

Study of Physical Fitness Index Using Modified Harvard Step Test in Relation with Gender in Physiotherapy Students

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Abstract: Background& Objectives: *The Physical Fitness index measures the physical fitness for Muscular work & the ability to recover from the work. The present study was undertaken to assess the physical fitness index using Modified Harvard Step Test in young adult in the age group of 17 to 24 years with varying degree of physical activities.* Method: *Cross sectional study was done on 105 physiotherapy students and Physical Fitness Index was measured using Modified Harvard step test.* Data Analysis: *Statistical analysis was done using descriptive analysis and Chi square test.* Result: *Statistical analysis shows that physical fitness in physiotherapy students is not satisfactory. And there is significant difference in physical fitness index between boys & girls.* Conclusion: *Physical fitness of physiotherapy students in Ahmedabad Physiotherapy College is not satisfactory and Female are having better physical fitness.*

Keywords: Physical Fitness Index, Modified Harvard Step Test, Physiotherapy Students

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