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.(Hastand and Lacy, 1998)

.(Baumartner and Jackson, 1999)

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(Morrow and et al., 1999)

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(Fox and et.al, 2004)

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(%45.49) (133)

(Lehnhard and et.al,1992)

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 (Lehnhard and et al., 1992) (2001)  
 (fox et al, 2004)

	z				
0.395	0.898	4.64	174.03		
0.171	1.11	4.22	158.93		
0.525	0.812	7.81	68.41		
0.383	0.907	5.53	54.89		
0.138	1.156	0.64	7.46		
0.180	1.097	1.41	10.05		
0.101	1.256	0.497	2.94		
0.058	1.33	0.60	3.18		
0.106	1.213	0.22	2.11		
0.464	0.851	0.190	1.49		
0.202	1.07	0.78	11.07		
0.826	0.628	1.56	14.47		
0.449	0.861	6.34	10.46		
0.585	0.775	5.76	9.35		
0.324	0.938	5.78	25.09		
0.935	0.538	4.97	15.79		
0.871	0.595	5.96	22.69		
0.247	1.032	6.01	15.62		

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	(0.05)		(1)	
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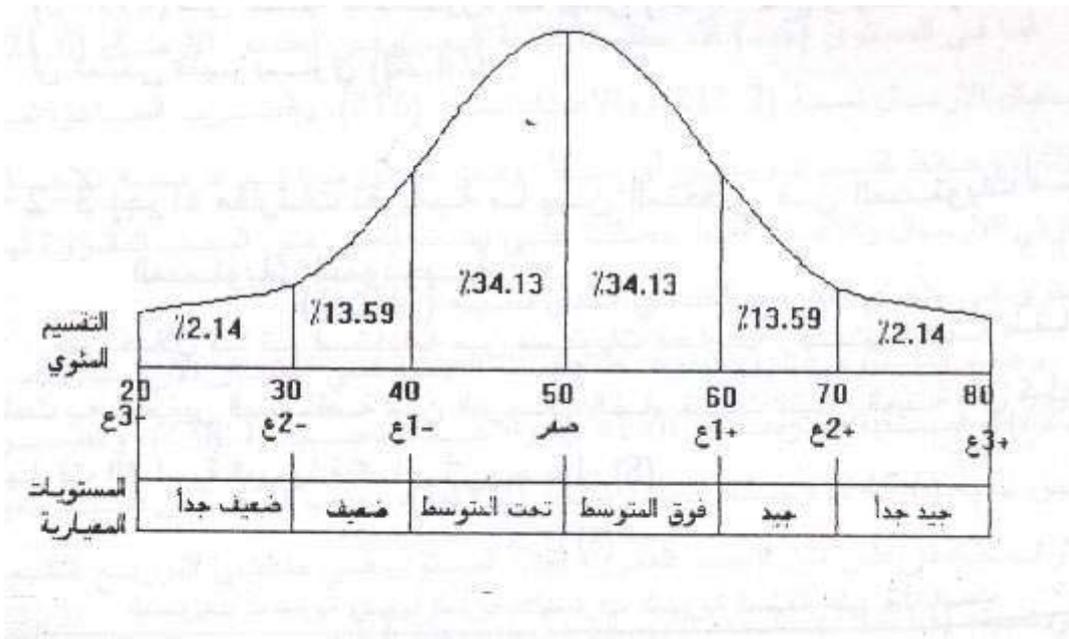
(t)

		t					
	0.001	13.88-	0.43	8.33	0.23	6.81	
	0.001	14.79-	0.97	11.94	0.42	8.52	
	0.001	13.201-	0.36	3.56	0.12	2.43	
	0.001	12.59-	0.52	3.92	0.093	2.48	
	0.001	13.88	0.14	1.83	0.079	2.35	
	0.001	14.46	0.077	1.27	0.13	1.74	
	0.001	10.66-	0.47	12.01	0.59	10.30	
	0.001	3.22-	0.99	16.40	0.82	12.69	
	0.001	10.524	5.63	3.30	2.51	17.80	
	0.001	17.724	3.12	1.81	1.92	16	
	0.001	13.53	2.92	18.90	3.44	32.55	
	0.001	17.15	2.66	9.62	1.89	21.11	
	0.001	11.816	4.37	21.45	3.86	29.75	
	0.001	23.28	1.96	7.62	2.18	22.52	

(3)

( )

0.047	0.520*	0.63	7.45		
		0.43	7.33		
0.001	0.866**	0.63	3.01		
		0.44	2.93		
0.035	0.546*	0.17	2.18		
		0.12	2.17		
0.001	0.738**	0.57	11.33		
		0.35	11.19		
0.002	0.725*	5.49	9.67		
		0.97	10.27		
0.001	0.880**	3.68	23.87		
		3.83	24.27		
0.028	0.566**	4.43	21.8		
		4.81	20.87		



(1).

(Morrow and et.al, 1995) :

(7 6)

		(%68.26)		.1
(6)		( 1 ± )		
			( 1 ± )	
			(%34.13)	
		( 2 ± )		.2
( 50 )		(%68.26)		(%95.44)
(0.64)	(7.47)	(%27.18)	( 1 ± )	
			( )	
	(%10.81)			(%13.34)
	(%50)			.3
	(%25.68)		( 3 ± )	
	(%6.76)			(%99.73)
		(%99.33)	(%2.14)	(
(6)		(%95.44)	( 2 ± )	
			(%4.28)	
			(5 4)	

