



Physical fitness program for grade 7 learners in Tiburcio A. Berdida Sr. National High School, Schools Division of Masbate Province

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Abstract

This study aimed to develop a Physical Fitness Program for Grade 7 Learners in Tiburcio A. Berdida Sr. National High School, Schools Division of Masbate Province. It specifically sought to determine the pre-test physical fitness result of the respondents in terms of health-related and skill-related fitness components, design a program based on findings of the pre-test result, assess the effectiveness of the physical fitness program to the students. The respondents of the study consisted of 164 Grade 7 students, composed of 76 males and 88 females. The study utilized the standardized physical fitness test based on DepEd Order No. 034, s. 2019 as the primary assessment tool. The descriptive evaluative method was used to gather data related to the students' physical fitness performance, participation, and assessment results. Frequency and percentage were used statistical as tools in this study.

After the implementation of the developed Physical Fitness Program significant improvements were observed across all fitness components. Post-test results showed increased performance levels in flexibility, strength, agility, coordination, and cardiovascular endurance, along with improved body composition, with most students shifting to the normal BMI category. The program was found to be effective in enhancing overall physical fitness and promoting active participation among students. In conclusion, the Physical Fitness Program was effective in improving the physical fitness of Grade 7 students. It is recommended that the program be continuously implemented and enhanced to sustain students' fitness development and promote lifelong physical activity habits.

Keywords: Physical Fitness Program; Health-Related and Skill-Related Fitness Components; Descriptive Evaluative Method; Standardized Physical Fitness Test

1. Introduction

Physical fitness plays a vital role to the total development of learners because it affects not only their physical health but also their academic performance, emotional well-being, and social participation. In schools, especially among Grade 7 learners, physical fitness has become a growing concern due to sedentary lifestyles, excessive screen time, unhealthy eating habits, and limited participation in physical activities. This is most likely to cause poor endurance, poor strength, flexibility, and poor coordination of motor skills among the learners.

In Tiburcio A. Berdida Sr. National High School, there have been many cases of Grade 7 learners having a problem in doing physical fitness activities in their Physical Education class and even during school sports activities. Some learners easily get tired during their physical activities, and some learners are less participative and less confident in performing physical activities. From my classroom observations and my experiences in conducting physical fitness tests and PE classes, some learners performed poorly in terms of health-related and skill-related components of fitness. There are also learners who do not have physical exercise at home.

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From the observations of the researcher, it can be said that while many learners are active participants when there are classroom activities, they tend not to engage themselves regularly in physical fitness activities beyond school time. In the case of the school programs and physical fitness tests conducted in school, some of the learners exhibited low levels of endurance, strength, speed, reaction time, coordination, and balance these factors may prove detrimental to their health and general performance in school.

In addition, although there have been efforts to integrate the Physical Education subject into the curriculum, there is still a necessity for improving school physical fitness programs which are adapted to the true physical condition of the learners. A physical fitness program designed according to the findings from the fitness assessment can be used in order to increase participation in health related and skill related fitness test.

This study is considered vital to develop the physical fitness of the Grade 7 learners in Tiburcio A. Berdida Sr. National High School, as it provides a clear understanding of their current physical condition and overall health status. Using standardized physical fitness test, the study highlights strengths and weaknesses of the learners concerning their physical fitness test such as body composition, flexibility, endurance, strength, speed, power, agility, and reaction time. The findings from the study are going to become the main basis for making sure if the learners meet the standard in terms of their physical fitness. Moreover, the findings from this study are very important when developing the physical fitness program that will be addressing specific problems of the learners.

1.1. Statement of the Problem

This study was aimed to develop a Physical Fitness Program for Grade 7 Learners in Tiburcio A. Berdida Sr. National High School, Schools Division of Masbate Province School Year 2025-2026.

Specifically, it seeks answer to the following questions:

- What is the Pre-test result in Physical Fitness Test of the grade 7 learners in terms of:
 - Health-related fitness component
 - Body Mass Index
 - Zipper Test
 - Sit and Reach
 - 3 Minute Step test
 - Push Up
 - Basic Plank
 - Skill-related fitness component
 - Speed
 - Power
 - Agility
 - Reaction Time
 - Coordination
 - Balance
- What Physical Fitness Program can be developed based from the Physical Fitness pre-test result of grade 7 learners?
- What is the effectiveness of the physical fitness program to the learners?

1.2. Scope and Delimitation

This study focuses on develop a physical fitness program for Grade 7 learners of Tiburcio A. Berdida Sr. National High School, Schools Division of Masbate Province for the School Year 2025–2026. It specifically examines the physical fitness test pre-results of the respondents in terms of health-related fitness components and skill-related fitness components.

