



## Assessing the Students Health and Fitness Level in the Shorkot College

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**Abstract:** *This study on the health and fitness levels of the students as generally prescribed by the Physicians like physical conditioning, health-related problems, physicians prescribed medication chart base activity, personal assessment while maintaining food diaries in Shorkot College Punjab. The main objective of this research h was to observe the fitness level of the students. Quantitative method-based research was conducted. The data was collected through a survey questionnaire. The sample size of the study was 126 male & female students enrolled in the college. The samples were bifurcated as 63 males and 63. The data was analyzed through the SPSS version 22, and the results show that regular Physical activities improve health while reducing the risk of many diseases like cancer, cardiovascular diseases, diabetes, mental stress, heart diseases, pulmonary diseases and osteoporosis. Participating in physical exercises improves muscle strength and boosts endurance and quality of life.*

**Key Words:** Assessment, Students, Physical Activity, Health, Fitness

### Introduction

Islam declares a good life expectancy. A Muslim devotee is not physically feeble. Physical fitness depends on physical exertive activities, “individuals are underprivileged compassions: healthiness & leisure period” ([Ilnur A. Galimov, 2016](#)). Hazrat Muhammad (Peace Be Upon Him) said: “*Hard worker follower is well & favourite to Allah than the feeble follower*” ([Muhammad Zaid Malik, 2011](#)). Sports maintain health and decrease the danger of several illnesses like cardiovascular disease, malignancy, osteoporosis, heart diseases, psychological stress, respiratory problems, and diabetes. Recover neuromuscular, lift up stamina and value of lifespan ([Donatus A.](#)

[Aniодо, 2014](#)). Numerable advantages of physical events. Scholars say that belief is falling down in the whole world (urban and rural areas). In many areas of the world, no knowledge about the physical exertive events in academic institutes and no practice of physical activities ([Carnethon MR, 2005](#)).

Contributing to physical events for men makes further dynamic in the workplace. A good resistance level at all stages of life is best for avoiding all non-communicable diseases. It is the best resource to improve diseases. Continuously exercising physical activity for fitness and afford a chance to the individuals, then they will keep themselves fit on regular bases (Development Initiatives, Global

nutrition report, 2017). Cardiac ailments are the major issue in the fitness branch of new tradition (Cecchini, 2010). Overweight is the significance of being in a state of negative energy balance, the roots of which are multifactorial. The genetic causes and an aetiology of obesity are rising, mainly enlarged feeding of energy – solid nutrition and clear failure in physical activity are the key effects. Being overweight during childhood and adolescence is imaginary to be a vital factor for a subject will become obese as a mature. Obesity is related to bigger danger of heart failure disease, hypertension and insulin confrontation. Sports activity is connected with good health for young students (Poitras, 2016).

Physical activity to be planned, prepared and is done uninterruptedly in such a way that the objective is to attain bodily fitness is called physical exertive exercise, whereas physical activity and sports are any body movement shaped by bony muscles that require energy spending. All over the world, Non-Communicable Diseases are more than three-quarters. NCDs are responsible for more than 25% of deaths in 80 % of the countries. Sports and physical activity are one of the utmost real falling worry and several anxieties amongst college students particularly. Exercise can also help in flexibility, muscular strength, lower lipid, aerobic capacity and cholesterol levels. Physical idleness and exercise are ranked number fourth out of Unhealthy diet, Alcohol consumption, Tobacco, Overweigh BP problems, unnecessary eating salt, cholesterol level, and high blood glucose. Two million deaths per year global are in charge of physical inactivity. In 2011, it was shown that about 3% of the disease burden developed in global 10% of strokes'20% and cardiovascular disease (Ousman Bajinka & Modou Badjan, 2019).

Time giving for physical activities can be avoided from high blood pressure, cardiovascular diseases, diabetes, heart disease, chest diseases and blood thickness. Researcher says that it is a need to focus on firm belief for recreational sports & games, dearth practising the consistent physical actions then

obesity and health matter in all over the world. America is in the highest rank on the overweight, and Pakistan is in 9th level (Streib & Lauren, 2007).

The rate of overweight is growing in the young generation cause of not joining the physical exercises and games. Young pupils are dearer for future generations (Grasiela, Menezes, Barbosa, Artioli & Marliere, 2015). Experts define that continue participating the physical omit the chance of obesity and other diseases (Mir safian, Doczi, & Mohamadinejad, 2015). Unawareness regarding physical activities to academic students moulded to decline in belief (Kee et al., 2017).

