

**A Comparism in Physical Fitness Status of Male and
Female Age 14-19 Years in Secondary Schools in
Yola South Local Government Area, Adamawa State**



BY

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DUS/PED/2014/0172**

**A Project Submitted to the Department of Physical
Education School of Science, In Partial Fulfillment
of the Requirement for the Award of Bachelor of
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TITLE PAGE

A COMPARISM IN PHYSICAL FITNESS STATUS OF MALE AND FEMALE AGE 14 -
19 YEARS IN SECONDARY SCHOOLS IN YOLA SOUTH LOCAL GOVERNMENT
AREA, ADAMAWA STATE.

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A PROJECT SUBMITTED TO THE DEPARTMENT OF PHYSICAL EDUCATION
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THE AWARD OF BACHELOR OF EDUCATION (B. Sc. Ed), PHYSICAL EDUCATION.
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APPROVAL PAGE

THIS PROJECT ENTITLED (A Comparism in Physical Fitness Status of Male and Female Age 14 – 19 Years in Secondary Schools in Yola South Local Government Area,).BY KALBAN HARISON,DUS/PED/2014/0172 MEETS THE REQUIREMENTS GOVERNING THE AWARD OF DEGREE IN EDUCATION(B. Sc. Ed) OF UNIVERSITY OF MAIDUGURI
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DEDICATION

This project is dedicated to the entire Kalban Family, the work is also dedicated to my Sister and finally to Mr. Godfrey Bakodo.

ACKNOWLEDGEMENT

I am grateful to the Almighty God for his grace and Mercy toward me in all my life endeavors.

My sincere thanks and wishes of Almighty God blessing, goes to my humble sincere and dedicated supervisor Mr. Salihu Umar Mohammed who inspire of his tight schedules, devoted much time to me and see to it that this project work is completed.

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ABSTRACT

The purpose of the was to determined and compare the physical fitness status of male and female students age 14- 19 years in some selected secondary in Yola South Local Government area. Adamawa state, total number of 80 subjects 40 male and 40 females were used for the experiment. Two of the schools have 25 subjects each and one of the schools have 30 subject. The subjects were randomly selected, physical fitness batteries were administered on five items test. These items were pull-up, shuttle run, standing broad jump, sit-up, 600m run walk. The five deferent items used to measure a specifies physical fitness component namely. Strength, enduarance, speed, agility and flexibility in male and female students. The data are analysed and compare with the help of statistical procedure in which arithematic mean, standard deviation S.D, standarde errow of mean (SEM) t-test were employed. Male subject were found to be superior in strength, enduarance, and speed. Female subject on the other hand were found to be heavier and superior in task like flexibility and agility.

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CHAPTER ONE

INTRODUCTION

1.1 Background of the study.

One of the cardinal objectives of physical education programme is to produce physically fit young boys and girls that will participate fully in developing the nation. In line with the above therefore, the major concern of the Government should be the total fitness of the Nigerian citizens. (AAPHER 1960) approve the following definitions of physical fitness that state which characterises the degree at which the person is able to function. In other word fitness represent the capacity to most vigorously and effectively with none's own resources. From the above statement ,one can conclude that physical fitness of boys and girls should be develop because ,it develop physical growth ,it aid in the achievement of major performance, it is essential to the well being and safety of boys and girls ,it help in the development or normal body function.

Therefore, the researcher undertook this study to establish the state of physical fitness for secondary school boys and girls in Yola south local Government area Adamawa State .

In the past, as people live in small communities they do engage the youth in different kind of physical training or activity so as to acquire skill and conduct which the needed to prepare them obtain food, Clothing and shelter and protection against enemies.

Concept physical fitness is as old as human kind. Throughout history of mankind physical fitness has been considered an essential element for everyday life.

The ancient people were mainly dependent upon their individual strength, vigour and vitality for physical survival. This involved mastery of some skills like strength, speed, endurance, agility to running, jumping clamping and other skills employed in hunting for their living. Over the past four decades there has been an increase in the prevalence of overweight across all genders, age and racial/ethnic group.(Ichinohe etal 2004),the negative effect of decraded physical fitness on both the individual and the society are serious and multi-dimensional. It can cause many risk factors in health including coronary disease (heart) certain form of cancer, diabetes, hypertension, stroke, goil bladder diseases, osteoarthritis, respiratory problems gout and is associated with increase in all causes of mortality (cataldo 1999).

In adult, relationship among physical activity, health related fitness and health are fairly well establish,(Bouchered and shepherd 1994).Law levels of physical activity and cardio-respiratory fitness are both associated with higher risk of all cause and diseases specific mortality.(Thune etal 19980) physical fitness is the ability daily activity willingly

and activity Physical fitness which include not only component of sport both those of health as well. Regular physical activity prevent or limit weight gain and gain in body mass index (BMI) (Kyle et al 2001).

Everybody has a different level of physical fitness which may change with time, place of work, situation and there is also an interaction between the daily activities and the fitness of an individual. The point is where to put the level of optimum fitness. From the physiological point of view physical fitness may say to be ability of the body to adopt and recover from strenuous energy.

School has the potential to improve the health of young people by providing instruction in physical education that promote enjoyable lifelong physical activity.

Disease and health problem resulting from an inactive life style have their origin early in life .This is when an active lifestyle should be established. Fitness begins at birth and should continue throughout a person life. Physical activities and fitness behaviour should be normal and necessary part of every one's life .Fitness improve general health and it is essential for full vigorons living .The physical fit child fits more alert and eger to do things. A weak child is a weak brick in the country.

Hence physical fitness of school students in a major factor to be considered. So school physical education programmers should include multi-furious activity appropriate to each age group. The complex nature of physical fitness can be understood in term of it component such as cardio-vascular endurance, strength, flexibility and muscular endurance. In addition to these component of physical fitness has two dimensions viz health related fitness and major fitness. (Dinneci etal 1994 malina etal 1995).Physical fitness is a highly complex phenomena, in the literature various, definition of physical fitness is given. According to the president's council on physical fitness an sport (1971), physical fitness is the ability to carry out daily tasks vague and alertness without undue fatigue and with ample energy to engage in leisure time pursuits and to meet unforeseen emergencies.