The study includes a total of 164 respondents, composed of 76 male and 88 female Grade 7 learners. The Pre-Test result will serve as the basis for designing a physical fitness program that includes health-related components and skill-related fitness components.

The study is limited only to Grade 7 learners and does not cover other grade levels. It also focuses on the pre-test results and post-test results include long-term post-program tracking beyond the scope of the implementation period. Furthermore, the study is confined to the selected school and does not represent other schools within or outside the Schools Division of Masbate Province

2. Materials and Methods

2.1. Research Design

The study entitled “Physical Fitness Program for Grade 7 Learners in Tiburcio A. Berdida Sr. National High School, Schools Division of Masbate Province” aims to develop a physical fitness program that will help improve the health and wellness of learners. To achieve the objectives of the study, the researcher will utilize descriptive evaluative method. These methods will provide comprehensive data and information regarding the physical fitness status, needs, and perceptions of the respondents.

The descriptive evaluative method was used to gather data related to the students’ physical fitness performance, participation, and assessment results. This method allowed the researcher to measures and analyze data statistically survey, fitness test results, and other measurable indicators will serve as the primary sources of descriptive data. Frequency and percentage were used as statistical tools in this study.

On the other hand, the descriptive evaluative method will be utilized by the researcher in order to get further insight about the experience, perception, and opinion of the students, teachers, and other parties involved in the implementation of physical fitness activities at the school. With this statistical treatment, the researcher will gain more information about the different challenges, needs, and suggestions concerning the proposed physical fitness program. This statistical treatment is expected to confirm the efficiency and relevance of the proposed physical fitness program for Grade 7 Learners in Tiburcio A. Berdida Sr. National High School, Schools Division of Masbate Province.

2.2. Respondents of the Study

The respondents for this study, which is titled “Physical Fitness Program for Grade 7 Learners in Tiburcio A. Berdida Sr. National High School, Schools Division of Masbate Province,” were composed of Grade 7 learners who were enrolled when the study was conducted. There were 164 respondents in this study made up of 76 male learners and 88 female learners. They were chosen to determine their participation, awareness, and perception of the physical fitness program of the school and how effective it is.

The Grade 7 learners were considered appropriate respondents for the study because they are actively participating in school physical education activities and physical fitness-related programs. Their responses would be helpful in determining the state of the physical fitness program and its effects on the health and physical fitness of the learners.

2.3. Research Instrument

Survey Questionnaire. The standard physical fitness test tool has been provided for testing the results of the students’ performance. The test method will provide an accurate and reliable data collection process.

Document Analysis. In order to review physical fitness testing activities, relevant documents related to this will be reviewed with results collected. The purpose is to verify the collected data and gain further information regarding the Physical Fitness Program of the school.

Questionnaire. Physical fitness is very significant in ensuring that one maintains good health in terms of both body and mind, especially in the case of students. It contributes towards increasing an individual’s strength, stamina, flexibility and even general health and wellness. Consequently, this will be in a position to carry out all his duties with ease. In schools, physical fitness programs are very necessary in ensuring that learners maintain healthy lifestyles.

Questionnaire on the Physical Fitness Program for Grade 7 Learners in Tiburcio A. Berdida Sr. National High School will help collect vital information on how the program is being implemented, how effective the program is, and how many learners are participating in the physical fitness program conducted in their school. This questionnaire will help in knowing the advantages and disadvantages of the program and how it helps in the development of the learners.

In addition, the study aims to give significant information that would help in improving the physical fitness program of the school and increase the participation of the learners. With the use of this questionnaire, the school principal, teachers, and other stakeholders will be able to get an idea about the needs of the learners and organize activities accordingly.

3. Results and Discussion

3.1. Health Related Fitness Test

A Health-Related Fitness Test refers to a series of tests conducted to determine the various aspects of physical fitness that relate to health and wellbeing. They may include cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Health-related fitness tests help people evaluate their present levels of fitness and identify their weaknesses and strengths. In addition, they are useful in monitoring any improvements in the fitness level. Health-related fitness tests are conducted in schools, fitness classes, and health care centers to motivate people into adopting healthy lifestyles.

Body Mass Index (BMI) is a simple screening tool used to estimate body fat based on a person's height and weight. It is commonly used to classify individuals into different weight categories that may indicate whether they are underweight, have a normal weight, are overweight, or are obese. Although BMI does not directly measure body fat, it provides a useful general indicator of potential health risks related to body weight.

