Changing in efficacy of temperature of shuttle run for football players

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Abstract
A physical fit person should meet certain physical requirement namely, anatomical (structural) and physical (functional). Anatomical fitness may require a person to be of a certain height or weight or have specified dimension of various parts of the body. Physiological fitness may require a person to be able to withstand certain physical temperature of attitude or able to perform specific physical tasks involving muscular effort. Physical fitness measure merely the ability to pass physical fitness test.

Sample of the Study: The subjects chosen for the study were male students, Football boys, Mahilpur. Consisted of 15 subjects. The ages of the subjects ranged from 18-22 years.

Hypothesis: Based upon the available literature and scholar’s own understanding, it is hypothesized that there may not be significant difference between various temperatures on fitness component.

Variable: Motor performance of Boys of 18 to 22 years of age at different age levels will be taken by applying Motor fitness variable i.e. Shuttle run.

Statistical Analysis: The data collected in test was statistically compared by using ‘t’ test. The level of significance chosen was 0.05.

Keywords: Physical fitness, shuttle run

Introduction
Boys and girls must be immorally motivated to be physically fit. The reason, children and youth are soft in many cases is not only that they do not have the opportunity to achieve physical fitness but also that they do not fully appreciate and know why physical fitness is important to themselves and to their country. They do not appreciate the relationship between their fitness, their personal success, health and productivity. They do not know the simple physiological facts that would help them to understand that what happened to their bodies when they exercise regularly.

A physical fit person should meet certain physical requirement namely, anatomical (structural) and physical (functional). Anatomical fitness may require a person to be of a certain height or weight or have specified dimension of various parts of the body. Physiological fitness may require a person to be able to withstand certain physical temperature of attitude or able to perform specific physical tasks involving muscular effort. Physical fitness measure merely the ability to pass physical fitness test.
Graves found relationship of speed with physical self, social self and total personality and strength with the physical self, while total score of physical attributes correlated with physical self, social self and total personality.

Floyd reported absence of significant (0.05 level) linear relationship between physical performance and self-concept. The result of the study also indicates that there was no significant relationship between physical performance and self-concept.

Hilmi and Marrison has studied on athletes (N=100) representing men and women from both high school and college, were compared to 100 non-athletes in their self-concept and self-actualizing traits and less than average in their self-concept while male high school athletes differ to some extent, from the non athletes in both self concept and self actualization female college athletes from the non athletes in self actualization only. Female High School athletes and male college athletes did not differ significantly from their counter parts.
Material and Method

Selection of Subjects
The research scholar chose 15 male students of S.G.G.S Khalsa College Mahilpur, male inter-college students. The age level of the subjects ranged from 18 – 22 years.

Criterion Measure
The performance of the subjects in shuttle run was taken as a criterion measure for the study. The following measure was:

Shuttle Run
Time taken by the subject to run a distance of 4 x 10 yard was recorded to the nearest tenth of a second.

Test Administration
The tests were administered to the subjects at their respective playgrounds by the researcher himself with the help of a few assistants.

The subjects were allowed to warm up on their own before the actual performance. They were instructed to warm up on their own before the actual performance. They were instructed to do their best. Each subject got one change.

Table 1: Difference of Means between Cold and Hot Temperature of Shuttle Run

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Variables</th>
<th>Mean</th>
<th>Mean Difference</th>
<th>Standard Deviation</th>
<th>'t' Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Cold</td>
<td>Hot</td>
<td>Cold</td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Shuttle Run</td>
<td>9.47</td>
<td>10.0</td>
<td>0.53</td>
<td>0.27</td>
</tr>
</tbody>
</table>

Significant at .05 level

The ‘t’ value required for significant with 14 d.f. was 2.145
The under mentioned formula was to find out the different of means between cold and hot temperature.

\[
t = \frac{d}{s/\sqrt{N}}
\]

It is evident from the Table 1 that there is significance difference between the cold and hot temperature.

Conclusion
It is evident from Table 1 that there was insignificant difference between cold and hot temperature in shuttle run (1.96) between cold and hot temperature. It can be revealed that there is no difference between cold and hot temperature in shuttle run. Probably the reason could be that all the subjects taken for the study were the professional physical education students undergoing the same training programme which might have brought insignificant difference between the cold and hot temperature.

References
1. Uppal. Physical Fitness – How to Develop