

: (Morrow 2000)
-1
-2
-3 (McCloy)
(McGee) (Barrow)
-4 :
)
(2001) (2006) (1982)

(1980)

"
(1995-1991)
(11-10)

(860)

" : (1998)

"

(4)

(50)

13

" : (2000) (13)

"

-1

3000 1500 800 400 200"

" 5000

-2

(469)

.1

" : (2001)

.2

(. . .)

" : (1996)

(. . .) (16)

(1995-1994)

(16)

(390)

(16)

(Roudsep. L 2002)

(280)

19

19

(Chan, EW.et.al 2003)

" "

13

(201)

: - " : (2003)

.(1988)

: -

.(1999)

: - 50) :

.(Jerry R. Jack, 1990)

: -

10

50

(201)

. 800

2003- 1997

.(Jery. Jack, 1990)

(spss)

: -

(2008-2007) " " (2007-2006) (1996) : -
 (152))
 (1997
 (121)

(1) %79

(1)

1.22-	24.00	4.84	165.84	()
0.31	43.00	7.38	59.74	()
1.38	2.00	0.36	18.37	()
1.02	9.35	1.73	10.06	() 1600
0.17	4.54	0.92	9.29	() 50
0.54	4.67	0.83	12.30	()
0.09	145.00	26.95	161.85	()
0.34	53.00	10.88	32.29	() (60)
0.24-	31.00	5.82	11.93	()

(1)

1.38 1.22 -

.3 ±

(6)

(2)

(Test-Retest)

(10)

(2)

0.000	0.904	1.55	1.51	10.56	10.42	() 1600
0.000	0.911	0.81	0.87	9.38	9.35	() 50
0.000	0.925	0.78	0.85	11.77	11.88	()
0.000	0.897	20.14	23.47	162.53	158.77	()
0.000	0.912	13.05	11.12	30.87	31.30	(60)
0.000	0.900	5.05	4.95	11.54	11.05	()

(2)

(3)

" :

:

-

(8)

2007-2006

:

-

.2008-2007

(3)

() 1600

20.66	46.96	10.59	62.81	55.81	9.06	100.00	66.85	7.15
19.83	44.48	11.02	61.98	55.46	9.12	98.35	66.73	7.17
19.01	44.01	11.10	61.16	55.00	9.20	96.69	65.92	7.31

...

		()			()			()
6.61	38.03	10.40	47.93	50.04	9.29	87.60	61.72	8.21
5.79	35.87	10.60	46.28	49.82	9.31	85.95	60.64	8.31
4.96	33.92	10.78	43.80	48.85	9.40	84.30	59.34	8.43
4.13	32.62	10.90	42.98	48.74	9.41	82.64	59.23	8.44
3.31	32.08	10.95	41.32	48.63	9.42	80.99	58.80	8.48
2.48	26.13	11.50	38.84	48.31	9.45	79.34	58.48	8.51
1.65	25.05	11.60	37.19	47.66	9.51	78.51	58.15	8.54
			35.54	47.44	9.53	76.03	57.61	8.59
			33.88	46.47	9.62	75.21	57.50	8.60
			32.23	45.60	9.70	73.55	57.39	8.61
			31.40	45.06	9.75	72.73	56.96	8.65
			30.58	44.74	9.78	70.25	56.85	8.66
			29.75	44.52	9.80	68.60	56.64	8.68
			28.10	44.41	9.81	67.77	56.31	8.71
			27.27	43.44	9.90	66.12	56.20	8.72
			24.79	43.33	9.91	64.46	55.88	8.75
			23.97	43.01	9.94	63.64	55.55	8.78
			23.14	42.90	9.95	61.98	55.12	8.82

74.16 (4)
 11.60 100 50
 .1.65 25.05 () 7.06
 (5)

()

5.79	30.32	13.94	55.37	51.21	12.20	100.00	73.17	10.37
3.31	29.84	13.98	53.72	50.00	12.30	99.17	68.61	10.75
2.48	28.52	14.09	50.41	49.04	12.38	98.35	67.77	10.82
1.65	17.48	15.01	49.59	48.80	12.40	97.52	67.17	10.87
0.83	17.12	15.04	47.11	48.44	12.43	96.69	64.89	11.06
			43.80	47.60	12.50	95.04	64.05	11.13
			42.98	47.48	12.51	93.39	63.81	11.15
			42.15	47.24	12.53	91.74	63.21	11.20
			41.32	46.40	12.60	90.91	60.93	11.39
			39.67	46.28	12.61	90.08	60.81	11.40
			38.84	46.16	12.62	89.26	60.57	11.42

95.87	69.04	53	36.36	46.06	28
97.52	71.79	56	38.02	46.98	29
100.00	74.55	59	43.80	47.90	30
			53.72	48.82	31
			59.50	49.73	32

74.55 (7)
 () 6 100
 .1.65 25.84 () 59

(8)

() (

)

1.65	20.90	5-
3.31	29.49	0
4.13	31.21	1
7.44	34.65	3
14.05	38.08	5
16.53	39.80	6
23.97	41.52	7
27.27	43.24	8
33.88	44.96	9
38.02	46.68	10
42.15	48.40	11
52.89	50.11	12
61.98	51.83	13
65.29	53.55	14
71.90	55.27	15
76.03	56.99	16
85.12	58.71	17
88.43	60.42	18
90.08	62.14	19
95.87	63.86	20
97.52	65.58	21
98.35	72.45	25
100.00	74.17	26

...

