KIDMED

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In the Kidmed test three first year classes were involved: A11, A22 and A31. A total of 35 students took part: 15 boys and 20 girls. The test included a variety of activities/challenges which aimed to measure: flexibility, abdominal strength and muscular endurance, speed and agility, aerobic fitness, leg power, upper body strength and explosive power. Here are the results of their scores according to the activity/challenge.

In the sports sit-ups, jumping, cooper, throwing and regression the average of boys was higher than the average of the girls by 4%.

***Sit-ups***

In sit-ups the average number was 26. The boys averaged higher than the girls, 28 and 24 respectively.

***Jump***

In the jump the average was 172.32. The boys averaged higher than the girls with 173 and 154.55 respectively.

***Cooper***

In Cooper test the average was 1871.44. The boys averaged higher than the girls with 2131.29 and 1049.90 respectively.

***Throws***

In throws the average was 5.51. The boys averaged higher than the girls with 6.71 and 4.51 respectively

***20 m Multistage Fitness Test. Course Navette***

In *20 m Multistage Fitness Test* the average was 4.10. The boys averaged higher than the girls with 3.20 and 5.12 respectively.

However, in the sport 10x5 and flexibility exercises the girls averaged much higher than the boys.

***10x5***

In 10x5 the average was 14.55. The girls averaged higher than the boys with 16.12 and 13.58 respectively.

***Flexibility***

In the flexibility test the average was 21.59. The girls averaged higher than the boys with 24.37 and 18.69 respectively

As expected, due to boys’ greater muscle mass and strength, they averaged higher than the girls across all sports with the exception of 10x5 and flexibility. Flexibility scores indicate the greatest difference between girls and boys with the former averaging 18.69 and the latter averaging 24.37.

We can witness that some girls and boys have always higher scores than average. This is the case of both boys and girls who do sport or any other physical activity such as dance in their free time. We can say that the results reflect the students’ physical condition.