

Fitness Assessment of College Age Students Enrolled in a General Education Fitness Class

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Purpose: Research on the physical fitness of college students has yielded mixed results. The aim of the present study was to determine and compare health-related fitness rankings of university students enrolled in a general education fitness class between sex and year in college. **Methods:** Participants included 463 college age students (M=20.7, SD=2.64) from various majors and years in college. Standardized testing protocols and procedures from the Health-Related Physical Fitness Assessment Manual of the American College of Sports Medicine were used to assess health-related fitness. **Results:** Men scored significantly ($P < 0.05$) greater for BMI, 12-min run and push ups. Women scored greater ($P < 0.05$) for % body fat and flexibility. Freshmen scored greatest ($P < 0.05$) for push-ups while sophomores and juniors were lowest for BMI. The greatest overall percentage of students was in the “Recommended” category for %Fat and BMI. Over 50% of women scored “very poor” for the 12-min run while 39% of men scored in the “Poor” category. For flexibility and push-ups the greatest percentage of students scored “Very Good” or “Excellent.” **Conclusions:** Overall, students were deficient for cardiorespiratory fitness when compared to age- and sex-matched norms while scoring at least “Recommended or Average” for all other health-related components of physical fitness. The low ratings for cardiorespiratory fitness is consistent with previous published reports of decreased levels of physical activity for college aged students.