According to the Nutrition Education and conducts, say, young becoming overheavy from 26% to 52% increased to 81%. Scholars stated that common school pupils unnecessary intake traditions like junk food, fatty diet, exaggerations and many others. Low quantity of potassium, calcium, fruits, vegetables and necessary vitamins reason for no fights with diseases. In the modern era, the public is hard, no joining sports and physical activities due to whole day work tiredness. Eating habits and busy with job consequences of obesity in the population (Goncalves et al., 2014). Regular participation in physical activities can finish the chance of being overweight. 40% to 50% of college students are not performing physical activities. Spontaneously physically and mentally strong to linking with physical exertive activities on a daily basis (Kopczynski & Kellmann, 2014)

Further, fifteen years is overweight 22 % population of Pakistan. Earlier times sluggish lifetime style & weighty is growing situation worryingly. (Ngandu et al., 2015). Good belief in sports and physical health education is the right connection related to schools pupils fitness level (Linde, Rothman, Baldwin, & Jeffery, 2006). Inclination to physical events accompanying fitness, healthy and good posture (Patel et al., 2010). Consistently joining sports and games activities help to recover complete well-being, and it also helps

reduce the danger of long-lasting disease like arthritis, asthma, chronic obstructive lung diseases, some viral diseases, depression, dementia, hepatitis, anxiety and diabetes ([Darren ERW, Crystal WN, Shannon SDB, 2006](#)). Physical activities and sports related to a low-level danger of long-lasting diseases and phase-wise distribution of bodily training have been recommended to avoid long-lasting diseases (William et al., 2007). Motion organs of the body expend energy. Physical activities increase the fitness level of the body. Agricultural, household job, sitting in recreational, playing any games in the field, climbing the stairs, recreational events, running, walking, jogging, pelvic exercise and dancing, all activities are profits for health. Sweat glands secrete sweat through sports and physical activities. The rate of the body sweating is more during physical exercise than during inactive time—a healthy one perspiring prior and maintaining metabolic physique temperature ([Shibasaki et al., 2006](#)). During sports, the body spends energy, and games enhance cardiovascular rate; more air in air sacs ensures the well-being of an individual (PBRC, 2009; Morris & School, 2004).

The maximum population need to give output with lesser resources. Modern technology the maximum becoming lethargic, drinking alcohol, more healthy food, increased stress levels and dissatisfaction ([Imbellino, et al. 2014](#)). The man is performing no sports and physical activity, availing all conveniences of the period ([Neporent et al., 2006](#)).

Contribution to physical activities from sixty to one hundred and twenty minutes per day benefits one with psychological and physical health (CDCP, 2003). Obesity and cardiac diseases can be managed with a long period of consistent daily physical exercise ([Shy, 2011](#)). Sports and games will boost insulin that will control blood sugar levels. Suitable physical activities will benefit muscles' internal body function (Weil, 2015).

Several rewards of physical events to keeping mental and physical fitness levels (US

DHHS, 2010). Study researchers say the high pervasiveness of overheavy bodies in western countries due to not doing sports and physical activities ([Lissau I, 2004](#)). It is beneficial for students to join sports and physical activities during academic sessions for more than 80 minutes per day and four to five days a week ([Cavill N, 2001](#)). PEHSC package should be available in academic institutes ([Christodoulos A, 2004](#)).

Physical exercise is linked with a pupil's cardiovascular function, cerebral growth and remains well-being (Lees C, 2013). Researchers stated that 85% of young (15-17 years) participants spent less than 70 minutes in moderate to energetic sports daily ([Hallal, 2012](#)). Maximum Chinese pupils spend little time in physical exertive activities because of busy life schedules ([Lam JW, 2010](#)). Sports and physical activity are helpful for the cure of cancer; they will recover stamina and fitness excellence for a lifetime ([Galvao et al. 2007](#)). Sports and Physical activities are good for recovering health and fitness ([Benzo et al., 2011](#)). Growing health-related issues in the USA, joining the physical activities events will decrease the danger of cardiovascular sicknesses and failure ([Wright and winter, 2009](#)). 85% of people American have many health problems due to not joining sports and physical activity ([Jaslon, 2013](#)). Present suggestion facts out that constant sedentary conduct (long time sitting in the office) are related to asymmetrical glucose level, cardiovascular, morbidity and death rate. Continue doing games and physical exertive activities can control the sedentary conduct, attaining the optimum health level ([Owen N, 2010](#)).

