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**The physical self and it's relation with body mass index and strength  
among the students of the Faculty of Physical Education at  
Yarmouk University**

**Ghaid Mandoob Obeidat**

**Abstract**

The research aims to identify the relationship between physical self, body mass index, and strength among the students of the faculty of physical education in Yarmouk university. The sample of the study consisted of (342) male and female students. A randoml sample was selected. The descriptive approach has was used to implement research procedures.

The researcher concluded that the students the of faculty of physical education have a positive perception for their physical self and health represented by a body mass index, and male students have a positive perception better for their physical self among it's body mass index and the strength compared with their female peers, and the levels of the students in general were within normal limits for categories of physical self, body mass index and strength of the body.

The researcher recommended that more attention to physical self among the students of the Faculty of Physical Education, and the need to conduct and follow up the process of assessing students levels from time to time in strength index, body mass index, and physical self concept as key aspects of the personality of the individual and influential alike.

**Keywords;** physical self - body mass index – strength.

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(Pressman,2001)

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8.58	79.64	8.37	79.00	8.90	80.37	
10.14	32.84	4.62	24.80	5.97	42.06	( )
5.08	22.39	3.27	21.48	6.53	23.19	

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0.036	0.198	0.054	0.130	0.041	0.105	( )
0.047	0.017	0.045	0.162	0.037	0.081	



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	(0.130)	(0.041)	(0.105)	
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