

Developing Norms for Sit and Reach Test in the Local Environment of Khyber Pakhtunkhwa, Pakistan

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Abstract : This study is envisaged as vital contribution as it intends to develop norms for the Sit and Reach Test in the Local Environment of Khyber Pakhtunkhwa Pakistan, for the age group between 12-14 years which will be used to measure the flexibility level of early adolescents (12-14 years). Sit and Reach test was applied on 2000 volunteers, 400 subjects from each selected district (Five (5) Districts, Peshawar, Nowshera, Karak, Dera Ismail Khan and Swat (20% percent of the total 25 districts) using convenient sampling technique. The population for this study is comprised of all the early adolescents aging 12-14 years (Age Mean 13 + 0.63, Height 154 + 046, Weight 46 + 7.17, BMI 19 + 1.45) representing various public and private sectors educational institutions of the Khyber Pakhtunkhwa. As for as the norms developed for Sit and Reach test, the score below 6.8 inches comes in the category of poor, 6.9 to 9.6 inches (below Average), 9.7 to 10.8 inches (Average), 10.9 to 13 inches (Above average) and above 13 inches score is considered as Excellent.

Keywords : fitness, flexibility, norms, sit and reach

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