

ABSTRACT NO.: 536

TITLE: The Physical Status of a Selected Population

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The project is entitled The Physical Status of a Selected Population. The idea of physical status has a broad meaning that embraces the ability to perform physical activities as it is closely related to a person's health. In order to better understand and evaluate one's physical status, various assessments were done in order to identify existing physical weaknesses which may lead to overuse problems in working life and recreational activities.

The research was accomplished using individuals at the University of the West Indies, St. Augustine Campus. The physical status was assessed in the following areas: posture, flexibility, muscle strength and balance. Observations were made on two groups:

- Group A: Healthy, trained students between the ages of 18-36 years.
- Group B: Healthy, untrained students between the ages of 18-36 years.

Investigations in the area of posture, flexibility, muscle strength and balance were performed using various tests. Based on the results of these fitness assessments, improvements to one's overall health and physical activities can be made.