## (4)

29.99	39.99-30	49.99-40	59.99 -50	69.69 -60	70			
8.76	8.11-8.75	7.48-8.10	6.82-7.47	6.2-6.83	6.1		50	1
3.94	3.44-3.93	2.95-3.43	2.45-2.94	-2.44 1.97	1.96		800	2
1.66	1.88-1.67	2.10-1.89	2.32-2.11	-2.33 2.54	2.55		) (	3
12.64	-12.63 11.86	-11.85 11.08	-11.07 10.31	-10.30 9.52	9.51		) ( 10*4	4
3-	4-2-	10-5	16-11	23-17	24		) (	5
13	19-14	25-20	30-26	36-29	37		( 30)	6
10	16-11	22-17	28-23	34-29	35		( 30)	7

## (5)

29.99	39.99-30	9.99-40	9.99 -50	69.69 -60	70			
12.89	-12.88 11.48	-11.47 10.07	8.66-10.06	7.25-8.65	7.24		50	1
4.39	3.79-4.38	3.19-3.78	2.59-3.18	1.99-2.58	1.98		600	2
1.10	1.29-1.11	1.48-1.30	1.67-1.49	1.86-1.68	1.87		) (	3
17.60	-17.59 16.04	-16.03 14.48	-14.47 12.92	-12.91 11.36	11.35		) ( 10*4	4
3-	3-2-	9-4	15-10	20-16	21		) (	5
5	10-6	15-11	20-16	25-21	26		( 30)	6
3	9-4	15-10	21-16	27-22	28		( 30)	7

(6)

	%2.14		%13.59		%34.13		%34.13		%13.59		%2.14		
	%		%		%		%		%		%		
74	%6.76	5	%6.76	5	%25.68	19	%50	37	%10.81	8	-	-	/( 50 )
74	%6.76	5	%6.76	5	%40.54	30	36.49	27	%9.46	7	-	-	/( 800 )
74	%2.70	2	%12.16	9	%29.73	22	%39.19	29	%16.22	12	-	-	) /(
74	2.70	2	%16.22	12	%25.68	19	%41.89	31	%12.16	9	%1.35	1	) /( 10*4
74	%2.7	2	%9.46	7	%37.84	28	%31.09	23	%18.92	14	-	-	) /(
74	%1.35	1	%10.81	8	%45.95	34	%21.62	16	%17.75	13	%2.70	2	) /(
74	%1.35	1	%12.16	9	%33.78	25	%39.19	29	%9.46	7	%4.05	3	) /(

(0.22) ( 50 )

(%16.22) (0.64) (7.47)

(%39.19)

(%29.73) (%10.81)

(%12.19) (%50)

.(%2.70) (%25.68)

( 10\*4 )

(0.78) (11.07) ( 800 )

(%1.35) (0.49) (2.94)

(%12.16)

(%41.89) (%9.46)

(%25.68) (%36.49)

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( ) ( )

(6.34) (10.46) (2.11)

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(%31.09)

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(5.96) (22.69) (%2.70) (%9.46)

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(%12.16) (33.78) (5.78) (25.09)

.(%1.35) (%2.70)

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(%21.62)

(%10.81) (%45.95)

(7)

	%2.14		%13.59		%34.13		%34.13		%13.59		%2.14		
	%		%		%		%		%		%		
78	%6.41	5	%9.46	7	%25.64	20	%43.59	34	%15.38	12	-	-	/( 50)
78	%5.13	4	%9.46	7	%32.05	25	%28.21	22	%25.64	20	-	-	/( 800 )
78	%1.28	1	%20.51	16	%19.23	15	%41.03	32	%15.38	12	%2.56	2	) /(
78	%5.13	4	%9.46	7	%30.77	24	%44.87	35	%6.41	5	%3.85	3	/( 10*4
78	%2.56	2	%16.67	13	%29.73	22	%38.46	30	%12.82	10	%1.28	1	) /(
78	%1.28	1	%11.54	9	%33.33	26	%34.62	27	%17.95	14	%1.28	1	) (
78	-	-	%23.08	18	%21.79	17	%38.46	30	%15.38	12	%1.28	1	) ( /

				...
	)			(7)
(9.35)	(			
(%12.82)	(5.76)			
	(%1.28)			
(%38.46)				
	(%29.73)		( 50 )	
	(%2.56)		(1.41)	(10.06)
				(%15.38)
(4.97)	(15.79)			(%43.59)
(%1.28)				(%25.64)
(%34.62)	(%17.95)	(%6.41)		(%9.46)
(%33.33)				
	(%11.54)			
	(%1.28)		( 600 )	
			(0.60)	(3.18)
				(%25.64)
(6.01)	(15.62)			(%28.21)
(%1.28)				(%32.05)
	(%15.38)	(%5.13)		(%9.46)
	(%38.46)			
	(%21.79)			
	(%23.08)	(	)	
			(1.49)	
				(0.19)
			(%15.38)	(%2.56)
				(%41.03)
		(%20.51)		(%19.23)
			(%1.28)	
)				
	(			
)		( 10*4 )		
(		50	(1.56)	(14.47)
)			(%3.85)	
(	800			(%6.41)
		(%30.77)		(%44.87)
			(%9.46)	
				(%5.13)



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## **Establishing Fitness norms for Physical Education Students at Yarmouk University**

*Aman Khasawna, Nart Shawkah, Isma'eel Ghassab and Abdulbaset Abdulhafaeth \**

### **ABSTRACT**

The purpose of this study was to establish fitness norms for physical education students at Yarmouk University.

One hundred and fifty two students (74 males, 78 females) enrolled in a fitness course in the academic year 2005/2006 participated in this descriptive study.

Fitness level was measured using test battery including (7 units) measuring six abilities (speed, endurance, power, agility, flexibility, and muscular endurance).

Based on the results, norms and percentiles were established for male and female P.E students.

The researchers recommended utilizing these norms in selecting and evaluating student's fitness.

**Keywords:** Norm Scores, Norm Levels, Battery Test, Physical Fitness.

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