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Study of physical fitness components between urban and physical education students

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Abstract

The aim of the present review is to study of Physical Fitness Components amongst Urban and Physical Education Students. To perform the review, 30 urban and 20 physical education students from various physical training schools and diverse schools which is arranged in towns in Rewari (Haryana) were taken of age between 13-18 years as test. AAHPHERD youth physical wellness test was managed to the subjects entirely taking after the guidelines as given in the prologue to estimation in the physical training and activities sciences manual detailed club for controlling every test thing are given beneath. Pull –ups, sit-up test, shuttle run, standing broad jump, 50 meters dash, and 600 yards run-walk. Result demonstrates that urban and physical education students have no significant difference in physical fitness components.

Keywords: Physical fitness, exercise, motor skills, performance

Introduction

The tests can be given in the gymnasium or outdoors. They are: pull-up (with flexed-arm hang for girls) for judging arm and shoulder girdle strength; flexed leg sit-up for judging efficiency of abdominal and hip flexor muscles; shuttle run for judging speed and change of direction; standing long jump for judging explosive muscle power of leg extensors; 50-yard dash for judging speed; and 600-yard run (with optional runs of 1 mile or 9 minutes for ages 10-12 or 12 minutes for age 13 and older) for judging endurance.

The original test battery of seven tests was developed in 1957 by a special committee of the AAHPER Research Council. Its work was the direct result of a national conference called in 1956 by President Dwight D. Eisenhower to consider the fitness of American youth. President Eisenhower was alerted to the poor physical record of our young people through the research studies of Hans Kraus and associates as published in the Journal of Health, Physical Education, and Recreation and in the Research Quarterly. Following the President's meeting,

AAHPER held a conference to determine specific steps which the physical education professor might take to improve the level of physical fitness among American youth. One important result of this national meeting was to set in motion the AAHPER Youth Fitness Project, an attempt both to measure and to improve the fitness of our country's boys and girls.

The special Research Council committee was fully aware of the problems confronting a group charged with the responsibility of studying the fitness of the nation's youth. There was, however, a strong feeling that some concrete action should be taken. Accordingly, with the thought that any project proposed would be looked upon as a pilot study, the committee agreed on plans for a survey of youth fitness in the United States.

Seven test items were chosen by this group of experts, and recently, three modifications were made in this original test battery. The sit-up was changed to a flexed leg sit-up, which is a more accurate measure of the abdominal muscle. The softball throw was eliminated on the ground that it involves skill to a large extent while the prime purpose of the battery of tests is to determine fitness. The 600-yard run was modified to include two optional runs the 1-mile or 9-minute run for ages 10-12 or the Ph-mile or 12-minute ran for children age 13 or older. The optional originate with the Texas Physical Fitness-Motor Ability Test. Andrew S. Jackson, University of Houston, consulted with AAHPER on inclusion of the optional runs.

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These optional runs may be substituted in programs where extensive running has been a continuing part of the physical education program.

The following criteria were considered by the committee in selecting the seven (now six) items for the AAHPER Youth Fitness Test: tests which were reasonably familiar, required little or no equipment, could be administered to boys and girls (except for pull-up), could be given to the entire age range of grades 5-12, measured different components of fitness, and would allow self-testing by the student.

As an extension of the last criterion, it should be pointed out that the test battery does measure elements of strength, ability, and endurance, as well as proficiency in running and jumping. Each particular test item was viewed as an indicator of a strength or weakness with little interest in the test per se. As an example, the interest in pull-ups was not in the event itself but in the fact that this is an indicator of arm and shoulder strength.

It should be emphasized that the correlations among the six test items are low. If they were high, there would be no point in giving six tests one or two would suffice.

Statement of the Problem

Study of Physical Fitness Components between Urban and Physical Education Students.

Methodology

To perform the review, 30 urban and 20 physical education students from various physical training schools and diverse schools which is arranged in towns in Rewari (Haryana) were taken of age between 13-18 years as test. AAHPHERD youth physical wellness test was managed to the subjects entirely taking after the guidelines as given in the prologue to estimation in the physical training and activities sciences manual detailed club for controlling every test thing are given beneath. Pull –ups, sit-up test, shuttle run, standing broad jump, 50 meters dash, and 600 yards run-walk. Result demonstrates that urban and physical education students have no significant difference in physical fitness components.

Result

Table I: Mean and ‘t’ values of urban and physical education students on selected physical fitness components

Physical fitness components	Mean		Difference between Mean	‘t’ value
	Urban Boys	Physical Education		
Pull-ups	2.78	2.10	0.68	0.18
Sit-ups test	2.90	3.06	0.16	0.09
Shuttle run	1.13	0.89	0.24	0.03
Standing broad jump	2.08	1.69	0.39	0.14
50 mtr dash	6.27	6.46	0.19	0.02
600 yards run walk	2.48	2.42	0.06	0.01

Table ‘t’ value = 2.05, level of significance at 0.05

An examination of Table No.1 reveals that pull-ups mean of urban boys and physical education boys is 2.78 and 2.10 respectively, ‘t’ value is 0.18 which is less than 2.05, so, urban boys and physical education boys have no significant difference in pull-ups.

Sit-ups mean of urban boys and physical education boys is 2.90 and 3.06 respectively, ‘t’ value is 0.09 which is less

than 2.05, so, urban boys and physical education boys have no significant difference in sit-ups.

Shuttle run mean of urban boys and physical education boys is 1.13 and 0.89 respectively, ‘t’ value is 0.03 which is less than 2.05, so, urban boys and physical education boys have no significant difference in standing broad jump.

Standing Broad Jump mean of urban boys and physical education boys is 2.08 and 1.69 respectively, ‘t’ value is 0.14 which is less than 2.05, so, urban boys and physical education boys have no significant difference in standing broad jump.

50 mtr dash mean of urban boys and physical education boys is 6.27 and 6.46 respectively, ‘t’ value is 0.02 which is less than 2.05, so, urban boys and physical education boys have no significant difference in 50 mtr dash.

600 yards run walk mean of urban boys and physical education boys is 2.48 and 2.42 respectively, ‘t’ value is 0.01 which is less than 2.05, so, urban boys and physical education boys have no significant difference in 600 yards run walk.

Discussion

The level of significance chosen was 0.05. The t ratio of both group was compared and it was found that, the different between the groups compared and it was found that, the different between the groups were not significant.

Conclusion

Based on the limitation and delimitation the study was concluded that, there would be significant difference in the fitness level of the urban and physical education students. It indicates the awareness and importance of fitness among the youth.

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