

ed
THE PHYSICAL FITNESS STATUS OF
GRADE IV PUPILS IN AURORA A. QUEZON
ELEMENTARY SCHOOL, DISTRICT XIX, QUEZON CITY



A THESIS
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THE FACULTY OF THE GRADUATE SCHOOL
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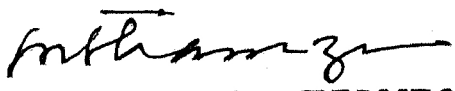
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APPROVAL SHEET


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A. A. Vergara

DEDICATION

This book is dedicated with love and respect to my parents Mr. Eulogio B. Vergara and Mrs. Amada Asuncion Vergara, with whose aid, patience, and understanding. my efforts would not have been possible.

Ammie

ABSTRACT

This study was undertaken to determine the physical fitness status of the grade IV pupils in Aurora A. Quezon Elementary School, District XIX, Quezon City for the school year 1990-1991.

The study specifically attempted to find out the muscular fitness, flexibility and general fitness status of grade IV boys and girls. To make a comparison of the physical fitness status, two separate analyses were made in order to distinguish the physical fitness status of grade IV pupils. This was done in order to assist the teachers in identifying the appropriate activities that will enhance and develop such fitness components.

The subject of the study include 250 grade IV pupils of the Aurora A. Quezon Elementary School, District XIX, Quezon City for the school year 1990-1991. Of the 250 pupils, 120 are girls while the 130 are boys with ages range from 9 - 11 years old.

This study utilizes the descriptive survey method of research with Philippine Physical Fitness Test as the main tool. The test included five primary components namely: standing long jump, bent-knee curl-ups, chair push-ups, sit and reach and fifteen minute run. This test

was developed by Dr. Aparicio H. Mequi duly approved by the Bureau of Physical Education and School Sports (BPES), Department of Education Culture and Sports (DECS). This battery test have been proven effective in the determination of the fitness status of the grade IV pupils utilizing the five primary components as enumerated above.

The results of the two analyses performed were consistent, i.e., having the bent-knee curl-ups exhibiting the physical fitness test that all pupils were able to perform well regardless of sex. It is quite surprising that girls showed a higher performance than boys in Knee Bent Sit-ups and Cardio-Respiratory fitness test. This is shown in their mean scores. Girls have higher means in these two fitness tests as compared to the boys and the combined analysis.

Knowing these results, we would therefore say that the status of grade IV pupils regardless of sex showed that bent-knee curl-ups, followed by the Cardio-Respiratory general fitness test always surpass the other three fitness tests, namely the sit and reach, the standing long jump and the chair push-ups.

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