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## A Comparative Study of Physical Education Fitness for Primary Students in Schools in the Eastern Province –Saudi Arabia

*Abdulaziz A. Almustafa*  
King Faisal University, Alahsa

### Abstract

The purpose of this study was to measure the level of physical fitness for students in primary schools in the Eastern Province at Saudi Arabia. The subjects (N=384 students) male were chosen randomly from public and private elementary schools in 1998.

The results of the present study exhibited positive level of physical fitness for all the students in the Eastern Province. However, significant differences have confirmed between the educational sections. Furthermore, the students in Qatif and Dammam educational sections showed the best improvements in the three fitness batteries. However, no significant differences showed between the students in Qatif , Dammam, Safoa, and Khobar in the power of speed exercise (#3). Also, there were no significant differences between the physical fitness among the students in the first semester and in the second semester in 1998.

The researcher recommended that more physical fitness are requested in the beginning/and end of each school year in order to improve the level of the fitness in relating to the physical education classes.

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