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## 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 with stand 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 student, 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 with stand 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.

Floyed 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.

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.

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**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.

**Shuttle Run**

**Equipment**

Four blocks of wood and stopwatches.

**Description**

To parallel lines were marked on the ground 10 yards apart. Two blocks of wood placed behind one of the lines. The subject started from behind the other line on the signal “Ready? Go”. The subject ran to the block, picked on up, ran back to the starting line, and placed the block, behind the line, he then ran back and picked up the second block, which he carried back across the starting line.

**Rules**

It is necessary to place the wooden block instead of throwing.

**Level of Significance**

For testing the difference between the mean of cold and hot temperature in motor fitness components, the level of significance was set at .05 level.

**Findings**

The data collected was statistically analysed by ‘t’ test and results of the various groups are presented in Table 1.

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

S. No.	Variables	Mean		Mean Difference	Standard Deviation		DM	‘t’ Ratio
		Cold	Hot		Cold	Hot		
1.	Shuttle Run	9.47	10.0	0.53	0.31	0.39	0.27	1.96

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.

Heat. J. Appl. Physiol.: Respirat, Environ. Exercise Physiol. 1980; 49(1):1-8.

$$t = \frac{d}{s/\sqrt{N}}$$

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.

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