

# Relation of Physical Fitness Index with Body Mass Index: Study Among Female Students of Balwant College Vita, Dist. Sangli, (M.S.), India

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**Abstract:** *The present study was undertaken to find out the correlation between Physical Fitness Index (PFI) and Body Mass Index (BMI). Physical Fitness Index was measured using the Modified Harvard step test. BMI was calculated by the Quetelet Index. In the present study total 85 female students having the age group between 18 to 25 years were selected from Balwant College, Vita. The present study showed that 64.70 % students were having low average PFI. 28.23 % students were having poor average PFI. 5.88% students were having high average PFI. 1.75 % Students were having good PFI. This study showed that there was no correlation between BMI and Physical Fitness.*

**Keywords:** PFI, Harvard Step Test, BMI, Quetelet Index, etc.

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