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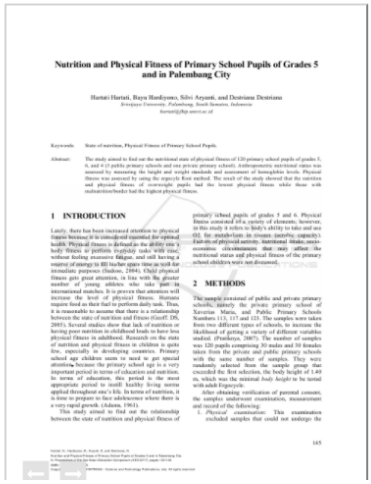

Nutrition and Physical Fitness of Primary School Pupils of Grades 5 and in Palembang City

Hartati Hartati, Bayu Hardiyono, Silvi Aryanti, and Destriana Destriana

1 INTRODUCTION

2 METHODS

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Keyword(s): State of nutrition, Physical Fitness of Primary School Pupils.

Abstract: The study aimed to find out the nutritional state of physical fitness of 120 primary school pupils of grades 5, 6, and 4 (3 public primary schools and one private primary school). Anthropometric nutritional status was assessed by measuring the height and weight standards and assessment of hemoglobin levels. Physical fitness was assessed by using the ergocyle Rost method. The result of the study showed that the nutrition and physical fitness of overweight pupils had the lowest physical fitness while those with malnutrition/border had the highest physical fitness.

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