Table 1 Body Mass Index

	Male		Female		
BMI	Frequency	Percentage	Frequency	Percentage	Classification
Below 18.5	17	22	11	12.50	Underweight
18.5-24.9	57	75	77	87.50	Normal
25.0-29.9	2		0	0	Overweight
30.0-Above	0	0	0	0	Obese
Total	76	100	88	100	

The finding indicated that normal BMI classification was the highest for both male and female respondents with 75 percent and 87.50 percent respectively. On the other hand, the lowest BMI classification for males was overweight with only 3 percent of the respondents while for females, the lowest category recorded was underweight at 12.50 percent as there were no female respondents who were overweight or obese. Overall, the results show that the majority of respondents have normal BMI, indicating a generally healthy weight status for both sexes.

Table 2 Zipper Test

	Right		Left		
Standard	F	%	F	%	Interpretation
Fingers overlapped by 6 cm. and above	21	27.63	15	19.74	Excellent
Fingers overlapped by 4 - 5.9 cm.	19	25	20	25.97	Very Good
Fingers overlapped by 2 - 3.9 cm	22	28.95	22	28.57	Good
Fingers overlapped by 0.1 - 1.9 cm.	11	14.47	6	7.79	Fair
Just touched the fingers	1	1.32	3	3.90	Needs Improvements
Gap of 0.1 or wider	2	2.63	10	12.99	Poor
Total	164	100	164	100	

Table 2 shows that one can conclude that most of the respondents had Good flexibility on the right shoulder as well as on the left shoulder meaning that the category Good is the highest rated among all categories in the Zipper Test. On the other hand, the least score was obtained from the Needs Improvement category wherein only 1 respondent or 1.32 percent on the right shoulder and 3 respondents or 3.90 percent on the left shoulder just hardly to touch their fingers.

3.2. Effectiveness of the Physical Fitness Program to the Learners

Table 3 Body Mass Index

	Male		Female		
BMI	Frequency	Percentage	Frequency	Percentage	Classification
Below 18.5	6	7.90	6	6.82	Underweight
18.5-24.9	68	89.47	82	93.18	Normal
25.0-29.9	2	2.63	0	0	Overweight
30.0-Above	0	0	0	0	Obese
Total	76	100	88	100	

Comparison of Tables 1 and 3 indicates that there is definite improvement in Body Mass Index (BMI) status for both males and females. The number of males who have normal BMI improved from 57 respondents or 75 percent to 68 respondents or 89.47 percent. The number of males who had underweight dropped significantly from 17 respondents or 22 percent to 6 respondents or 7.90 percent. The number of overweight males slightly decreased from 2 respondents or 3 percent to 2 respondents 2.63 percent. On the other hand, females who have normal BMI increased from 77 respondents or 87.50 percent to 82 respondents or 93.18 percent. Meanwhile, females who had underweight declined from 11 respondents or 12.50 percent to 6 respondents or 6.82 percent. There was not even any overweight or obese female respondent in both tables. Not a single obese respondent was reported in males. It can therefore be deduced from this comparison that the changes done to the respondents' nutrition were very effective, as reflected by their BMI status.

Table 4 Zipper Test

	Right		Left		
Standard	F	%	F	%	Interpretation
Fingers overlapped by 6 cm. and above	74	45.12	71	43.29	Excellent
Fingers overlapped by 4 - 5.9 cm.	40	24.39	35	21.34	Very Good
Fingers overlapped by 2 - 3.9 cm	34	20.73	33	20.12	Good
Fingers overlapped by 0.1 - 1.9 cm.	2	1.22	5	3.05	Fair
Just touched the fingers	7	4.27	6	3.66	Needs Improvements
Gap of 0.1 or wider	7	4.27	14	8.54	Poor
Total	164	100	164	100	

In conclusion, the results have revealed that most respondents had excellent flexibility in their shoulders based on the highest frequencies in the Excellent category of both shoulders. Meanwhile, the Fair category was the one that had the lowest frequencies since there were only very few respondents who had limited flexibility in the shoulders.

According to the results of the Zipper Test, there is a significant increase in flexibility among the respondents from Table 2 to Table 4. In the right shoulder, for instance, the number of excellent respondents has considerably increased from 21 respondents or 27.63 percent to 74 respondents 45.12 percent, while the very good remained almost unchanged from 19 respondents or 25.00 percent to 40 respondents or 24.39 percent. Even though the decrease in good from 22 respondents or 28.95 percent to 34 respondents or 20.73 percent seems to be a regression, the data suggests that many respondents have moved up to the excellent category. The same pattern can be observed on the left shoulder: the number of excellent respondents has significantly increased from 15 respondents or 19.74 percent to 71 respondents or 43.29 percent. In addition, there is a considerable decrease in fair respondents on both shoulders. The right shoulder from 11 respondents or 14.47 percent to 2 or 1.22 percent, then the left shoulder from 6 respondents or 7.79% to 5 respondents or 3.05 percent. All in all, the obtained results show a favorable trend in terms of flexibility achievement, and a large number of respondent have moved up to the excellent category.