Physical fitness can be thought of as an integrated measure of most, if not all the body functions, hemotoma, circulatory, psycho-neurologicalandendocrine metabolic involved in the performance of daily physical activity and or physical exercise.

Hence when physical fitness is tested, the functional status of all these system is actually been checked'. This is the reason why physical fitness nowadays considered

one of the most important health marker, as well as a predictor of mortality and morbidity for cardio-vascular diseases(CVD)and for all cause .Physical fitness is in part of genetically

determined, but it can be greatly influenced by environmental factor. Physical exercise is one of the main determinants.

From the above statement one can conclude that physical fitness of boys and girls should be develop.

Therefore, the researched under take the study to compare the physical fitness status of boys and girls in secondary school in Yola South Local Government Area Adamawa State.

1.2 Statement of the problem.

It has been observed that the performance of secondary school youth in the local Government understudy within 14-19 years sporting activities is poor compare to the other schools in the neighboring Local Government Areas. This study was therefore, designed find out the physical fitness status of male and female of age 14-19 in post primary school in Yola south local Government areas, performance could be enhance in future.

1.3 Purpose /objectives of the study.

The main purpose study is to investigate the physical fitness status of male and female age 14 – 19 years in some selected secondary school in Yola South Local Government area Adamawa State. The specific objective of the study are to examine the physical fitness status of male and female age 14-19 years in some selected secondary schools in yola south local Government area.

- i. To measure the physical fitness level of male students
- ii. To measure the physical fitness level of female students
- iii. To find out the method of developing physical fitness qualities

1.4 Research question

- i. What is the status of fitness in daily life of male and female students?
- ii. What is the physical fitness level of male students?
- iii. What are the method of developing physical fitness qualities?
- iv. What is the physical fitness level female students?
- v. Is there any significant difference between the physical fitness status of male and female?

1.5 Hypothesis

In undertaking this study the following hypothesis are advanced Attitude of Government toward physical education lead to the low level of fitness of the student Negative attitude of students themselves toward physical education lead greatly to the low level of fitness.

1.6 Significance of the study

A study of this kind will be useful in many ways. The finding of this study will be useful. To the teachers, this finding will help to develop staff members both physical psychological

and socially especially when it come to individual partaking in the activity of their choices, example recreation.

It also enables academic and non academic staff to discipline themselves on physical activity for the avoidances of illness such as diabetes, hypertension and overweight.

To the students, it will sensitise the students on the importances of physical activities in their lives. This will enable them to avail themselves the opportunities physical activities offer which will help in development of physical fitness in students of secondary schools in Yola South Local Government Area, Adamawa state.

To the Government, the findings will create grade awareness that the perception of staff and students of secondary schools toward physical activities is highly recommendable because of the value; importance's derived from participating in it. This will consequently help in the development of physical fitness activities in most of the secondary schools in Yola South Local Government area, Adamawa State.

To the coaches, with such educational background and professional training ,sport coordinators of various schools will be able to administer and manage sports facilities and equipment efficiently for physical fitness development because of it acceptability. The findings of such kind will gear up the Government, coaches sport coordinators physical education teachers and students to abreast physical activity and sports in general and be able to find possible solution to some of the problems affecting the sector and possible ways of solving them.

Finally by knowing the physical fitness status of the youth of this categories. It will help in measuring the progress of the student in terms of physical development.

1.7 Delimitation

The research was confined to physical fitness status of male and female youth of age 14_19 years in post primary school in Yola south local Government Area of Adamawa state. The students will be on free defereny items of physical fitness test batteries. These include: -

- pull up
- sit up
- standing broad jump
- press up
- 600 yard run walk

1.8 Limitation

A research of this nature requires adequate time for the gathering of relevant data. However, the time of this research is highly limited due to other engagement. Another major that has cause limitation to this project walk is lack of adequate financial resources. This is because the researcher is financially hand capped.

1.9 Defination of Terms

Endurance: Ability to sustain repeated vigorous exercise and resist fatigue.

Strength: capacity of a number to exert a force against a resistance.

Test: Specific techniques tool or method used to collect information required for quantities assessment.

Physical Fitness: An individual capacity to sustain vigorous physical activity without undue fatigue at the end.

Flexibility: The range of movement of a specific joint and its corresponding muscles group.

Youth: Young man and woman who are not married.

Fitness: The state of strong.

Nelson's classification index, were established probably, this test has been more widely used in school than any other physical education test.

In 1978, the president council on Youth fitness test consisting of pull-ups, sit-ups and squats thrust. These early to administer test has been used in and in recreation and scouting program

2.1 Definition of Physical Fitness.

The concept of physical fitness is as old as human kind. Throughout the history of ancient people were mainly dependent upon their individual strength, vigor and vitality for physical survival. This involved mastery of some skills like strength, speed, endurance, agility for running, jumping, climbing, and other skills employed in hunting for the living.

Over the past four decade, there has been an increase in the prevalence of overweight and physical fitness deterioration in adult across all genders, ages and racial ethnic groups. (Lchinohe et-al 2004) .

The negative effect of degraded physical fitness on both the individual and society are serious and multi dementional. It can cause many risk factors of health including coronary heart disease, certain form of cancer, diabetes hypertension, stroke, gall bladder disease respiratory problem and gout and associated with increase in all cause mortality (Catoldo 1999).

In adult, relationship among physical activity, health related fitness, and health are fairly well establish (Bouchered and stepherd1994).

Low level of physical activity and cardio respiratory fitness are both associated with higher risk of all cause and disease specific mortality (thune ct-al 1998).

Physical fitness is the ability to do daily activity willingly and activity .Physical fitness includes not only component of sport but those of health as well. Regular physical activity prevents or limits weight gain, and gain in body mass index. (BMI)(Kyle et-al 2000)

(Aisida 1980) stated that physical fitness is the ability to do normal daily work with vigour and alertness without undue fatigue and with ample energy left over to enjoy leisure time and activities and to meet unforeseen emergencies (Edward 1983) went on to explain that physical fitness is influenced by many factors such as heredity that is the form and body structure, nutrition good health habits such as sleep, rest, relaxation etc emotional spiritual and is specific preparation for games.

