

Physical Activity, Fitness and Health in an intercultural comparison AN EMPIRICAL STUDY AT EGYPTIAN AND GERMAN STUDENTS

The cultural country comparative studies provide the ability to capture characteristics of the different countries and cultures, but also transnational commonalities, but such studies are very rare. In addition, the comparison of cultures promotes understanding of other cultures. Therefore, and given the current political situation, it would be helpful to perform such cultural comparisons frequent, especially between Europe and the Arab and Islamic countries. Sport and health is a link that already knows the classic antiquity. Aristotle (384-322 v. Chr.) Paid tribute to the "gym" as generally physically beneficial, and the Roman satirist Juvenal (about 50 to 140 n. Chr.) It was desirable that a healthy mind is in a healthy body. 200 years ago, the philanthropist was physical exercise, Resilience, personal hygiene and healthy eating as presupposing be there for behavior-related bliss (Schlicht 1995).