

# ***INTRODUCTION***

## INTRODUCTION

The ensuing decade has witnessed dramatic changes in perceptions of exercise and its relationship to health, particularly with respect to growing children. Evidence in adults suggests that the health benefits of exercise may be related as much to regular physical activity as to physical fitness or athletic capabilities (*Rowland, 1990*).

In the mean time, health care for young athletes is not only limited to the management of sports injuries, but the physiological and psychological impacts of athletic competition during childhood and adolescence have created health concerns that encompass broad areas of medical practice. As a result, sports medicine has become well-suited to the comprehensive perspective of the primary care physician. Athletes need to know about dietary habits that both safely and effectively maximize performance. They deserve guidance into proper selection of sports and screening for fitness (*Shaffer, 1983*).

The top athletes possess the highest grades of physical fitness (*Talaat, 1963*) with maximal physiologic performance level at the age of late teens to 30 years old. The screening of physical fitness parameters in Egyptian athletes will pave the

way for improving their performance capacity. Studying the factors affecting the levels of fitness will give the information necessary for choosing and preparing the junior athletes.

The improvement of physical fitness of Egyptian population should be a great hope. The good physical fitness means good health, and good health is conducive to happiness.