(Edward 1988) stated that physical fitness implies ability such as that of resisting fatigue, performing with an acceptable degree of motor ability and being able to adopt to muscular stress.

(Sohur 1980) Define physical fitness as that aspect that involves the development of the physical quantities needed to enable the individual to function efficiently and effectively.

From the above review of different writers, (there is the significant important) physical fitness play a very important role in the life of an individual. Physical fitness improve muscular and cardio respiratory endurance, health wise and enjoying full life. It brings resistance to body weight and diseases as stated by (Cataldo 1999).

From the above the researcher has agreed that physical fitness is important because;

1. It radiates health and self confident.
2. It increases the capacity to enjoy friends and activities.
3. It enable and individual to perform his daily work without undue fatigue.

2.2 Component of Physical Fitness.

The term component of physical fitness refers to the sensible organic ingredients of physical fitness. Before one is said to be physically fit, such a person must possess those ingredients from the foregoing, component has been viewed by different people.

(Devirice 1980) enumerated the component of physical fitness as strength, speed, power, agility, endurance. Coordination, balance, flexibility and body control.

(Chado 1990) stated that there has been approved health related physical fitness component world wide.

These component includes:

Cardio respiratory endurance, Joint flexibility, Muscular strength, Local muscular endurance and An appropriate body fat percentage.,

(Bucher 1979) enumerate the component of physical fitness as resistance to disease and muscular strength,, speed, agility, balance, muscular endurance, power, and accuracy.

(Crowe 1981) enumerate the component of physical fitness as strength, muscular endurance, flexibility, and cardio vascular endurance. (Crowe 1981) also gave two different areas of physical fitness and motor fitness aspect.

From the foregoing a good number of people have given their own list of physical fitness component as strength, agility, flexibility, power, and cardio vascular endurance as component of physical fitness. Other authors added such list of element as coordination, speed, accuracy, as an addition to the above.

Hence, all the authorities refers to the same meaning since the component are categories in to two as health related and performance related component which deals with maintaining of good health and physical work respectively.

From the above different authors view one can deduced that the component of physical fitness are as follows; Coordination, speed, agility, balance, resistance to disease, cardio respiratory endurance, power.

2.3. Developing Evolving Physical Fitness

(Aisida 1986) Stated that to achieve proper and good physical fitness you must have; Muscular strength, Good flexibility, Dedication to your daily exercise, Good diet programme Sound and adequate sleeping habit.

(Tanko 1988) Stated that student will develop physical fitness by;

Starting from the simple to the more difficult drills.

Engaging in drills which include bending stretching, twisting and forming shape.

Engaging in exercise that involved the whole body.

Engaging more exercise to help the abdominal muscular to be strong .This help to control fitness Engaging in drills of various positions such as standing, lying, kneeling.

(Schurr 1980) started that assessment of physical fitness is very important at the beginning of any school year so that the teacher knows in what area their classes are weak, therefore can plan the programme in order to best correct the weakness.

From above point there are diafferent ways in developing physical fitness. The researcher only believe that when the total body is stimulated through regular vigorous physical activity it help to improve the strength and function of the heart, lungs, and muscles. However, Nigorious contrives and rhythmic activity such as walking, jogging, running etc. Can be exceled for the development of physical fitness.

2.4 Importance of Physical Fitness

Physical fitness of an individual is very important and necessary if one want to function well in the environment in which he /she lives. For this reason (Eyelyn 1980) mentioned that assessment of physical fitness is very important at the beginning of any school year so that teacher's know in what area their classes are weak and therefore can the programme in order to best correct weakness.

In mis suggestion (Herbet 1980) also made it known that a physically fit person has the following -

- i. Cardio vascular fitness.
- ii. Respiration fitness.
- iii. Neur muscular relaxation.
- iv. Flexibility.

The value of the first four elements is probably self evident. The last (flexibility)become more important as againg proceeds, become connective tissues tend to loss there elasticity

with age and this in turn seems to be related to many of the aches and pain of old age. Physical fitness for effective living has many interdependent components involving intellectual and emotional as well as physical factors. These differ in relative importance from one period of life to another depending on varying individual's roles and responsibilities.

But in every part of life each of these factors is important.

Physical fitness rests first of all upon a solid foundation of good health. Be it in the home, on the farm, in the office, in factory or in military service. Physical fitness or effective living implies freedom from diseases, enough strength, agility, endurance and skill to meet the demand of daily living. It also implies sufficient reserves to withstand ordinary stresses without causing harmful strain and mental development.

(Wynn et al 1970) explain that physical fitness permits a person to enjoy life to the fullest. In addition to the days ordinary work requirements one should still have enough vitality to enjoy vocational interest and meet challenges that may interrupt daily routine. In emergencies of various types, sudden and usually physical demands may be laid upon individual and group. The possession of physical fitness may enable the individual or group to survive, whereas the lack of physical fitness may spell catastrophe.

(Robert 1978). Also noted that the physically active person shows better adaptability to stress, less neuromuscular tension and less fatigability. Active individuals age letter do not tend toward absolute and relative overweight, have lower blood pressure and stronger more flexibility and have greater breathing capacity and lower pulse rate.

2.5 Selected Studies on Physical Fitness

(Julian et al 1971) said that the need for increased attention to the physical fitness of our youth is clearly established. Although today young people are fundamentally healthier than the youth of previous generations; the majority have not developed strong agile bodies. The softening process of our civilization continues to carry on its persistent erosion.

(Ashingye 1986) concluded that there was room for improvement and that more than 60 percent of the subjects tested scored below the arithmetical means in almost all the components.

(Isah 1988) who conducted a study on the physical fitness status of male and female junior secondary school in Misau local government area of Bauchi state found out that majority of the school students whose ages were 14-19 years had performed better than the below and above.

(Mathew T. 1978) stated that the term "fitness" was generally interpreted in its broadest concept, that of fitness and has the following component.

