ABSTRACT

The main thrust of the project was to determine the physical fitness status of selected farm women. One hundred and sixty farm women each in the age group of 25-35 and 35-45 years, free from respiratory or any serious health problems were selected for the study. Study revealed that height of the farm women ranged between 138-164 cm, weight from 34-62 kg and VO$_2$ from 25-50 ml.kg$^{-1}$.min. All the younger age group women i.e. 25-35 yrs were in the good category of aerobic capacity where older women were on average and low average categories. It was observed that age was negatively correlated with VO$_{2}$ (ml.kg$^{-1}$.min.) indicating that increase of age, VO$_{2}$ tends to decrease. On the basis of BMI classification majority of farm women were found in ectomorph category indicating poor developed body. Results showed that maximum farm women were found in high average PFI score. Very few per cent of women were in very good PFI score category. Though all the selected parameters of physical fitness, over all health status of women was found average.

Key words: Physical fitness index(PFI), VO$_{2}$, Body mass index (BMI)