
ANALYSIS OF PHYSICAL FITNESS FOR HIGH SCHOOL STUDENTS

Mrs Sujita

Research scholar

Dept of Physical education

OPJS University, Churu, Raj.

Dr. Ramesh Kumar

Professor

Dept. of Physical education

OPJS University, Churu, Raj.

ABSTRACT

Real prosperity is an inspirable piece of sports execution and achievement of a sportsperson. An individual is seen as fit for a particular endeavor or limit, which he can accomplish with a sound degree of common sense, without staggering fatigue and with fast recovery from the effects of exertion.

To deal with the certified flourishing and execution in games and sports at public and by and large levels, our genuine arranging exercises should put more clear enhancement on all over progress of extra youthful understudies. That colossal number of countries which have won grants in sports at overall level have made exceptional undertakings of authentic limit with respect to extra lively understudies.

Standard help with overall around facilitated and real organizing experiences of authentic coaching add to deal with the certified prosperity and execution. The basic clarification of dull appearance at overall level games is the sad real flourishing. In our country, most of the competitors have a spot with government schools and to common locales.

KEYWORDS:

Physical, Fitness, Performance

INTROUCTION

We, the Indians are very much concerned with the performance and status of sports persons at different levels.

But the performance is a final output and the status includes various other aspects in addition to the

performance. In the world of sports, physical education and games, every participating individual and/or spectator generally, puts his eyes on the positioned sportspersons and sportsperson also becomes in the main light in the field. The selectors at various levels, generally consider the performance in the trial and qualifying competitions, whereas the physical fitness, most of the times, is an ignored variable.

McGee acknowledged that the physical fitness is a complex phenomenon consisting of various factors such as speed, strength, flexibility, agility, cardiovascular endurance etc.

Jonsen explained that physical traits which are considered for sportspersons are strength, power, speed, agility, co-ordination, muscular endurance, reaction-time, cardiovascular respiratory endurance, and flexibility. Mall stated that the components of physical fitness like strength, speed, endurance (and their complex form) flexibility and the various co-ordinative abilities are essential for a high technique and tactical efficiency. Depending upon the demand of the game, each factor of physical fitness should be optimally developed.

Hypothesis:

"There will be significant difference in physical fitness components of govt. and private school boys".

Limitations of the study:

The study is based on 100 school boys of Ghaziabad district and involves 5 physical fitness components.

Significant of study:

Obtained knowledge about physical fitness of school boys will be useful for talent search and thus will lead to improve the sports performance.

METHOD AND PROCEDURE:

A sample of 100 boy students of 14 to 16 years age group, from 5 government high schools and from 5 private high schools has been taken for the study.

Keeping in view the research criteria of availability, suitability, reliability and validity the AAHPER Youth Fitness Test Battery (1976) has been used to study, five components of physical fitness i.e. Abdominal Strength, Agility, Power, Speed and Endurance. In order to analyze the data, t-test is used to know the level of significance of difference between government and private secondary school boys' mean scores of physical fitness components.

ANALYSIS OF DATA:

Table - I

Significance of Difference between Mean Scores of Govt. and Private School Boys on Sit-ups (A Physical Fitness Component).

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	12.40	2.00	3.350	0.116	28.81*
Private	9.05	1.95			

* Significant at .01 level of confidence. Tabulated value $P < .01 = 2.43$.

Results : Table1 represents the significance of mean difference between Govt. and Private school boys on physical fitness component test of abdominal strength i.e. Sit-ups.

It is given in Table-1 that the mean values of Sit-ups of Govt. and Private school boys were recorded as 12.40 with S.D. 2.00 and 9.05 with S.D 1.95 respectively. The mean difference was 3.350 and standard error of difference was 0.116. t-ratio was calculated as 28.81, which was found significant at .01 level of confidence.

Table-2

Significance of Difference between Mean Scores of Govt. and Private School Boys on Shuttle Run (A Physical Fitness Component).