- i. Psychological fitness: This includes the emotional stability necessary to meet everybody's problem within ones environment. It also includes sufficient physiological reserve to handle sudden emotional problems.
- ii. Normal psychological function: This refers to the normal functioning of all organs within the body system.
- iii. Body mechanics or efficient performances in skills from the common everyday working and sitting to the most complex. Such as that manifested by a football player executing a perfect block.
- iv. Physical anthropometry-This is a type of fitness reflected in body contour as a result of good muscular tone as well as proper body weight.

(Bucher 1979) Explain that the fitness test score for 1977 were very similar to the 1958-1965 result and that female had made minor gain in component such as muscular power and endurance.

Female respond to weight training is different from male probably because of endurance difference (Devries 1980).

As educators and parents considers how to help children develop the five health-related fitness components. It is important to consider the age-appropriateness of activities obviously, one would not expect a young child in the first or second grade to participate in the same type of muscular strength and endurance training as a senior in high school. It is necessary to develop exercise prescription, for both the elementary, middle, grade and secondary levels. The goal of the prescription is to increase the activity level of all students to at least 60 minutes per day by suggesting activities which students can engage in outside the classroom. Within this development of each health-related fitness component; students can chart the time spent engaged in the various activities for their maths class and write about their exercise in their language arts classes. It is important to consider the fitness activities need to be made fun for children or they will not be an interesting activity in which to participate.

In the area of cardiovascular endurance some fun activities for elementary age and middle schools student might include; flag tag, a 15minutes for circuit, or a family fun walk. In a game of flag tag, each student puts a flag in their back pocket. On the signal the students begin chasing others around designated area, attempting to grab as many flag as they can. At the end of 1 minute stop the game, the person with the most scores is declare the winner for that round. The 15minutes fun circuit includes station for jump rope, jumping over the hoop, jump jacks and mountain climbers. Adding music to the fun circuit makes for activity even more appealing. The family fun walk is an activity that can take place at home

With the family, students are encouraged to take a brisk 20-minute walk throughout the neighbourhood. A list of items to be found along the walk can be compiled to make the walk into a scavenger hunt type of activity.

For middle grade or secondary age students, flag tag can be modified into rollerblading flag tag.

The same directions would apply with the exception that the students are rollerblading instead of jogging. Jumping rope is another cardiovascular activity that older students can enjoy. Creating task cards and routines as well as setting the activity to music is an excellent way to engage students in a cardiovascular workout. It is also important to consider that basic activities such as jogging, walking, swimming, and aerobic dance are also considered excellent activities for people of all ages that promote cardiovascular endurance. When most people think of muscular strength and endurance training, they immediately think of weight training in the weight room. However, educators should be aware that weight training is not a feasible activity for younger children. There are many activities that students of all ages can engage in without ever entering a weight room facility. For elementary age children. Activities like tug-of-war, push-up routines, and the use of a stability ball can all assist in the development of muscular strength and endurance. Middle school and secondary level students can also use the stability ball. Yet they may also begin workouts within the weight room environment. It is crucial for educators and parents to understand that teaching proper technique as well as having proper supervision are key elements in a successful weight lifting program.

Body composition can be developed through a variety of activity. The stability ball can be used to perform sit-ups and crunches for students of all age levels. Each can be modified to fit the ability of all students. For example, level one would consist of sitting on top of the ball, lying back and performing a certain number of sit-ups. In level two, there is a slight increase in the difficulty of the task. At this level, the student slides down the ball with their back at a slight angle the student then attempts to perform the set number of sit-ups. Level three would be the most difficult. The student would lie down with their back on the ground, and their legs on top of the ball while performing the sit-ups. Older students can also use weight training as a method of developing body composition. Educators and parents need to also consider the importance of proper diet along with these methods of exercise when attempting to develop body composition.

The development of flexibility is mainly required through stretching programs. Stretches can be categorized on a continuum from static (no motion) to ballistic (rapid motion) (Kurz, 1994). Static stretching involves stretching a muscle to the farthest point and holding the

stretch. Isometric stretching is a type of static stretching which involves resistance of muscles groups through the tensing of the muscles. This type of stretching is considered one of best way to increase flexibility. Passive stretching is sometimes referred to as relaxed stretching. During a passive stretch, individual would assume and hold it using another part of the body, a partner, or an apparatus of some type. This type of stretching is good for cooling down after a workout because it helps to reduce muscles fatigue and soreness. Active stretching includes assuming a position and holding it there with no assistance other than using the strength of your agonist muscles. Active stretches are usually very difficult to hold for more than ten seconds and should not be held any more than fifteen seconds. One would find this type stretching in an activity such as yoga. Dynamic stretching involves moving part of one's body and gradually increases reach, speed of movement, or both. Dynamic stretching can be use full as part of a warm -up for an aerobic workout. Ballistic stretching uses the momentum of a moving body part or limb in an attempt to force it beyond its normal range of motion. This type of stretching is not considered useful and it has also been known to lead to injury.

As mentioned earlier, any physical activity designed for young children needs to made fun. Although stretching routines can be very monotonous, they can be made more exciting for young children by simply adding music and giving each stretch a unique name.

SUMMARY

Physical fitness assessment is an integral component of physical education which is to provide information on how related literature about physical fitness of male and female have been viewed.

The physical fitness has component which include; flexibility, agility, muscular endurance, and appropriate body fat percentage fitness has be define by different authorities and research results obtained show lost of revelation in different subject under different test condition.

Physical activity also focuses on the complex interrelationship between physiological, psychological, cognitive social and emotional dimension by providing opportunities for participation in exercise to enhance physical performance; improving strategic awareness in physical activity ;and examine a range of factors that influence attitude toward ,and participation in physical activity .Physical activity can be reviewed as many forms of movement ,including activities that involves the small skeletal muscles(e.g playing board games, dancing are highly significance, but they do not provide the health benefits of activities that involves the large skeletal muscles and require substantial energy expenditure.

CHAPTER THREE

3.0. Methodology

This chapter describe the research design, population and sample selection, procedure of data collection, tools to be used and statistical procedure used.

3.1 Research design.

In linking the data to be collected with conclusion to be drawn to the initial question of the study ,the research design is important part that consist at least from problems, what question to be study what data are relevant, what data to be collected and how to analyze the report therefore, a research design is a plan, structure and strategy of investigation conceived as to obtained answer to research question or problem (Kumar 1996).it is a plan of research practice that indicate what the research will do from problem formulation to suggest operational recommendation.