## Research Methodology

### Study Context

The main purpose of this was to analyze the current fitness status of the college-level students studying in various colleges specifically belonging to rural Punjab.

### The Population of the Study

Male & female students enrolled in the Shorkot college were the population of the study.

### Sampling Technique

Convenience sampling techniques were used to access the students of Shortkot college while contacting teachers of the college prior to collecting data.

### The Sample Size of the Study

126 male and female students were selected as the sample of the study.

### Limitations of the Study

Students were limited to the students enrolled in the all-academic disciplines undergraduate level within the College of Shorkot.

### Data Collection Tool

A Survey questionnaire consisting of different variables was used to collect data.

### Statistical Analysis

The data as collected from amongst the esteemed population were computed while analyzing it on the SPSS version 22.

### Results

#### As per Analysis Conducted on SPSS, Results were found as under

- i. Health and fitness level as Physician Recommendation Shorkot college students is 1.859524 standard deviation is 0.5365947
- ii. Health and fitness level as physical condition Shorkot college students is 1.97530 standard deviation is 0.322331
- iii. Health and fitness level as Health-Related Problems Shorkot college students is 2.04148 standard deviation is 0.38527
- iv. Health and fitness level as Physician Prescribed Medicine Shorkot college students is 1.96642, and the standard deviation is 0.32201
- v. Health and fitness level as Chart Base Activity Shorkot college students is 1.92857, and the standard deviation is 0.95477.
- vi. Health and fitness level as Personal Assessment Shorkot college students is 3.68197, and the standard deviation is 1.63324.
- vii. Health and fitness level as food diaries Shorkot college students is 5.74801, and the standard deviation is 2.03526.

Table 1

1 <sup>st</sup> VARIABLE				
PHYSICIAN RECOMMENDATION AND HEALTH AND FITNESS				
Questions	Mean	Std Deviation	Overall Mean	Overall Std Deviation
Has a doctor ever recommended physical activity that you have a heart disorder?	1.42857	.674431		
Do you have chest pain brought due to physical exercise?	1.88889	.509466		
Have you not performing physical activities previous days?	1.80159	.565966		
Do you lose consciousness?	2.00000	.489898	1.859524	0.5365947
Has a doctor ever suggested medicine for BP or a heart state?	1.70635	.839690		
Does physician forbid from physical activity?	1.89683	.487104		

Do you not smoke in the previous months?	1.96032	.463047
cholesterol level >249 mg/dl?	1.97619	.446574
Any nearby relation, having heart problem?	2.00000	.438178
Previously not joining the sports &PA?	1.93651	.451593

**Table 2**

<b>2<sup>ND</sup> VARIABLE</b>				
<b>PHYSICAL CONDITION AND HEALTH AND FITNESS</b>				
<b>Questions</b>	<b>Mean</b>	<b>Std Deviation</b>	<b>Overall Mean</b>	<b>Overall Std Deviation</b>
Have you felt uneasiness in any part of your physique the previous month?	2.00000	.357771		
Do you have any knowledge about mild, medium & vigorous PA?	1.96032	.366623		
Do you have any respiratory difficulty at any time?	1.92857	.338906		
Do you presently have inflammation of the ankles?	1.92857	.287849	1.97530	0.322331
Are you feeling a high heart rate?	2.00794	.368696		
Do you practice common tiredness?	1.96825	.308195		
Do you feel pain in your legs during physical exercise?	1.96825	.308195		
Do you have a muscular and skeleton problem?	2.00794	.296541		
Are you presently suffering from neuromuscular body issues?	2.00794	.268210		

**Table 3**

<b>3<sup>RD</sup> VARIABLE</b>				
<b>HEALTH-RELATED PROBLEMS AND HEALTH AND FITNESS</b>				
<b>Questions</b>	<b>Mean</b>	<b>Std Deviation</b>	<b>Overall Mean</b>	<b>Overall Std Deviation</b>
Do you feel asthma?	1.99206	.268210		
Do you have a cardiovascular problem?	2.05556	.291357		
Do you have a Blood Pressure problem?	1.92063	.391983		
Do you have Peripheral vascular disease?	1.94444	.291357		
Do you have a Stroke?	1.94444	.385861		
Do you have Diabetes?	1.95238	.354562	2.04148	0.38527
Do you have Thyroid problems?	1.92063	.325040		
Do you have Hepatitis?	1.95238	.331231		
Do you have Arthritis?	1.91270	.335138		
Do you have Gout?	1.95238	.306128		

