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CARDIORESPIRATORY FITNESS AMONG SCHOOL CHILDREN
AGED 10-13 YEARS IN MANGALORE: A CROSS-SECTIONAL
STUDY**

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ASSOCIATION BETWEEN PHYSICAL HEALTH INDICATORS AND CARDIORESPIRATORY FITNESS AMONG SCHOOL CHILDREN AGED 10-13 YEARS IN MANGALORE: A CROSS-SECTIONAL STUDY

Purpose: Screening of physical health indicators (PHIs) among young children could improve their health status and prevent major health conditions in their adulthood. In recent years, there has been an increase in metabolic conditions among children and adolescents across India. PHIs have been shown to vary with their physical performance and physical fitness. Hence, this study aimed to evaluate eight PHIs and cardiorespiratory fitness (CRF) with a field test among school children from South India. **Methods:** 96 school children aged 10-13 years participated in this study. Demographics and PHIs were assessed by following standard guidelines and CRF was evaluated with 20-meter shuttle run test. **Results:** This study reported that elevated BP, stage 1 HT and overweight were predominant among 10–11-year-olds and boys while obesity was predominant among 11–12-year-olds and girls. Higher PA levels were noted among 10–11-year-olds and boys, with them also showing higher levels of CRF. It was also reported that age, height and BF% had significant negative correlation with CRF, while weight and BMI had highly significant negative correlation with CRF. PA was found to have a significant positive correlation and WHR, BPs and RHR showed no significant correlation. **Conclusion:** We observed that as the age progressed there was a decline in the PA and CRF levels, but it was also noted that higher BP and BMI values were observed among lower age groups. Finally, CRF was associated with better PHI outcomes and implied better physical health among elementary school children in Mangalore.