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**ASSESSMENT OF AAHPER YOUTH FITNESS NORMS: SRILANKAN
(SABARAGAMUWA PROVINCE) ADOLESCENT BOYS**

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The aim of the study was to compare and evaluate the AAHPER youth fitness test among Sabaragamuwa province adolescent boys in Sri Lanka. To achieve the purpose (N=800) adolescent boys from age of 14 years (n=400) and 15 years (n=400) were randomly selected as subjects from Sabaragamuwa 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 were 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 were mostly below the 50th percentile in all the fitness qualities. From the result it was concluded that the adolescent boys of Sabaragamuwa 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 program will be designed and implemented to the poor fitness students. Further national Level common fitness norms may be constructed and standardized for fitness assessment.

Key Words: AAHPER, Fitness, Norms, Adolescent.

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