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715

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Optimal level

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2006/8/2

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(755 1995
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Armor and Jackson
(109 1991
- -
(28 2002)
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(40 2001
(755 1995)
Armor and Jackson (96 1993)
(328 2002)
(65 1998)
(31 2000)
(12 1996) (349 2004)

.(381 2000)

.(4)

.(154 2001)

(13-12 1996)

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.(7 1987

.(47 1997)

.(7 2000)

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.(5 1998)

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.(3 2001)

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(1) .3 .(%100) (1)

(1)	(3)	(5)	
		4	4
		20	

()

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(2) (0.80) (0.67) 0.85 0.01

.pwc170

10 (2) 30 (2)

30 =

0.67	**0.457	3.33	22.36	3.39	23.06		-1
0.71	**0.512	1.99	24.43	1.93	24.96		-2
0.80	**0.651	0.24	2.17	0.24	2.22		-3
0.75	**0.570	1.84	0.965	2.42	0.935		-4
0.69	**0.480	1.76	14.8	1.70	14.83		-5
0.71	**0.511	4.76	9	3.97	8.63		-6

349.0 = 05.0

449.0 = 01.0

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(2)

(2) (0.651) (0.457)

(0.80) (0.67) 05.0 (0.449)

0.85 0.01 %73

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15 :

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.(4) 30

(4)

.(3)

(0.937) (3)

(0.489) .(%100)

(0.349)

.0.05 (3)

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vo2	pwc170 Pwc 170 + 1070.2.max = 2	(1)	(3)	(5)	
				6	6
				30	

(4)

30 =

0.96	**0.937	80.03	82.83	2.74	83.36	
0.69	**0.489	3.49	1245.06	3.08	1243.6	(/)

349.0 = 05.0 449.0 =01.0 **

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20

2005/4/1

.2005/5/1

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- - -

(5)

.4

2.89	2.01	21.67	()
0.433	0.06	1.71	()
0.43	10.22	66.05	()

143 % 25 (1)
 125 %22
 103 %18
 98 % 17
 52 %9
 52 %9

(5)
 2.89 0.43
 ± 3

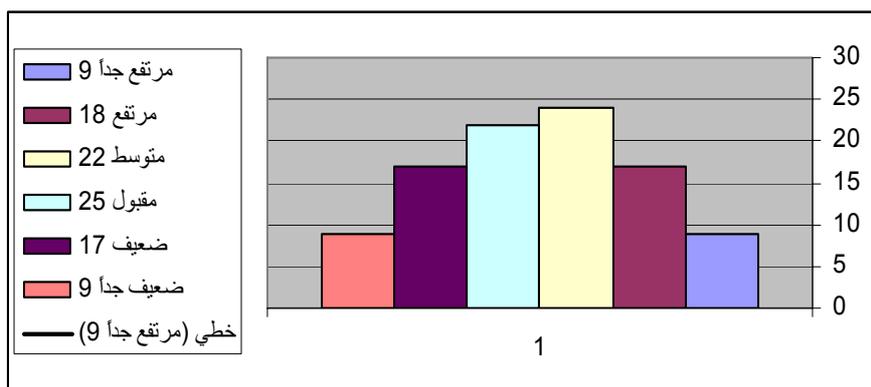
(6)

572 =

	%75.3	0.154	3.86	22.6	
	%81.7	-0.372	3.51	24.5	
	%85.0	12.22	4.86	2.55	
	%15	0.877	3.49	4.49	
	%49	1.11	0.975	14.7	
	%13	-0.46	7.11	6.48	

(7)

0.154	4.13	22.42	(/)
1.11	5	17.10	(/)
-0.46	6.93	7.52	()
1.25	5.24	12.94	()
1.37	5.32	14.97	()
2.57	5.94	10.80	()
1.77	15.13	38.72	()
0.99	48.59	31.77	
1.98-	22.35	1257.5	



(1)

(8)

-0.342	9.31	123.83	
0.304	9.807	73.40	
-1.36	12.83	177.96	
0.877	8.87	68.80	(/)
-0.043	8.83	174.00	
-1.98	22.35	1257.5	
0.99	48.59	31.77	