Do you have Headaches that are chronic and severe?	1.93651	.244819
Do you have Head injury or epilepsy?	1.96825	.308195
Do you have Abdominal pain, hernia, or GI Bleeding?	1.97619	.321603
Do you have Kidney problems or discomfort when urinating?	1.92063	.325040
Do you have tendency to bleed or bruise easily?	1.90476	.344757
Do you have Anemia?	1.97619	.321603
Do you have Lung problems?	1.91270	.358214
Do you have Liver problems?	1.83333	.414729
Have you been identified as having a heart murmur?	1.87302	.379139
Have you newly been injured?	1.91270	.335138
How are you satisfied with your current weight?	1.92857	.338906
Are you presently any physician prescribed medications: Heart medicine?	1.98413	.419221
Are you presently taking any physician-prescribed medications: Blood pressure medicine?	2.23810	1.083908

**Table 4**

<b>4TH VARIABLE</b>				
<b>HEALTH-RELATED PROBLEMS AND HEALTH AND FITNESS</b>				
<b>Questions</b>	<b>Mean</b>	<b>Std Deviation</b>	<b>Overall Mean</b>	<b>Overall Std Deviation</b>
Heart medicine?	2.05556	.291357		
Blood pressure medicine?	2.07143	.403556		
Hormonal issues medicine?	1.97619	.321603		
Medicine for breathing/lungs?	1.95238	.354562		
Medications for the Insulin?	1.96032	.293960		
Medications for diabetes?	2.00000	.252982		
Medications for the Arthritis medicine?	1.96032	.320020	1.96642	0.32201
Medications for the depression?	1.89683	.375859		
Medications for the anxiety?	1.95238	.306128		
Medications for the Thyroid?	1.89683	.330560		
Medications for ulcers?	1.93651	.275566		
Painkiller medicine?	1.97619	.345584		
Allergy medicine?	1.92857	.314416		

**Table 5**

<b>5TH VARIABLE CHART-BASED ACTIVITY AND HEALTH AND FITNESS</b>				
<b>Questions</b>	<b>Mean</b>	<b>Std Deviation</b>	<b>Overall Mean</b>	<b>Overall Std Deviation</b>
Physical Activity (running, cycling, swimming)	1.49206	.734804		
How long have you participated in the activity?	2.25397	1.172597		
Average times per week	2.21429	1.217257		
Average minutes each time	2.29365	1.207095		
How hard would you describe the intensity of physical exercise?	2.77778	1.501407	1.92857	0.95477
Do you have problems with your back?	1.23810	.427618		
Have you had surgery?	1.23016	.422615		

**Table 6**

<b>6th VARIABLE PERSONAL ASSESSMENT AND HEALTH AND FITNESS</b>				
<b>Questions</b>	<b>Mean</b>	<b>Std Deviation</b>	<b>Overall Mean</b>	<b>Overall Std Deviation</b>
Do you weigh yourself?	2.65873	1.996648		
My primary fitness goals are:	4.58730	2.463396		
What are your weaknesses?	1.64286	.481070		
Do you dine out often?	1.46825	.500983		
What are your least favourite foods?	4.02381	1.713309		
What are your favourite foods?	4.34127	1.615736		
What size clothes are you in now?	2.77778	1.232162		
What is your goal size?	4.53968	2.448349		
What is your motivation for losing weight?	4.61905	2.465302		
What type of exercise equipment do you have at home?	4.42857	2.001714	3.68197	1.63324
Age	4.59524	1.529332		
Height	2.61905	.978629		
Chest	4.14286	1.714476		
Waist	5.10317	1.724317		

**Table 7**

<b>7th VARIABLE FOOD DIARIES AND HEALTH AND FITNESS</b>				
<b>Questions</b>	<b>Mean</b>	<b>Std Deviation</b>	<b>Overall Mean</b>	<b>Overall Std Deviation</b>
Food Diary of Breakfast	5.52381	1.937893		
Food Diary of Lunch	5.69048	2.155790		
Food Diary of Dinner	5.88095	2.088472	5.74801	2.03526
Food Diary of Snacks	5.89683	1.958895		

## Discussion

Sports and Physical exertive activities at their initial stage in the societal environment aren't only producing good body fitness but also producing an optimistic perception of the physical games. Physical exercises level increases the body's routine work and proficiency and shows an attractive personality. Participation in sports and physical activities supports building a strong body and everyday life. Good awareness eventually inspires them to join in the physical events in their lifetime. The pupils will have confidently joined the sports without an academic load (Koca, 2005). Schoolchildren feel bodily tiredness and time spent on physical doings and show an adverse approach to Physical games and fitness exercises (Timothy, 2010).

