercise Physiology, School of Sport Science, Shahid Chamran University of Ahvaz, Ahvaz, Iran

*Corresponding Author: Dr. Abdossaleh Zar, Department of Sport Science, Jahrom University, Jahrom, Iran
Email: as.zar@jahrom.ac.ir

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Abstract

Background and Objectives: Today, obesity is one of the main problems so that its prevalence is on the rise in developing and developed countries and reported that obesity and overweight has negative effect on physical fitness. The purpose of this study was to investigate of prevalence of obesity and overweight among female students of Shiraz University of Medical Sciences and its association with physical fitness factors.

Material and Methods: The study sample consisted of 220 girl students of Shiraz University of Medical Sciences, which is calculated through Morgan table. Research variables included AAHPERD physical fitness component (sit-ups test, pull-ups test and sit and reach test, 45 meters run, 9×4 m agility run and 540 m run), body fat percent, waist to hip ratio (WHR) and body mass index (BMI) were also calculated to assess of body composition. One way ANOVA and Pearson correlation tests were used for statistical analysis.

Results: Result showed that the results showed that 65 (29.6%) of girls have abdominal obesity. While the 15 (6.8%) of girl’s students, low weight and 159 (72.7%) were normal weight, 38 (17.3%) were overweight and 8 (3.6%) were general obese. And also there was a relationship between running speed, agility, shoulder muscles endurance, abdominal muscle endurance and cardiovascular endurance with BMI (P<0.05) but there was no significant relationship between BMI and flexibility.

Conclusion: Based on our findings we can say that an inverse relationship between obesity and overweight with physical fitness Factors so that physical condition of obese and overweight girls, are weaker than normal people.

Keywords: Physical fitness, Obesity, Overweight, Girl’s students