

A NORMOGRAM STUDY ON PHYSICAL FITNESS LEVEL OF MOUNTAINEERING STUDENTS OF BANARAS HINDU UNIVERSITY

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ABSTRACT

Physical fitness is very important for a good and successful sports person. It indirectly reflects the physical stamina which is more important in case of outdoor games. The mountaineering which is a special type of adventures game requires both physical fitness and sound mind to become a successful climber. To find out the physical fitness of students desired for admission in mountaineering centre of Banaras Hindu University, Institute of Medical Sciences, 178 students (166 males and 12 females) were studied. Their anthropometric parameters i.e height in metre and weight in kg were measured. Their biochemical and pre and post exercise blood pressure and pulse rate were also recorded. Blood Pressure taken in sitting position through sphygmomanometer. Biochemical parameters including Haemoglobin, urea, creatinine and uric acid were recorded in National Facility for tribal and herbal medicine lab, IMS, BHU. Correlation of BMI (Body Mass Index) with age, Hb(Haemoglobin) ,urea, creatinine, and uric acid were done which showed almost normal ranges. Whereas systolic blood pressure and pulse rate increased immediately after exercises. After exercise the pulse rate of females was higher as compared to males. In this study it concluded that most of the students were not overweight and their blood pressure and pulse rate was normal which shows better fitness for mountaineering.