

## ANALYSIS OF PHYSICAL FITNESS OF FEMALE UNDERGRADUATE STUDENTS OF EDUCATION MANAGEMENT, UNIVERSITY OF PORT HARCOURT

**Dr. T. Tammy Orunaboka**  
Faculty of Education  
University Of Port Harcourt  
NAEGIRIA  
tamyorus@yahoo.com

**Dr. C.B. Ogulu**  
Faculty of Education  
University Of Port Harcourt  
NAEGIRIA

### ABSTRACT

*The primary focus of this paper is to present participation in sports and exercise as a prerequisite for enhancing the physiological and socio-psychological fitness of female students. In other to achieve this aim, this study examined and analyzed the physical fitness of two hundred and twenty three (223) female undergraduate students in the department of education management, University of Port Harcourt. Fitt (1978) physical fitness testing battery was used to test the subjects physical fitness level. Data collected were subjected to descriptive statistics. The results showed a significant difference between older female students of 20-21 years old to that of younger female students of 18-19 years old. Conclusion was drawn that people can become involved in purposeful physical activity every early in life and can continue to pursue these interests throughout their lives. Based on this, it was recommended that participation in all forms of sports and exercise should be regular. Students should be exposed to the benefits of physical fitness exercises.*

*Key words: Physical fitness, exercise, physiology, emotional health, Test battery.*