THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND PHYSICAL
FITNESS OF THIRTEEN TO FIFTEEN YEAR OLD BOYS OF DIFFERENT
RACIAL GROUPS IN THE NORTH WEST PROVINCE

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ABSTRACT

The decline in PA levels of adolescents is a worldwide concern. The purpose of this study was to determine the PA levels of thirteen to fifteen year old boys living in the North West Province of South Africa and to determine whether the groups' PA levels will have an influence on their health-related PF. The survey group consisted of 266 randomly selected thirteen to fifteen year old boys living in North West Province, originating from 16 schools (51 whites, 183 blacks, 11 coloureds and 21 Asians). The Previous Day Physical Activity Recall (PDPAR) questionnaire was used to gather information on the PA of the previous week day as well as one weekend day. A physical fitness battery determine arm shoulder strength and grip strength, flexibility, aerobic fitness and body composition. The results analysed by Statistica indicated low activity levels for 43% of the boys during the week compared to 29% during the weekend with 10% who were high active during the week compared to 11% during the weekend. High PA contributed to better strength and relationships between PA and aerobic fitness were found. No race specific relationships were found between PA and physical fitness. A stepwise regression analysis indicated that strength, fat percentage and age explain 49.8% of the variance in aerobic fitness. It is concluded that a relationship exists between aerobic capacity and high PA levels, and that high physical activity levels have positive outcomes on strength which confirms the health benefit of regular participation in PA.

Key words: Physical activities, physical fitness, boys, adolescents, race