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	11.52	0.79	1.145	0.073	15.65*
Private	12.66	0.85			

* Significant at .01 level of confidence. Tabulated value $P < .01 = 2.43$.

Results : Table-2 shows the significance of mean difference between Govt. and Private school boys on physical fitness component test of speed and agility i.e. Shuttle Run. It can be observed from Table-2 that the mean values of Shuttle Run of Govt. and Private school boys were recorded as 11.52 with S.D. 0.79 and 12.66 with S.D. 0.85 respectively.

The mean difference was calculated as 1.145 and standard error of difference was calculated as on 0.073. t-ratio was calculate as 15.65, that was found significant at .01 level of confidence.

Table-3

Significance of Difference between Mean Scores of Govt. and Private School Boys on Standing Long Jump (A Physical Fitness Component).

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	6.07	0.13	0.621	0.007	93.39*
Private	5.45	0.15			

* Significant at .01 level of confidence. Tabulated value $P < .01 = 2.43$.

Results : Table 3 depicts the significance of mean difference between Govt. and Private school boys on physical fitness component test of power i.e. Standing Long Jump.

The Table 3 shows that the mean value of Standing Long Jump of Govt. school boys was recorded 6.07 with S.D. 0.13 and of Private school boys was recorded 5.45 with S.D. 0.15. Standard error of difference was calculated as 0.007. t-ratio was calculated as 93.39, that was found significant at .01 level of confidence.

Table - 4

Significance of Difference between Mean Scores of Govt. and Private School Boys on 50 Yards Dash (A Physical Fitness Component).

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	7.45	1.48	1.161	0.086	13.57*
Private	8.62	1.70			

* Significant at .01 level of confidence. Tabulated value $P < .01 = 2.43$.

Results : Table-4 shows the significance of mean difference between Govt. and Private school boys on physical fitness component test of speed i.e. 50 Yards Dash.

The Table-4 depicts that the mean value of 50 Yards Dash of Govt. school boys was calculated 7.45 with S.D. 1.48 and of Private school boys was calculated 8.62 with S.D. 1.70. The mean difference was calculated as

1.161 and standard error of difference was calculated as 0.086. t-ratio was calculated as 13.57, which was found significant at .01 level of confidence.

Table - 5

Significance of Difference between Mean Scores of Govt. and Private School Boys on 600 Yards Run/Walk (A Physical Fitness Component).

Group	Mean	S.D.	Mean Difference	SED	t-ratio
Govt.	2.12	0.44	0.850	0.031	27.66*
Private	2.97	0.46			

* Significant at .01 level of confidence. Tabulated value $P < .01 = 2.43$.

Results : Table-5 represents the significance of mean difference between Govt. and Private school boys on physical fitness component test of endurance i.e. 600 Yards Run/Walk.

The Table-5 shows that the mean value of 600 Yards Run/Walk of Govt. and Private school boys were recorded as 2.12 with S.D. 0.44 and 2.97 with S.D. 0.46 respectively. The mean difference was calculated 0.850 and standard error of difference was calculated as 0.031. t-ratio was calculated 27.66, which was found significant at .01 level of confidence.

DISCUSSION OF THE RESULTS:

1) Abdominal Strength through Sit-ups: According to Table-1, t-degree among government and private school boys on sit-ups in 28.81, which is more than the table worth at .01 level of confirmation. As the mean ability is 3.350, which is exquisite to govt. pack. More number of sit-ups shows more stomach strength. This

shows that govt. school boys have more stomach strength than private school boys. In this way, Theory, "There will be gigantic ability in credible flourishing pieces of govt. additionally, private school boys is seen.

2. Agility through Transport Run: This improvement was taken as an assessment of status. This is the requirement of an individual to move the body and its parts through as extensive assortment of progress as possible without looking over the top endure through the clarifications and muscle affiliations.

