

Physical Fitness Evaluation of Physical Education Teachers in Maktab Rendah Sains MARA (MRSM)

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Abstract : Physical Education teacher at the school should have good physical fitness to educate and guide students in the school. Currently, there are no standards for the level of physical fitness for teachers who teaches physical education at the school. Therefore, this research is to determine the level of physical fitness of teacher of Physical Education at Maktab Rendah Sains MARA (MRSM). A total of 28 samples (18 men and 10 women, age 33 ± 4.91), teachers of physical education at MRSM, were randomly selected to participate in this study. Height, weight, body fat percentage, body mass index (BMI) and other physical testing are measured and recorded. The results showed that the average of body mass index (BMI) for teachers of Physical Education is 25.9 ± 4.57 . Body mass index (BMI) of teachers can be categorized as pre-obese based on World Health Organization (WHO) guidelines. Body fat percentage for male (age; 34.3 ± 5.13) and female (age; 30.9 ± 3.81) teachers is $24.7\% \pm 6.54$ and $30.6\% \pm 6.28$, respectively. Male teachers were categorized as overfat, however, female teachers were categorized as healthy based on body fat ranges for standard adults at NY Obesity Research Center. Bleep test results show that the average Bleep test is level 4 and shuttle 2; average VO₂max was 27.5 ± 5.94 L/min. Physical fitness and performance of physical education teachers at MRSM is much lower compared to the rugby junior athlete in University Putra Malaysia (UPM). Therefore, physical fitness of teachers must be improved to ensure the physical education classes at MRSM could be done better.

Keywords : physical fitness, BMI, bleep test, obesity

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