

Status of Physical Fitness Among U.G. Students of Raichur District

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Abstract

Physical fitness is basic need for participation in games and sports. The fitness level of various physical fitness components is most important to choice of sport events. The basic level fitness has vital role in improving any sport performance but there seems to be a lack of specific knowledge regarding the physical fitness of male and female.

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Introduction

Physical fitness is very important essential for universally accepted that has success in various activities of games and sports mainly depend upon the physical fitness of its participation. Physical fitness for health and efficiency is fourth coming all over the world; still a lot of promotional and educative efforts are called for to bring about desirable attitudes especially in the youth, collage going students towards physical activates and sports to develop physical fitness. The present study was to compare the physical fitness among male and female in physical education students. Strength is a conditional ability i.e. it depends largely on the energy liberation process in the muscles strength is also perhaps the most important motor ability in sports.

Statement of The Problem

The purpose of the study is to find the significance difference of physical fitness components among male and female of U.G students of raichur district.

Objectives

The following are objectives of Study

1. To study the general physical fitness components of students.
2. To compare the physical fitness components among male and female u.g students of various college raichur district.
3. To test the physical ability components of u.g students of various colleges in raichur district.

Hypothesis

The Hypothesis set for the study are:

1. There will be the significance difference between the male and female u.g students of various colleges in raichur district.
2. There will be significance difference between physical fitness components u.g students of various colleges in raichur district

Samples

Keeping major objectives of the study in view, appropriate design is adopted. The study was conducted between male and female students u.g students of various colleges in raichur district.

Sample was collected from students u.g students of various colleges in raichur district. Thus the sample selected was designed on variables like speed, endurance, strength, flexibility and agility.

Tools

The following motor ability tests have been used to collect the information in the study personal data was used to physical fitness test and related status of the subject.

1. MOTOR ABILITY TEST

Sl. No	Motor Ability	Test	Unit of measurement
1	Speed	50 yard dash	Time
2	Endurance	12Min.Run & Walk	Distance
3	Flexibility	Sit & Reach Test	Inches
4	Agility	Shuttle run 10x4 yards	Time
5	Strength	Pull Ups	Score

Data Analysis

To meet the objective of the study and to verify the formulated hypotheses the data were statistically analyzed. The 't' test was calculated.

Table -1 Mean, SD and t-values of Physical fitness tests of Male and female Pre-Test (N=50)

Gender		Speed	Endurance	Flexibility	Agility	Strength
Male	M	10.45	2123.1	2.10	16.54	10.62
	SD	1.20	164.2	1.68	2.18	2.38
Female	M	11.38	1824.7	2.08	13.22	11.45
	SD	1.56	160.9	1.55	1.80	2.75
t-value		3.19**	6.30**	0.17	5.03**	2.35**

** Significant at 0.01 level

An attempt is made to explore the gender differences in the motor tests in both pre and post test. The results given in Table-1. Clearly reveal that there are significant gender differences in the motor test like speed, endurance, flexibility, agility and strength pre test. The t-values on these tests are significant to suggest the significant differences in the ability.

Table-2 Mean, SD and t-values of Physical fitness tests of Male and Female Post Test (N=50)

Gender		Speed	Endurance	Flexibility	Agility	Strength
Male	M	8.12	2026.3	2.40	12.01	14.24
	SD	1.40	152.5	1.20	1.28	2.67
Female	M	8.50	2121.5	3.50	11.20	14.51
	SD	1.57	164.6	1.66	1.57	2.15
t-value		3.85**	3.75**	0.455	2.80**	2.24**

** Significant at 0.01 level

Table-2 reveals the mean scores of both male and female in all the five motor tests after the training was given. It can be seen that in endurance the males and in agility test females have significantly higher means than the females. t-values on both the two tests are significant which reveal the significant differences between the two genders. Thus females have outscored males in majority of the motor tests both in pre and post sessions.

Conclusion

The above observations it is evident that the students are more physically fit. The components of physical fitness (strength, endurance, flexibility, speed, agility) can be maintained only through regular exercises. Males are more physically fit than females. Further it's clearly states that there is a significant difference between male and female in physical fitness. There is a significant effect on the motor test of endurance of the both gender. There is a significance difference in motor test of agility between pre and post test. There is a significance influence of motor test on flexibility of students. There is a significance difference in motor test of strength between male and female.

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