The younger age appears to have more interest in, and information on, sustenance. They clearly accept that better sustenance is an advantage to them. In any case, as is average for the vast majority, making an interpretation of conviction right into it is certainly not something simple to do. The past review showed higher preventive Social Aims for an old gathering (Wilcox, 1999). The main purpose of this study was to investigate the students' fitness levels in various aspects, including Physical health, health-related problems, and physical fitness food diaries in routine life. The study has given a strong vision in the research on graduate male and female college students to the physical activities as Health and Fitness for Physician Recommendation, Physical condition, health-related problems, physician prescribed medication, chart base activity, personal assessment and food diaries in Shorkot city. Sustenance information prompts an expansion in nourishment certainty; that nourishment certainty likewise impacts Well-being Convictions, and positive Well-being Convictions lead to an expansion in Conduct Expectation to Eat Good Food and do Actual work. Likewise, information about quality food might lean individuals to a solid eating regimen (Kim et al., 2012). One potential clarification is

that constant illnesses like corpulence, diabetes, cardiovascular infection, and osteoporosis are not normal among youthful age gatherings. Undergrads may as of now comprehend how to forestall those infections and might not have any danger from those sicknesses. It is conceivable that Weakness and Seriousness might be more pertinent to a more perplexing or new deterrent way of behaving. Another chance is that aim might work incompletely as a way for respondents to adapt to the concern they experience, as opposed to as a straight proportion of genuine designs to follow through with something. The past review recommended that expectation anticipated a genuine way of behaving yet didn't represent 100 per cent of the change, leaving open the likelihood that some piece of the aim measure reflects adapting (Prentice et al., 2004).

The younger generation seems to have more interest in and knowledge of nutrition. They apparently believe that better nutrition is a benefit to them. However, as is typical for most people, translating belief into action is not an easy thing to do. The previous study showed higher preventive Behavioral Intentions for an elderly group (Wilcox, 1999). The main purpose of this study was to investigate the fitness levels of the students in various aspects, including Physical health, health-related problems, and Physical fitness food diaries in routine life. The study has given a strong vision in the research on graduate male and female college students to the physical activities as Health and Fitness for Physician Recommendation, Physical condition, health-related problems, physician prescribed medication, chart base activity, personal assessment and food diaries in Shorkot city. Nutrition knowledge leads to an increase in nutrition confidence; nutrition confidence also influences Health Beliefs, and positive Health Beliefs lead to an increase in Behavioral Intention to Eat Healthy Food and do Physical Activity. Also, knowledge about healthy food may incline people to a healthy diet (Kim et al., 2012). One possible explanation is that chronic

diseases such as obesity, diabetes, cardiovascular disease, and osteoporosis are not common among young age groups. College students may already understand how to prevent those diseases and may not have any threat from those diseases. It is possible that Susceptibility and Severity may be more relevant to a more complex or unfamiliar preventative behaviour. Another possibility is that intention may function partly as a way for respondents to cope with the worry they experience rather than as a straight measure of actual plans to do something. The previous study suggested that intention did predict actual behaviour but did not account for 100% of the variance, leaving open the possibility that some part of the intention measure does reflect coping ([Prentice et al., 2004](#)).

### **Conclusion**

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Food is good for everyone, but physical fitness exercises may help reach and maintain a healthy lifestyle. Participating in Physical

activities is better to keep one busy. Games and daily exercises escape from lungs and heart diseases, neuromuscular problems and psychological stress. Physical exercises improve muscle strength and boost endurance and quality of life. Innumerable benefits of sports and physical activities. Many scholars described that the college student population's attitude is falling at the world level. The growing trend of sedentary lifestyles reason of many diseases people in the world because of no awareness of physical education, health and sports science in people.

### **Recommendations**

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The current study recommends that this type of research should be conducted in the other educational settings, specifically higher education institutions, whereby fitness levels, the health status of the student and facilities available for health emergency services and availability of quality foods within in the institutions should be assessed.

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