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ABSTRACTS

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## **Assessment of AAHPER Youth Fitness Norms: Between (Sabaragamuwa and Southern Province) Sri Lankan Adolescent Boys**

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The aim of the study was to compare and evaluate the AAHPER youth fitness test between Sabaragamuwa province and South province adolescent boys in Sri Lanka. To achieve the purpose (N=1600) adolescent boys from age of 14 years (n=800) and 15 years (n=800) were randomly selected as subjects from Sabaragamuwa Province and Southern Province, Sri Lanka. AAHPER (50 yards - speed, Standing broad jump-explosive power, 1.5 miles run - endurance, sit-ups – abdominal strength, shuttle run – agility and pull-ups-arm strength) youth fitness test was selected as criterion, variable tested, the data were converted into AAHPER youth fitness norms. The result of AAHPER youth fitness existing norms shows that, 14 and 15 years boys of Sabaragamuwa Province and Southern Province were mostly below the 50<sup>th</sup> percentile in all the fitness qualities. From the result it was concluded that the adolescent boys of Sabaragamuwa Province and Southern Province (Sri Lanka) were having poor physical fitness. The pupils scored below 50 deciles on the selected fitness variable in their respective age group should be encouraged to improve their fitness level. National level special fitness programs will be designed and implemented for the students of poor fitness. Further, national level common fitness norms may be constructed and standardized for fitness assessment.

**Keywords:** AAHPER, fitness, norms, adolescent