(8)

26
 100 74.17
 20.90 (5-)
 .1.65

(14) (9) .(1998) (1996) (2003)
 (1988) (1999)

(9)

1600

%		
-	-	6.59
14.9	18	8.33 – 7.00
38.8	47	10.06 – 8.34
27.3	33	11.59 – 10.07
17.4	21	13.52 – 12.00
1.7	2	13.53

(10)

50

%		
2.5	3	7.45
12.4	15	8.37 – 7.46
36.4	44	9.29 – 8.38
36.4	44	10.21 – 9.30
9.1	11	11.13 – 10.22
3.3	4	11.14

(9)

1600

(12)

%66.1

. %68

(10)

50

%71.9

%68

(13)

%		
1.7	2	10.53
13.2	16	21.41 - 10.54
44.6	54	32.29 - 21.42
25.6	31	43.17 - 32.30
10.7	13	54.05 - 43.18
4.1	5	54.06

%72.8

. %68

(11)

%		
0.8	1	10.64
15.7	19	11.47 - 10.65
33.1	40	12.30 - 11.48
41.3	50	13.13 - 11.31
5.8	7	13.96 - 13.14
3.3	4	13.97

(13)

(11)

%70.2

. %68

(14)

%		
3.3	4	0.29
13.2	16	6.11 - 0.30
25.6	31	11.93 - 6.12
43.0	52	17.75 - 11.94
12.4	15	23.75 - 17.76
2.5	3	23.76

74.4

. %68

(12)

%		
2.5	3	107.95
11.6	14	134.90 - 107.96
33.9	41	161.85 - 134.91
38.0	46	188.80 - 161.86
11.6	14	215.75 - 188.81
2.5	3	215.76

(14)

) -2
.(
%68.6
%68
-1
-2
-3
-4
-1

1996
(1996-1995)

1998

2008

(1998)

2006

2001

1980

1999

2002

2005

(14)

(14)

1992

2001

(. .)
(13)

1996

1997

()

(- -)

1982

- Medicine and Physical Fitness*, 33 (3). 1999
- Chan, Ew and Av, Ey and Chan, BH. 2003. Relation among physical activity, physical fitness, and self perceived fitness in Hong Kong adolescents, The Hong Kong Polytechnic University, *National Library of Medicine*, 96 (3 pt1). 2001
- Capan, K. 1997. A comparative study of selected physical fitness Components of students 13 to 16 years of age in India and United Arab Emirates, *ICHPER*, XXXIII (4): 16-18. 1988
- Jerry, R. Jack, k. 1990. Research Methods in physical activity. second edition, Human Kinetics. 1989
- Morrow, J. 2000. *Measurement and Eevaluation in Human Performance*. Human kinetics.USA.
- Roudsepp, L. and Liblikr. 2002. *Level of Perceived and Fitness in Youth*, University of Tortu.
- Barbanti, V. 1982. A comparative study of selected anthropometric and physical fitness Measurement of Brazilian and American school children, *Dissertation Abstract International*, 43 (12): 3840.
- Chatterjee, S. and Mandal, A.1993. Physical and motor fitness level of Indian school- going boys, *Journal of sport*

Constructing Percentiles Norms to Evaluate the Level of Physical Fitness for the New Admitted Female Students at Faculty of Physical Education / J.U.

*Rami, S. Halaweh and Hossam A. Barakat**

ABSTRACT

The purpose of the current study is to assess the physical fitness and construct percentile norms for the new admitted female students at faculty of P.E, in J.U., The descriptive approach was used, the sample consisted of (121) females students of physical preparation course (2006/2007) and (2007/2008). Six physical tests were performed: respiratory endurance, strength endurance, transitional speed, agility, flexibility, and explosive strength.

Means, standard deviations, frequencies, percentages, and percentile ranks were used.

It was recommended to utilize the norms obtained to assess the new female students (of faculty of physical education at university of Jordan) in the tests selected and to assess their achievement later.

Keywords: Percentiles Norms, Physical Fitness.

* Faculty of Physical Education, The University of Jordan, Amman, Jordan. Received on 29/4/2008 and Accepted for Publication on 22/12/2008.