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115 122

.(Hypo-kinetic Diseases)

: (1989)

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(2004)

(Shepherd, 1999)

(Platonov, 1994)

(Corbin and Lindsey, 1994)

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(Chan et al., 2002)

( Peterson et al., 2003 ) (Armoro and Jackson, 2002)

(Liang et al., 1993)

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(Chan et al., 2003)

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(Liang et al., 1993)

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(Peterson, Degenhardt and Smith, 2003)

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(Sit and Reach)

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21.74	25	32.79	40	
18.26	21	17.21	21	
23.48	27	15.57	19	
36.52	42	34.43	42	
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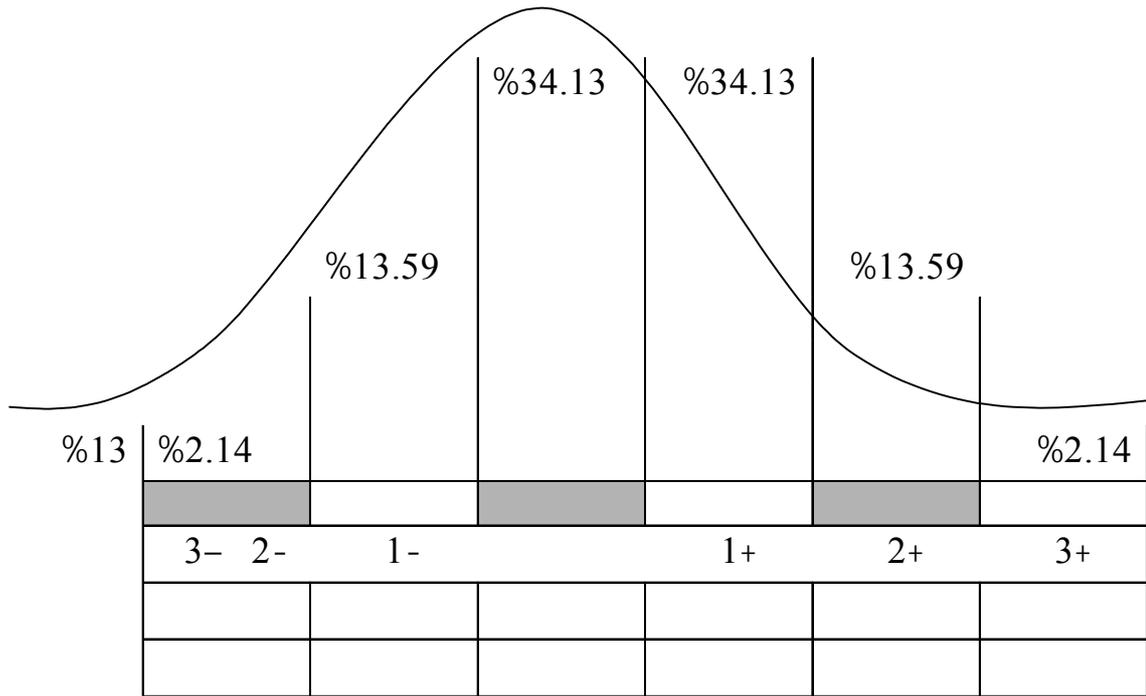
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115=					122=				
0.98	3.88	29.12			1.01	6.58	48.61		
1.14	3.65	26.78			1.13	6.39	45.45		
1.01	6.76	11.93			0.98	9.00	12.04		
1.15	7.45	33.94			1.25	9.43	41.72		
1.03	0.21	15.4			1.43	7.16	48.90		
0.88	1.67	14.14			0.78	1.17	12.24		
0.90	94.	9.14		50	0.84	0.62	7.06		50
0.74	2.53	15.98			0.91	1.62	11.66		



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%26.23 %31.15 ( )

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(Seong and Baumgartner, 1998)50 + ----- 10 =

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122=						
4.10	5	64.62-58.23	4.35	3	68.35 - 61.77	
12.30	15	58.22-51.84	14.75	18	61.76 -55.19	
26.23	32	51.83-45.45	31.15	38	55.18 -48.61	
47.54	58	45.4-39.06	31.97	39	48.60 -42.03	
9.02	11	39.07-32.67	19.67	24	42.02 - 35.45	
0.82	1	32.76-26.28	0.00	0	35.44 - 28.87	

(4)

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115=						
2.61	3	37.73- 34.08	2.46	5	40.76-36.88	
7.83	9	34.07-30.43	12.17	14	36.87-33	
39.13	45	30.42-26.78	28.70	33	32-29.12	
32.17	37	26.77-23.13	38.26	44	29.11-25.24	
15.65	18	23.12-19.48	13.04	15	25.23-19.48	
2.61	3	19.47-15.83	3.48	4	19.48-15.83	

