

**COMPARATIVE HEALTH-RELATED PHYSICAL FITNESS
LEVELS FOR BOYS AND GIRLS AGES 6,7,8 AND 9 YEARS
FROM
EGYPT AND THE UNITED STATES OF AMERICA**

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OBJECTIVES OF THE STUDY:

The objectives of the study are as follows:

To determine the Health- Related fitness Levels of Eritian Children aged 6,7,8, and 9.

To Compare Health- Related fitness Levels of Egyptian and American Boys and Girls aged 6,7,8 and 9.

Methodology:

Subjects are randomly selected 1030 students of both sex are divided into 4 categories according to degree of pollution of the area. Group one included 321 pupils from Helwan, the most

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polluted area). Group 2 included 114 pupils from Cairo (a less Polluted area). Group 3 from Giza included 365 pupils (a less polluted area than Cairo). The last group Included 230 Pupils out of Cairo (The Least polluted areas Giza, and Villages from fayyoun).

Discussion

Tables (1-5) show the actual scores which the Egyptian sample achieved in the four categories groups under investigation. Scores were closer to the level of health-related physical fitness. Both boys and girls could achieve the required score in- the first test (on mile walk/run). As for the second test (Percent fat) most of the subjects reached the required score, which is form 10 to 25 MM. For boys, and 17-32 MM. For girls.

As for the third test (trunk-lift) subjects got higher scores than those provided by the Fitness gram. The Giza, at the age of 6,7 and 8 also scored lower than the scores in the Fitnessram.

Researches might argue that such increase of percent fats might be referred to malnutrition of children in Egypt. It could also be referred to parents unawareness of the required calories for students at this particular age, namely 6 -9 years.

The activities which children practice increase their flexibility, which makes them much more flexible in comparison to the American group.

Researchers attribute such increase to the fact that children in Egyptian environment practice certain activities that require strength of both arms and shoulders, such as climbing and carrying luggage, as well as other things. Such activities provide them with the strength required for performing this exercise and make them excel over the American sample.