In order to obtain the required information a descriptive survey design wan employed in the study, survey research is probably the best method available to the social scientist interest in school original data for describing a population for large to deserved directly {Babbie 1998}. The use of a survey /questionnaire method has some definite advantage over other method of connecting data. The questionnaire requires less time, is less expensive, and permit collection of data from a much larger sample. More over. This method is appropriate because it helps in obtaining large variety of data related to the problem under the study .In this study both quantitative and quantitative research approach was employ to analyze the data because it allow using more than one research technique or source of data within study which makes data triangulation possible. According to (Hagan 2003), Triangulation assumes use of multiple methods to measures the same phenomenon. The purpose of triangulation "using different method and/or techniques" (questionnaires; interview; experiment; observation; fitness test) is to ascertain the validity of data findings,

3.2 Population and Sample Selection

The target population of this study is the male and female Youth in Government day Secondary School Yola; Government Technical Science College Yola, Aliyu Musdapha College Yola, in Yola South Local Government Area; Adamawa state. Due to some limitation on the part of the researcher, the whole population of male and female students in the three schools could not be tested Therefore a sample is used which represented thirty five 35% of the population of three schools.

The subject were randomly selected (25) males and female students were used from Government Day Secondary School Yola (25) male and female students were used also in Government Science Technical College Yola and (30)male and female students were used

from Aliyu Musdafa College Yola making a total of forty (40) male forty (40) female making a total of eighty (80) male and female students in the study. The researcher used random sampling techniques to select the students equal to the students needed in each class. A paper were squeezed written "yes" and other "No" on them to the number of the students. The researcher then mixed all pieces of papers in a box and each student was called at a time to pick a pieces of paper. As each student picked the paper he open it and if he had "yes" written on the pieces of paper his name and number will be written on a seperate sheet of paper to form the sample for the study.

3.3 Procedure for Data Collection

First the questionnaire, interview and focus group discussion (FGD) guided questions, was prepared. The researcher administer questionnaire in schools and in some schools with the help of research. The completed questionnaires will be collected at the spot.

3.4 Tools to be Used

The physical fitness battery includes a combination of physical fitness and health related task.

Two of the tests were used to measure strength and standing broad jump.

The other three of the fitness test was selected for their suitability in field condition. Specifically for case of administration without extensive equipment. All test were administered during the school day.

Detailed descriptions of each fitness test described were given below.

3.5 Statistical Procedure Used

The values of means, standard deviations, SEM and "t" test was applied to find out significance of deference between the scores of the selected variables and group.

CHAPTER FOUR

Data Analysis and Interpretation

This section presents the result of the analysis on the self administered questionnaires, interview and fitness test. The respondents to the study include male and female students in some selected post primary schools in Yola south local government area; Adamawa state.

4.1 Table 4.1.1 The response of the student profile regarding their age, weight and height are included in the table below

No		Item	No	%
		Male	40	100
		Female	40	100
1	Age	15 years	-	-
		16 - 17 years	68	85
		18 years and above	12	15
2	Weight	45 - 55 kg	46	57.5
		56 - 65 kg	26	32.5
		66 and above	8	10
3	Height	1.40m - 1.50m	62	77.5
		1.51m - 1.70m	14	17.5
		1.71m and above	6	7.5

According to this students profile 40 (100%) of the respondent were male students and the remaining 40 (100%) of the student response were female students. Regarding to the age of 15 years, 85% of the respondent are between 16-17 years and 15% of the respondents are 18 years and above. Regarding the height of respondent 77.5% of the respondent measured 1.40m - 1.50m, 17.5% of the respondents measured 1.51m-1.70m, while 7.5% of the respondent measured 1.71m and above.

Table 4.1.2 The response by the respondents, Are you physically fit, interest to develop physical fitness and what time when doing the exercise all this are included in the following table:-

No	Item	Male				Female			
		Yes	%	No	%	Yes	%	No	%
	Are you physically fit?	40	100	-	-	40	100	-	-
4	Agree	26	65	-	-	31	77.5	-	-
	Strongly agree	-	-	-	-	-	-	-	-
	Disagree	14	35	-	-	9	22.5	-	-
5	Do you have interest to develop your physical fitness?	40	100	-	-	40	100	-	-
6	If your answer is "Yes" for question (1) above when?								
	In the morning	16	40	-	-	12	30	-	-
	In the afternoon	24	60	-	-	28	70	-	-
	In the evening	-	-	-	-	-	-	-	-

Male student response

According to table 2 item NO 4 the respondent regarding to you physically fit? From the given alternative 65% of the male student agree that they are fit while 35% of the male students disagree. But on the same question. Female students response from the alternative 77.5% of the respondents agree and the remaining 22.5% of the respondents disagree.

Regarding table 2 item NO 5, the response regarding to the interest to develop physical fitness 100% of male students respondents response yes while 100% of the female students response "yes" they have interest to develop physical fitness.

On the same table 2 item NO 6, The response of the respondents regarding to the time when doing the exercise to develop physical fitness from the given option 40% of the male students response "yes" in the morning, 60% of the male respondents response yes in the afternoon. But on the same question the response of female students respondents response

30% reply "yes" in the morning ,70% of the female respondents response "yes", that they perform regular exercise in the afternoon.

Table 4.1.3. The response of the respondents regarding time taken to do the exercise ,case that can reduce physical performance and the knowledge about the physical fitness all are included in the table below.

No	Item	Male				Female			
		Yes	%	No	%	Yes	%	No	%
7	For how long will you do the exercise to perform physical fitness								
	40 minutes	10	25	-	-				
	60 minutes	8	20	-	-	4	10	-	-
	80 minutes	22	55	-	-	36	90	-	-
8	What reduces the students physical performance?								
	Smoking	1	2.5	-	-	2	5	-	-
	Drinking alcohol	5	12.5			7	17.5		
	Taking drugs	3	7.5	-	-	4	10	-	-
	All of the above	31	77.5	-	-	27	67.5	-	-
9	Have you knowledge concerning the benefit of physical fitness	28	70	12	30	40	100	-	-

Male student's response.

