

Abstract

Obesity is a worldwide public health problem and its great increase is mainly due to the increase in energy consumption owing to the availability of food of high caloric density and to the reduction of energy expenditure by regular physical activity.

Quasi-Experimental study was conducted throughout the period between the 1st December 2008 to 15th May 2009 in order to evaluate the Body Mass Index (BMI) of physical Education College Students, in Comparison with Body Composition and the Effect of Physical Training Program.

Setting of the study was the Physical fitness hall at the college of Physical Education College , University of Mosul.

The sample of the study included the Physical Education student's, first stage (122) selected student's,(100) males and (22)females.

A stratified sample was constructed to gather data concerning the subject of the study.

Materials and methods in the study were; medical height and weight scale (detector) and Bio-electrical Impedance Analysis Measurement (BIA) and measuring tape for measuring Waist and Hip circumference (WHR), pretest started in the first semester 1st Dec 2008 for 1 month, physical training program of 2 hours daily for 5 days per week in different sport games (individual and team games) for 4 months (2 months for the first course and 2 months for the second course). The posttest started in the 2nd semester at 15th April 2009 for 1 month.

The reliability of the study was determined by applying the tool on (10) student's and person's correlation coefficient, it was ($r = 0.88$), the content validity of tool is determined through a panel of (18) experts.

The findings of the study show that the mean (BMI) of male and female is 22 in pre test and 23 for male and 22 for female in post test, the (BMI) cut off point in young age is 27 in male and 23 for female, (BMI) is specific test for overweight and obesity but it's not a sensitive test.

Physical training program has a significant effect on body weight, BMI, and free fat but has no significant effect on fat mass.

On the basis of the study results, the researcher recommended the necessity of action to prevent and decrease overweight and obesity and to promote recognition of overweight as major public health problems. The researcher also recommended the necessity of using of (BIA) for estimating change in fat mass as it's a more reliable method for diagnosing overweight and obesity.