(9)

572 =

0.041	0.043	0.005-	-0.041	0.047	0.014	** -0.07	**0.18	** -0.63	-0.049
0.026	0.026	0.026-	0.019	** -0.09	0.004	0.043	0.013	**0.24	
0.548	0.552	**0.07	-0.022	** -0.27	0.004	-0.038	0.022		
-0.153	-0.156	**0.24	**0.18	**0.43	-0.029	**0.26			
-0.161	0.161	**0.20	** -0.14	**0.16	**0.23-				
0.014	0.014	0.004	-0.014	0.019					
** -0.40	** -0.40	**0.12	**0.18						
-0.09	** -0.08	**0.10							
-0.051	-0.050								
**0.999									

0.062 = 0.05

0.081 = 0.01

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(10)

725 =

**0.909	**0.909	**0.750	**0.767	
**0.919	**0.919	**0.767		
**0.921	**0.921			
**0.999				

0.062 = 0.05

0.081 = 0.01

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(11)

725 =

**0.998	**0.250	**0.297	**0.091	**0.162	
** -0.090	-0.035	**0.132	**0.849		
** -0.161	** -0.06	**0.230			
** -0.299	** -0.432				
**0.252					

0.06 = 0.05

0.081 = 0.01

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(12)

572=

0.04	0.04	0.04	**0.28	0.051	0.004	0.01	**0.13	0.05	0.04	0.01	
0.02	0.02	0.026	0.007	-0.054	**0.07	**0.06	**0.14	-0.01	0.05	0.03	
0.06	**0.54	**0.54	** -0.12	-0.037	**0.11	**0.11	**0.27	**0.44	**0.56	**0.49	
0.13	**0.15	** -0.15	**0.13	-0.03	** -0.07	-0.02	-0.06	**0.13-	**0.12	-0.01	
0.04	** -1.6	** -0.16	0.030	-0.05	-0.03	-0.03	-0.02	**0.13-	** -0.18	** -0.11	
0.06	0.01	0.014	**0.07	-0.01	-0.04	0.01	-0.04	0.03	0.02	** -0.02	
0.19	-0.40	-0.40	**0.20	-0.05	-0.010	-0.04	** -0.1	** -0.37	** -0.53	** -0.39	
0.08	** -0.9	** -0.09	**0.09	** -0.08	** -0.06	**0.06	0.02	** -0.07	** -0.08	** -0.09	
0.03	-0.05	-0.05	0.04	-0.03	-0.03	0.03	0.01	** -0.06	-0.02	-0.04	

0.062 = 0.05

0.081 = 0.01

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0.063	**0.00	0.19	

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 (Philips and Homak, 1979, 259)
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Reudsepp and Jurimae

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.(Roudsepp and Jurimae, 1996, 267)

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Identification of Standard Levels of Some Physical Healthy and Functional Measurements for Student in the Faculty of Physical Education and Sport

*Ahmed M. Abdel Salaam and Aly El Gafry**

ABSTRACT

-The present study aims at identifying standard levels of some physical healthy and functional measurements for student in the Faculty of Physical education and sport

-The researchers used the description technique, The sample included 715 from all study levels, portability sampling.

-The researchers used the North Carolina test for measuring physical efficacy, the maximum oxygen consumption scale, measuring the respiratory system. The study was conducted in 2005.

-The most important finding was the student's physical fitness is middle , the identification of standard levels that could be used to evaluate the level of physical healthy and functional measurements for student in the Faculty of Physical education and sport , The study also concluded that there is a positive correlation between the physical healthy and functional variables and, The study recommended the conducting of measurements for student's physical fitness as an indicator of health, and using the suggesting standard levels to evaluate physical healthy measurement for student in the Faculty of Physical education and sport.

Keywords:

- **Identification of standard levels:** its which identifying the student's physical fitness and physical health, physiology measurements.
- **Physical health and functional measurements:** it's a principal to agauged the elements which evaluate from inside and it looked count ant and like what's elements must be.

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