3.3. Skills-Related Fitness

Table 5 Speed

	Male		Female		
Performance Level	Frequency	Percentage	Frequency	Percentage	Interpretation
5	25	32.89	33	37.5	Excellent
4	45	59.21	31	35.23	Very Good
3	6	7.89	24	27.27	Good
2	0	0	0	0	Fair
1	0	0	0	0	Needs Improvements
Total	76	100 %	88	100	

Legend:5-Excellent; 4-Very Good; 3-Good; 2-Fair; 1-Needs Improvements

Table 5 shows considerable advancement for male respondents because 45 or 59.21 percent of them are Very Good and 25 or 32.89 percent - Excellent. Likewise, there were significant improvements in the females where 33 respondents or 37.50 percent performed Excellent and 31 respondents or 35.23 percent Very Good performances, with no participants under Fair and Needs Improvement categories. From these results, it can be concluded that there has been effectiveness on the part of the intervention program because of the changes in the performance categories from lower to higher.

4. Fit for life: Tiburcianos physical fitness program

Physical fitness is an essential component of a healthy and productive lifestyle. It enables learners to perform daily tasks efficiently, maintain good health, and reduce the risk of lifestyle-related diseases. A well-designed Physical Fitness Program in Tiburcio A. Berdida Sr. National High School, Schools Division of Masbate, with Grade 7 learners. Promote the development of overall physical well-being through a combination of curricular, recreational, and occupational activities.

Physical Fitness Program is generally effective in improving the physical fitness levels of Grade 7 learners. Under curricular activities, learners regularly participated in structured exercises such as jogging, push-ups, stretching, yoga, 40-meter sprint, juggling, stick drop test, and stork balance exercise. These activities contributed significantly to the development of strength, flexibility, speed, coordination, and balance among the learners. The inclusion of these exercises in education is allowed learners to build discipline and consistency in maintaining their physical health.

In terms of recreational activities, the program also provided enjoyable and culturally enriching experiences. Develop activities such as zumba, festival dances, cultural dance including Kuratsa, Jotabal, Mazurka Boholana, and Jota Bicolana, enhanced learners appreciation of Filipino culture while improving cardiovascular endurance and rhythm. Participation in school sports clubs like basketball, table tennis, and volleyball further developed teamwork, sportsmanship, and competitive skills. Additionally, traditional Filipino games or “Laro ng Lahi,” such as Luksong Lubid, Luksong Baka, and Luksong Tinik, encouraged active play, agility, and social interaction among learners.

Moreover, occupational activities played a vital role in promoting responsibility and practical life skills. Engagement in gardening and Pinggang Pinoy activities fostered environmental awareness, cooperation, and understanding of proper nutrition. These activities not only supported physical development but also contributed to learner’s holistic growth by integrating health, responsibility, and community involvement.

Physical Fitness Program is effective for the Grade 7 learners. The integration of curricular, recreational, and occupational activities provided a balanced approach to physical education, addressing both fitness and lifestyle aspects. The program successfully encouraged active participation, improved physical capabilities, and promoted positive attitudes toward health and wellness among learners.

Therefore, it can be concluded that the Physical Fitness Program in Tiburcio A. Berdida Sr. National High School is a valuable initiative that supports the physical and holistic development of Grade 7 learners.

5. Conclusion

- The Physical Fitness Program prove to be developed the overall physical fitness of Grade 7 learners. The findings obtained through from the post-test demonstrated significant gains across health-related and skill-related fitness components. The absence of the “Needs Improvement” category further confirms the effectiveness of the program.
- The integration of Fit for Life: Tiburcianos Physical Fitness Program plays an important part in the development of learner’s physical fitness and active lifestyle. These activities complement one another by improvement of various aspects of physical fitness as well as the motivation to keep physically active. The acceptability and appropriateness of the developed program indicate that activity-based is a suitable approach for promoting health and wellness among Grade 7 learners.
- It can be concluded that the physical fitness program conducted for Grade 7 learners in Tiburcio A. Berdida Sr. National High School was indeed effective in improving both the health-related and the skill-related components of physical fitness. The significant improvements observed in the post-test results, including higher performance levels in various fitness assessments and a healthier distribution of body mass index classifications; demonstrate that the program positively influenced the learners' physical fitness, health status, and overall performance. These results suggest that the structured implementation of the physical fitness program contributed to the development and effectiveness as an intervention for promoting the overall physical well-being of Grade 7 learners.

Compliance with ethical standards

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Disclosure of conflict of interest:

I declare that I have no conflicts of interest related to this research. I have no personal or financial relationships that could influence my work.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study

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