As shown by Table-2, t-degree among government and private school boys on transport run is 15.65, which is more than the table worth at .01 level of certification. As the mean division is 1.145, which is strong of private get-together and lesser timing in transport run shows more fundamental fitness. This infers that government school boys have more limit than private school boys. Consequently, hypothesis "There will be gigantic difference in physical and thriving pieces of Govt. also, Private school boys" is seen.

3. Power through Standing Long Jump: Power was assessed by standing long jump. This is a huge work out the introduction of real cutoff points. It is solid power, applied, against moveable and trying articles and it sways starting with one individual then onto the accompanying. A particular degree of power is urgent in playing out as far as possible. Serious degree of power is seen as extravagance for extra unmistakable occurrences of execution.

As displayed by Table-3, t-degree among government and private school boys on standing long jump is 93.39, which is more than the table worth at .01 level of conviction. As the mean ability is 0.621, which is predictable of govt. group. High score of standing long jump shows more power. This suggests that government school boys have more power than private school boys. As such Hypothesis "There will be huge ability in real prosperity parts of govt. additionally, private school boys" is seen.

4. Speed through 50 Yards Run: The speed of the boys was overviewed by 50 yards run. The speed is a radiant nature of genuine thriving parts. The speed works which construe the cleverness and early reaction of body.

According to Table-5, t-degree among government and private school boys on 50 yards run 13.57, which is more than the table worth at .01 level of affirmation. As the mean division is 1.161, which is reliable of private gathering and decreased time of 50 yards run shows more speed. This prompts that the government school boys have more speed than the private school boys. In like manner the Hypothesis "There will be enormous differentiation in genuine thriving pieces of govt. similarly, private school boys" is seen.

5. Endurance through 600 Yards Run/Walk: Resourcefulness of the subjects was assessed through 600 yards run/walk. The persistence is seen as the more long stretch visit in ground, working for longer length as it is the energy of the body to be spent for an all the greater stretch.

As shown by Table-5, t-degree among government and private school boys on 600 yards run/walk is 27.66, which is more than the table worth at .01 level of conviction. As the mean detachment is 0.850, which is wonderful to private assembling and diminished timing on 600 yards run/walk shows greater resourcefulness. This suggests the government school boys have more persistence than the private school boys. In this manner the Hypothesis "There will be huge capacity in authentic thriving pieces of govt. in like manner, private school boys" is seen.

CONCLUSION

This improvement was taken as an examination of stomach strength. Stomach strength may be portrayed as a speed of getting it going and it recommends the ability to convey most senseless power in the briefest possible time against a hindrance. Stomach strength is seen as a significant piece of genuine prosperity limits.

BIBLIOGRAPHY

1. Barrow, H.M. & McGee, Rosemay (2014). A practical approach to measurement in physical education. Philadelphia : Lea and Febiger.p.119.
2. Fait, F.H. (2011). Physical education for elementary school children experience in movement. IInd Edi, W.B. Saundres Co. Philadelphia : Lea and Febiger.
3. Gupta , S.P. (2010). Principles of statistics. Susltan Chand and Sons , pp.42 – 72.
4. Johnsen, C. Fisher, A. Garth (Ed.II) (2009). Scientific basis of athletic conditioning. Philadelphia: Lee and Febriger. p.133.
5. Kamlesh, M.L.(2009). Methodology of research in physical education. Education Metropolitan Book Co., Neta Ji Subhash Marg, New Delhi.
6. Kamlesh, M.L. (2010). Principles and history of physical education. Parkash Brothers, Ludhiana, pp.3-23.
7. Kamlesh, M.L.(2010). Methods in physical education. Parkash Brothers, Ludhiana, pp.232-236.
8. Kamlesh, M.L.(2011). Methodology of research in physical education. Metropolitan Book Co., Neta Ji Subhash Marg, New Delhi.
9. Kamlesh, M.L.(2011). Psychology in physical education and sports. Metropolitan Book Co. , Neta Ji Subhash Marg, New Delhi.