

STUDY OF NORMAL VALUES OF PHYSICAL FITNESS PARAMETERS AMONG EGYPTIAN NEW RECRUITS

THESIS

Submitted for the Fulfilment of
M. Sc. Master Degree
in Public Health

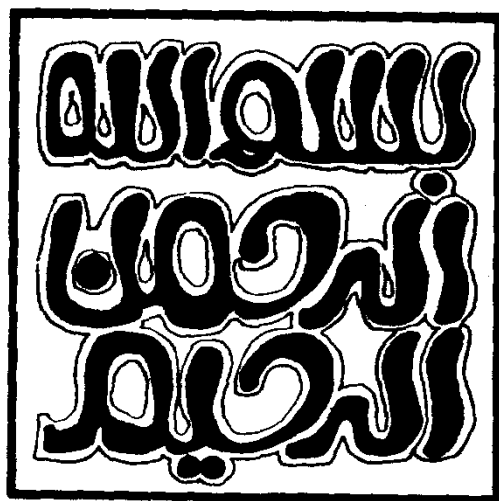
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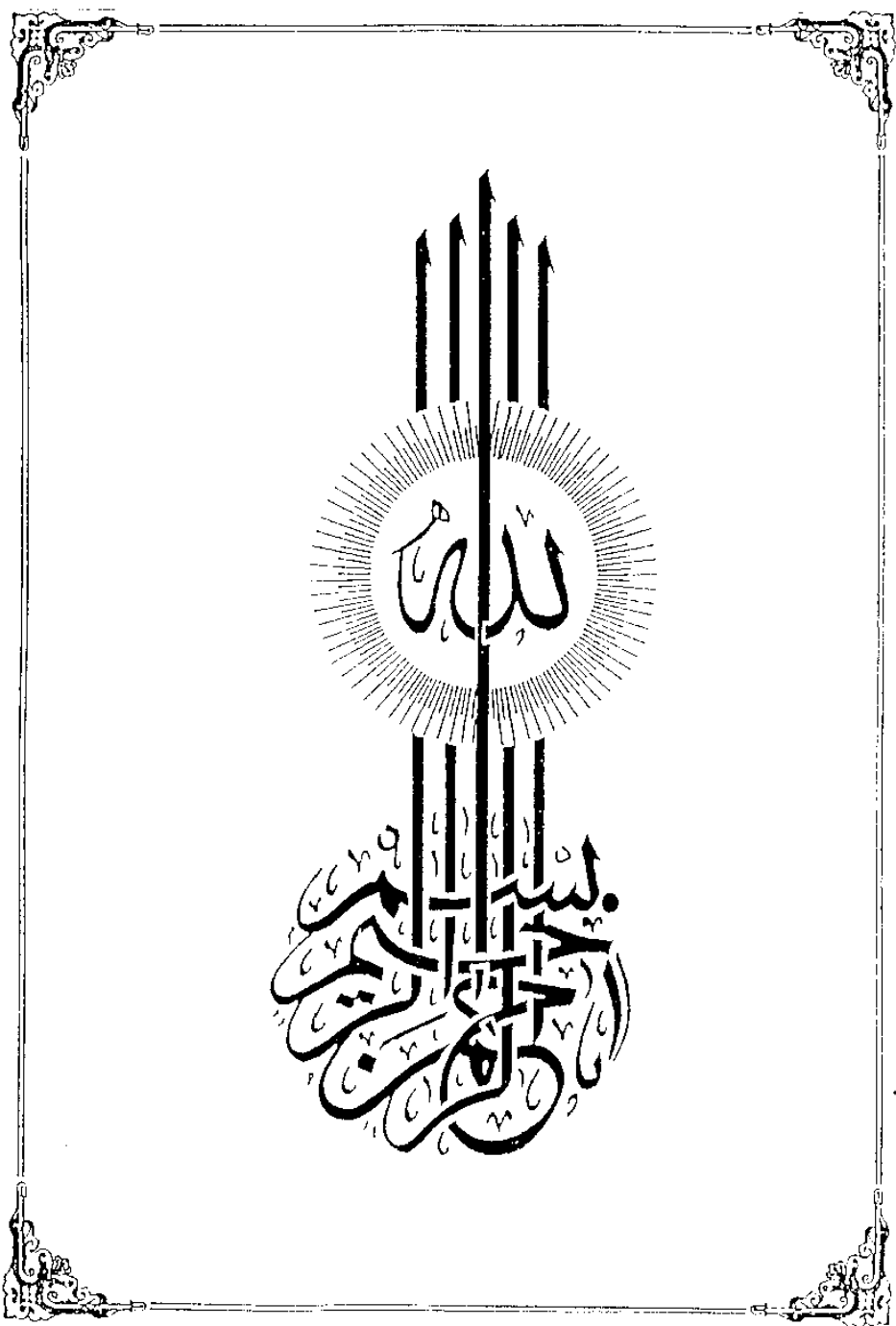
HUSSEIN MOHAMED SULTAN

M. B., B. Ch.

Faculty of Medicine
Ain Shams University

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SUPERVISED BY

Prof. Dr. Aly Massoud
*Chairman and Professor, Department of
Community, Enviromental and Occupational
Medicine, Ain Shams University.*

Major General Dr. Mohamed R. El Gebaly
Ex-Director of Army Medical Services.

Dr. Hosny Abd El-Rahman
*Assit. Prof. of Department of Community,
Enviromental and Industrial Medicine,
El Zagazig University.*

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AIM OF THE WORK

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The Study was designed to determine:

1. The normal values of physical fitness parameters among a sample of young healthy males.
 2. Whether there is any correlation between some anthropometric measurements and pulmonary function tests.
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INTRODUCTION

INTRODUCTION

Physical fitness is important for both athletes and sedentary people; because high degree of health is associated with high levels of physical fitness. Each sport activity places a different set of physiological demands on the human organism.

The demand of energy by individual muscles and certain body parts, as well as the total energy demands for the entire body, are subject to great variation. Different systems and different body parts are challenged in vastly different ways.

Therefore, there is no single state of general fitness that would provide an individual with the potential for championship performance in a number of sports. The particular physiological tests selected for routine examination of sportmen will depend upon the facilities available and the specific requirements of the athlete.

The aim of this work is to estimate the normal basal data for some physical fitness parameters namely:

1. Pulse rate at rest, exercise and recovery period.
2. Measurement of lung functions.
3. Anthropometric measurements of different body parts.

These normal values can be used as standards and can also serve as a base line for comparison of any group of individuals of the same age.