(5)

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115=				122=		
0.00	0	32. 21-25.45	0.00	0	39.04-30.04	
15.65	18	25.45-18.69	13.93	17	30.03-21.04	
47.83	55	18.68-11.93	40.16	49	21.03-12.04	
17.39	20	11.92-5.17	27.05	33	12.03-3.04	
14.78	17	5.16-(-)1.59	15.57	19	3.04-(-)5.96	
4.35	5	(-)1.59-(-) 8.35	3.28	4	-5.95- (-) 14.96	

(5)

%40.16

%47.83

(Peterson et al.,

(2003) 2003)  
(2006) (2004)

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115=			122=			
1.74	2	56.29-48.84	2.46	3	70.01-60.58	
8.70	10	48.83-41.39	12.30	15	60.57-51.15	
43.48	50	41.38-33.94	36.07	44	51.14-41.72	
31.30	36	33.93-26.49	29.51	36	41.71-32.29	
9.57	11	26.48-19.04	16.39	20	32.28-22.86	
5.22	6	19.03-11.59	3.28	4	22.85-13.43	

(7)

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( )			( )			
115=			122=			
0.87	1	16.03-15.82	2.46	3	70.38-63.22	
16.52	19	15.61-15.81	12.30	15	63.21-56.06	
42.61	49	15.6015.04-	38.52	47	56.05-48.90	
20.00	23	15.03-15.19	30.33	37	48.80-41.74	
15.65	18	15.1814.98-	14.75	18	41.73-34.58	
4.35	5	14.97-14.77	1.64	2	34.58-27.42	

(6)

%43.48 %36.07  
%31.30 %29.51  
(2008)

(1997)

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(7) (Kemper and Williems, 1996)

(2001)

%38.52

%42.61

%30.33

(Shin, 1992)

.%20

(2003)

(8)

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115=			122=			
3.48	4	19.15-17.48	2.46	3	15.75-14.58	
6.09	7	17.47-15.81	7.38	9	14.57-13.41	
32.17	37	15.80-14.14	36.07	44	13.40-12.24	
53.91	62	14.13-12.47	41.80	51	12.23-11.07	
3.48	4	12.46-10.8	11.48	14	11.06-9.9	
0.87	1	10.7-9.13	0.82	1	9.8-8.73	

(9)

( ) ( 50)

115=			122=			
5.22	6	11.96-11.02	3.28	4	8.92-8.3	
7.83	9	11.01-10.08	16.39	20	8.2-7.68	
32.17	37	10.08-9.14	26.23	32	7.67-7.06	
45.22	52	9.13-8.2	44.26	54	7.05-6.44	
8.70	10	8.1-7.26	9.02	11	6.43-5.82	
0.87	1	7.25-	0.82	1	5.81-5.2	

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.(2006)

(Chin et al., (1982)

2002)

(48.9)

(40,1) (2004)

( 30 -20)

(Peterson et al., 2003)

(33,5)

(8)

%53.91

%41.80

(9)

(2004)

%45.22

%44.26

(2004)

(2004)

12.81

(10.3)

(7,5)

(9,58)

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115=			122=			
4.35	5	23.57-21.04	7.38	9	16.52-14.9	
4.35	5	21.03-18.51	13.11	16	14.8-13.28	
42.61	49	18.50-15.98	21.31	26	13.27-11.66	
38.26	44	15.97-13.45	47.54	58	11.65-10.04	
8.70	10	13.44-10.92	10.66	13	10.03-8.42	
1.74	2	10.91-8.39	0.00	0	8.41-6.8	

%21.31 %47.54

%42.61 %38.26

(Liang et al., 1993)

(Kmper et al., 2001)

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(Willmore and Costil, 1994)

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## **Establishing Norms for Some of the Physical Fitness Components for Undergraduate Physical Education Students at the Hashemite University**

*Mahmoud Al-Haleeq and Ali Abu Zimi'a\**

### **ABSTRACT**

The purpose of the study was to construct and evaluate physical fitness norms for the undergraduate physical education students at the Hashemite University (freshman sophomore, junior, and senior. Two hundred and thirty seven students (122 males and 115 females) volunteered to participate in this descriptive study. The researchers used valid and reliable tests to measure the physical fitness components. Norms for physical fitness components were established. In addition, results showed that the majority of the participants' fitness level was moderate. The researchers recommend using those norms to evaluate the students objectively and to perform the tests from time to time to identify the students' fitness progress; finally, the researchers emphasize the necessity of physical fitness course to become a required course in each of the four academic years.

**Keywords:** Physical fitness, Physical Education, The Hashemite University.

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