Female student's response.

According to table 3 item NO 7. The response of students for how long do they do exercise to perform physical fitness? 25% of male students response yes to develop physical fitness the time taken is only 40minutes,20% male students respondents replay yes it takes

60minutes to perform physical fitness .The remaining 55% male students respondents says yes to perform physical fitness time taken is 80minutes',

On the same table 3 item NO 8,the response of the respondents regarding what reduces the physical performance from the given alternative 2.5% of the male students response smoking is the cause for reducing physical fitness performance of the students 12.5% of male students say drinking of alcohol is the factor that reduces physical fitness performance ,7.5% of the male students response that taken of drugs can reduce performance and the remaining 77.5% of the respondents agree with all the alternative is the enormous case to reduce the performance of students physical fitness. But on this question the response of the female students from the given alternative 5% of the female students response smoking is the course for reducing physical fitness of students ,17.5% of the students are saying alcohol drinking is the factor to reduce performance of students ,10% of the respondents say that the course factor to reduce performance of students is taken drugs ,finally from the given alternative 67.5% of the respondents agree with all, the alternative is the enormous case to reduce the performance of students physical fitness .

In the same table 4 item No 9, the response of the respondents about the knowledge toward the benefit of physical fitness from the given alternative 70% of the male students respondents reply yes, that they have knowledg~~e~~e toward the benefit of physical fitness and the remaining students response for the above question from the given alternative, 30% of the respondents say "yes" that they have knowledge concerning the benefit of physical fitness. But on this question the response of female students from the given alternative 100% reply "yes" that they have knowledge toward the benefit of physical fitness.

Table 4.1.4, the response of the respondents regarding the benefit of physical fitness, the performance of regular exercise to develop physical fitness and what type of exercise to develop physical fitness are included in the table below.

No	Item	Male				Female			
		Yes	%	No	%	Yes	%	No	%
10	If your answer is "Yes" for item No. 8 what is the benefit of et?								

	It prevent accumulation of fat	-	-	-	-	4	10	-	-
	It prevent diseases	18	45	-	-	13	32.5	-	-
	It keep good posture	7	17.5	-	-	9	22.5	-	-
	All of the above	15	37.5	-	-	14	35	-	-
11	Are the students performing regular exercise to develop their physical fitness?	40	100	-	-	40	100	-	-
12	If your answer is "Yes" for item No. 10, what type of exercise to develop physical fitness?								
	Strength exercise	-	-	-	-	-	-	-	-
	Strengthening exercise	-	-	-	-	-	-	-	-
	Cardio vascular exercise	-	-	-	-	-	-	-	-
	All of the above	40	100	-	-	40	100	-	-

According to the table 4 item No 10, the male students response of the respondents regarding to what is the benefit of physical fitness, when your answer is "yes" in item 8 in table three from the given alternative 45% of the respondents agree with "yes" the benefit of physical fitness is it prevent diseases 17.5% response yes ,the benefit of physical fitness ,it keep good posture or it make good physical appearance and finally 37.5% of the students response is the benefit of physical fitness is all of the alternative, it prevent accumulation of fat, prevent diseases, keep good posture are benefit of physical fitness.

But on this question, the response of female students from the alternative 10% of the respondents agree with "yes", the benefit of physical fitness is it prevent accumulation fat, 32.5% agree "yes" it prevents diseases, 22.5% of the response of the female students agree with "yes" it keep good posture or it make good physical appearance and finally 35% of the female students response that all the alternative are benefit of physical fitness.

On the same table 4 item No, 11, male students response of the respondents regarding to performance of regular exercise to develop physical fitness from the given alternative 100% reply "yes" while 100% of the female students agree "yes" that regular exercise develop physical fitness.

As table 4 item No, 12 response of the respondent depending on question No,11 that if your answer is "yes" what type of exercise use to develop physical fitness, then from the alternative 100% of the student states that all the alternative are types of exercise use to develop physical fitness, 100% of the female student agree with the alternative, the stretching exercise, strengthening exercise, cardio vascular exercise all exercise help in developing physical fitness.

Table 5.1.5 The response of the respondents regarding the advice concerning their physical fitness, the types of advice and the types of exercise to improve their physical fitness.

No	Item	Male				Female			
		Yes	%	No	%	Yes	%	No	%
13	Do you have any advice concerning physical fitness	40				40			
14	If your answer is "yes" for item No 12 what kind of advice.								
	About health status.	-	-	-	-	-	-	-	-
	Uses of physical fitness.	5	12.5	-	-	9	22.5	-	-
	Machanism to develop	14	35	-	-	3	7.5	-	-
	All of the above	21	52.5	-	-	28	70	-	-
15	What type of exercise do you want to improve your physical fitness?								

Push-up	7	17.5	-	-	2	5	-	-
pull-up	-	-	--	-	-	-	--	-
Flexibility exercise	3	7.5	-	-	11	27.5	-	-
Weight lifting	30	75	-	-	27	67.5	-	-

- As table 5 item No, 13, the response of the male students regarding advice

Concerning physical fitness, from the given options 100% of the male students answer "yes" that they get advice concerning physical fitness. And from the given option 100% of the female student responded "yes" that they have gotten the advice concerning physical fitness too.

- On table 5 item NO, 14, is depending on the question NO, 12, if student answer "yes" , what type of advice from the options 12.5% of the respondents "yes" they get advice about the use of physical fitness,35% of the male students responded "yes" that they get advice about the mechanism to develop physical fitness,52.5% of the male students response "yes" that all the alternative are the laid of advice received. from the option in table 51m No. 13, 22.5% of the female student respondents answer "yes" that they get advice about the use of physical fitness,7.5% of the female students reply "yes" that they have advice about the mechanism to develop physical fitness and finally 70% of the student responded "yes" that all the alternative are advice given to develop their physical fitness.

- According to table 5 item No 15 the male students response of the respondents regarding the type of exercise to improve their fitness or physical fitness from the option 15% of them "yes" push up improve physical fitness,7.5% of the male students responded" yes" that flexibility exercise improves physical

fitness, the remaining 75% of the that weight lighting improve physical fitness. But on the question the response of the female students from the given alternative 5% of the students response "yes" that push-up or press -up improve physical fitness ,27.5%of the respondents also agree that flexibility exercise improve physical fitness, the remaining 67.5%of the female students response that weight lifting improve physical fitness.

