**Leaving school and its outcomes on behavioral goals and change cognitions to times physically and socially inactive**

**Mohammed Zerf1  
 University Abdel Hamid Ibn Badis Mostaganem**

|  |  |
| --- | --- |
| **email** | **1mohamd.zerf@univ-mosta.dz. or**[**biomeca.zerf@outlook.com**](mailto:biomeca.zerf@outlook.com) |

**Abstract**

**Background**: Most important studies of PA and health have indicated that Schools are an ideal venue for the implementation of healthy behaviors allied to levels of physical activities and physical mental health correlate to psychosocial well-being of students. Whereas this advantage is not consistent with excluded students. Especially with the economic crisis as challenges imposed for Algerian society, regarding the high unemployment rates in line to high school dropouts. Confirmed in similar as serious consequences influencing people's behaviors, lifestyle, and interactions with family and friends. Owing to mental health and life satisfaction allied to the conflict between dreams and bitterness reality of student future citizen. Recognize by sociological studies among lack of social care allied to time spent more likely to be involved in in antisocial behavior admit by medical studies to stress-related biological pathway that links physical disorders and depression. **Method**: For purpose, this controlled study base their investigations on the effect of leaving school correlate to the health relate to fitness among the expelled from school. **Results:** Based on the design of study, tests practiced and statistical processes applied within search limitation. Our results support the influence of leaving school on levels of health relate to fitness among the expelled from school. Admit by PE similar studies in five motor abilities namely strength, speed, endurance, flexibility and coordinating abilities. Record in the present as a negative impact allied to inactive lifestyle adopted by those dropouts-students, poorly correlate with their levels of health-related physical fitness. Benefits in the literature for implementing part-time work programs for teens or engaged them in daily routine physical activities that promote them better physical and mental health and psychosocial well-being than those with a fashion inactive or depressed life.

**Keywords:** Lifestyle, health and fitness, excluded students, adolescents.