4.2 Table of Fitness

In the section the result of the analysis on the self-administered fitness test. The respondents to the study include male and female student of some selected secondary school in Yola South Local Government area.

Mean and standard deviation of the selected dimensions of male and female students were computed its result have been shown in table 2 and table 3 below.

Table 4.2.1 selected variables and the criteria measures.

NO	VARIABLE	CRITERIA MEASURES
1	Strength	Standing broad jump
2	Endurance	Press up
3	Speed	60yard run
4	Agility	Shuttle run
5	Flexibility	Sit up

Table 4.2.2 mean and standard deviation of male students.

NO	VARIABLES	UNITS	MEAN	S.D
1	Strength	Centimetre	124.51	7.29
2	Endurance	Pulse rate	66.35	5.65
3	Speed	Seconds	17.44	1.46
4	Agility	Seconds	17.44	1.46
5	Flexibility	Centimetre	2.45	1.46

S.D =standard Deviation.

Table 2 show the mean and standard deviation value of physical fitness of male and female students. These were recorded on variable strength 124.51 and 7.29 Endurance

66.35 and 5.65, speed 17.44 and 1.46, agility 17.44 and 1.46 and flexibility 2.45 and 1.46 respectively.

Table 4.2.3 mean and standard deviation of female students.

NO	VARIABLES	UNITS	MEAN	S.D
1	Strength	Centimetre	113.02	12.38
2	Endurance	Pulse rate	73.36	7.14
3	Speed	Seconds	10.12	1.01
4	Agility	Seconds	18.39	1.41
5	Flexibility	Centimetre	2.45	1.46

S.D= standard deviation.

Table 3 show that the mean and standard deviation value of physical fitness test of female students. There value were selected of variable wise strength 113.02 and 12.38, Endurance 73.36 and 7.14, speed 10.12 and 1.01, Agility 18.39 and 1.41 and flexibility 2.45 and 1.46 respectively.

Table 4.2.4 comparative analysis of strength between male and female students.

No.	Group	Number	Mean	S.D	SEM	T.VALUE
1	Male students	40	124.51	7.29	1.29	2.41
2	Female student	40	113.02	12.38	2.19	

SEM= standard error of mean.

S.D= standard deviation

Table 4 indicate that the mean and standard deviation value for strength variable for male student and female students were recorded on 124.51, and 13.02, 12.38 respectively. It shows that male students have performed significantly better than the female students.

Table 4.2.5 comparative analysis of endurance between male and female students.

No.	Group	Number	Mean	S.D	SEM	T.VALUE
1	Male students	40	66.35	5.65	0.99	4.30
2	Female student	40	73.36	7.14	1.26	

The analysis of table 5 above shows that the mean and standard deviation value on the endurance variable of the male and female students were recorded as 66,35,5.65 and 73.36,7.14 respectively. It depicts that the male students have performed significantly better as compared to their counterpart.

Table 4.2.6 comparative analysis of speed between male and female students

No.	Group	Number	Mean	S.D	SEM	T.VALUE
1	Male students	40	17.44	1.46	0.18	0.001
2	Female student	40	18.39	1.41	0.20	

Table 6 above depicts that the mean and standard deviation value on the speed variable for male and students were recorded as 17.44, 1.46 and 18.39, 1.41 respectively. Therefore, than the female counterpart.

Table 4.2.7 comparative analysis of agility between male and female students.

No.	Group	Number	Mean	S.D	SEM	T.VALUE
1	Male students	40	17.44	1.46	0.25	0.22
2	Female student	40	18.39	1.41	0.20	

The analysis of the table 7 above shows that the mean and standard deviation value of agility were recorded as 17.44, 1.46 and 18.39, 1.41 respectively. Therefore, the male students have performed significantly better than the female students.

Table 4.3.8 comparative analysis of flexibility between male and female students

No.	Group	Number	Mean	S.D	SEM	T.VALUE
1	Male students	40	2.45	1.40	0.25	0.22
2	Female student	40	3.76	1.14	0.30	

The above table 8 shows that the mean and standard deviation for male and female students were recorded as 2.45, 1.40 and 3.76, 1.14 respectively.

Therefore the male students have performed slightly better than their female counterpart.

Discussion

In determining the physical fitness status of males and females age 14-19years old within selected post primary schools Yola south local government area. The data collected through questionnaire and fitness test, from 80males and females student were selected through probability sampling techniques, which is analysed by descriptive statistic such as mean, standard deviation SEM and "t" value.

Consequently through interpretation and discussion of the result were made in the chapter. The following major findings were obtained.

In making the selections effort made was based on the subject having similar sex characteristic, age group of similar height and weight.

Table 4.1.1 show all necessary information needed, The mean standard deviation of the subjects ages, height and weight are almost the same for both males and females students the range was 14-19 years old as against other studies notably that of (Isah 1988) have conducted a similar experiment with the range of (14- 17 years on boys in misau bauchi state.

As shown in Table 4.1.2 the deferent in height is only minimal while there is slight deferent in weight between males and female student both. As mention above the subjects were tested using the AAHPHN youth fitness test and the scores were analysed with relevant statistical technique and questions stipulated earlier in this study were also tested. Deviation value of physical fitness male student are recorded as variable wise, strength 124.51and 17.29, endurance 66.35 and 5.65, speed 17.44, and 1.46, Agility 17.44 and 1.46, flexibility 2.45and 1.46 respectively and the mean standard deviation value physical fitness

of female student are recorded as variable wise, strength 113.02 and 12.38, endurance 73.36 and 7.14 speed 10.12 and 1.01 Agility 18.39 and 1.14, flexibility 2.45 and 1.46 respectively.

The results of this study shows that the mean and standard deviation value for strength variables for male and female students were recorded as 124.51, 7.29 and 113.02, 12.38 respectively, it shows that the male students have performed significantly better than their female counterpart.

The study clearly shows that the mean and standard deviation value on the endurance variables for male and female students were recorded as 66.35, 3.65 and 73.36, 7.14 respectively. Indicates that the male students have performed significantly better as compared to the female students.

The student confirmed that the mean and standard deviation value on the speed variable for male and female student were recorded as 17.44, 1.46 and 18.39, 1.41 respectively. Therefore, the male students have performed significantly better than the counterpart.

The result of the student show that mean and standard deviation value on the agility variable for male and female student were recorded 17.44, 1.46 and 18.39, 1.41 respectively. Therefore the male student have perform slightly better than their female counterpart.

The result of the student shows that the mean and standard deviation value on the flexible variable for male and female student were recorded as 2.45, 1.46 and 2.76 respectively. Therefore, the female student have perform slightly better than male student counterpart. Lastly the result of the study show that most student have knowledge of the contribution of physical fitness in daily life activity.

CHAPTER FIVE

5.1. Summary, Conclusion and Recommendation

The general purpose of this study was to identify comparison of physical fitness status of male and female student's age 14-19 years old within some selected post primary schools in Yola South Local Government Area, Adamawa State.

In accomplishing this research work a number of (80) eighty students was randomly selected from three schools in Yola South Local Government Area, The three schools were Government Technical College Yola, Aliyu Musdafa College Yola and Government Day Secondary School Yola. Subject selected from the schools, 40 male and 40 female students totalling 80 students.

During the study careful attempt was made to select subject whose age were 14 -19 years old having similar height and weight.

Physical fitness test comprising pull-up and standing broad jump are intended to test the strength of the muscles of the shoulder girdle; shuttle run is an item use

to test speed and agility, it can equally serve to improve speed and agility. Sit and reach test is specifically use to test flexibility. 50 meters dash and 600 run-walks test the muscles and cardio respiratory endurance.

They were administered to the subject using the appropriate equipment. Raw score for physical fitness test used were obtained; mean and standard deviation value for the entire physical fitness test administered to the subject were computed. The mean and standard deviation value was used to determine whether there was significant difference in the physical fitness status of the subject tested.

5.2 Conclusion

The results of the present study shows that male students are comparatively better than the female students in Yola South Local Government Area.

Male students are superior to female students in strength, endurance and speed whereas female students are slightly superior in agility and flexibility. This shows that regular energetic activity produce fitness improvement. Male life style is more active in nature than that of female life style which produces high level of physical and physiological functioning in male.

5.3 Recommendation

Based on the findings and the significance of this research work, the researcher has the following recommendations to improve the physical fitness status of youths in Local ,state and Country at large.

1. Physical Education should be made compulsory in all levels of education.
2. School authorities should establish a periodic physical fitness test for students in secondary schools for record purposes and to keep them ready for any physical activity.
3. The schools in the local Government should be organising intramural and extramural activities so that the youth on improve and gain experience in performing in local state and National festivals.
4. The students should be encouraged to participate in physical fitness programmes even during the off season.
5. Recreation centres and facilities are provided in the schools by Government so that the students well improve on their physical fitness status.
6. State and Federal Government should give more attention in the teaching of physical education so that individual whether young or old should be physically fit and to be free from diseases.

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APPENDIX A

Federal College of Education
Directorate of Undergraduate Studies,
In Affiliation with University of Maiduguri
P.M.B 2042, Adamawa State,
Yola.

The principal
Dear sir /madam

TO WHOM IT MAY CONCERN

I KALBAN HARISON an undergraduate final year student in the above institution currently undertaking a research project (work) on the physical fitness status of male and female students of age 14-19 years in post primary schools in Yola south local government area of Adamawa state in partial fulfilment for the requirement of the award of B. Sc. (Ed) degree in the physical education.

I wish to request you to assist me with (40) forty students (male and female) between 14-19 years to enable me conduct my experiment

Thanks.

Yours faithfully
KALBAN HARISON

APPENDIX B

This questionnaire is filled by students.

Dear respondent, the objective of this questionnaire is to gather the information of the comparison of physical fitness status of male and female age 14-19 years in post primary schools in Yola south local government area Adamawa state. It is initiated to obtain necessary data from you as a vital source of information and to point out the quality of physical fitness component of male and female students in post primary schools in Yola south local Government with possible solution and recommendation. You are kindly requested to be honest and frank in your response they will have direct bearing on the success of the research work.

DEMOGRAPHIC INFORMATION.

INSTRUCTION.

Please read through the questionnaire carefully and answer the question accordingly.

Tick the appropriate box or space provided against the statement of your response.

1. Age (a) 15years (b) 15-17 years (c) 18 years and above.
2. Weight (a) 45-55k g (b) 56-65kg (c) 66kg and above
3. Height (a) 1.40 m-1.50 m (b) 1.51m-1.70m. (c) 1.71m and above
4. Your physical fit? (a) Strongly agree (b) Agree (c) Disagree.
5. Do you have interest to develop your physical fitness? (a) yes (b) No
6. If your answer is "yes" for question (5) five when?
(a) in the morning (b) in the afternoon (c) in the evening.
7. For how long will you do the exercise to perform physical fitness
(a) 40 munites (b) 60 minutes (c) 80 minutes.
8. What reduces the student physical performance
(a) Smoking (b) Drinking Alchohol (c) talking drugs (d) all of the above.
9. Have your knowledge concerning the benefit of physical fitness? (a) yes (b) No
10. If your answer is 9yes for item (9)nine, what is the benefit of it?
(a) it prevent the accumulation of fat. (b) it prevent disease (c) it keep good posture
(d) all are benefit of physical
11. Are the students performing regular exercise to develop their physical fitness
Yes/No
12. If your answer is yes for item (11) eleven, what type of exercise to develop physical fitness?
(a) Strength exercise (b) Stretching exercise (c) Cardio vascular exercise
(d) All of the above
13. Do you have any advice concerning physical fitness? Yes/ No
14. If your answer is 'yes' item (13) what type of advice? (a) About the health status
(b) About the mechanism to develop physical fitness (c) About the use of physical fitness
(d) All of the above
15. What type of exercise do you want to improve in your physical fitness.
(a) Push-up (b) pull-up (c) flexibility exercise (d) weight lifting