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A study of physical fitness in different age groups boys

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Abstract

The purpose of this study was to compare the Physical Fitness different age groups boys. The present study was conducted on the 2000 School Boys, 500 subjects from each group. Their age was ranged 13 to 16 year. In the selection of the subject's random sampling technique was employed. The AAHPER Youth Fitness (1976) test was selected for the purpose of this study. The result of the study concluded that there was statistically significant difference in age groups. There were significant difference obtained on pull-up, sit-up and shuttle run among various groups (13 years to 16 years) boys. When the paired mean differences existed between 13 years & 14 years, 13 years & 15 years, 13 years & 16 years, 14 years & 15 years, 14 years & 16 years and 15 years & 16 years of boys.

Keywords: Physical Fitness, AAHPER, sampling, technique, difference, pull-up, etc.

Introduction

It is self-evident that the fit citizens are a nation's best assets and weak ones its liabilities. It is therefore the responsibility of every country to promote physical fitness of its citizens because physical fitness is the basic requirement for most of the tasks to be undertaken by an individual in his daily life. If a person's body is under-developed or grows soft or inactive and if he fails to develop physical prowess, he is undermining his capacity for thought and for work, which are of vital importance to one's own life and society in a welfare state.

Physical fitness is the ability of your body systems to work together efficiently to allow you to be healthy and effectively perform activities of daily living. Being efficient means being able to do daily activities with the last amount of effort. A fit person is able to perform schoolwork as well as responsibilities at home and still have enough energy and vigor to enjoy school sports and other leisure activities. A fit person has the ability to respond to normal life situations a part time job or marching in the band at school. A fit person also has the ability to respond to emergency situations such as running to get help or aiding a friend in distress.

Procedure and Methodology

In the present study a sample of 2000 boys ranging between 13 to 16 years studying. the AAHPER Youth Fitness (1976) test was selected for the purpose of this study, because the test has been frequently used in the existing literature. 1. Pull-up, 2. Sit-up, 3. Shuttle-run, 4. Standing broad jump, 5. 50 yard dash, 6. 600 yard run/walk. For the analysis of data, collected by administering to the entire subject's random sampling, mean differences between age groups.

Results

To the above analysis it revealed that there were significant difference obtained on pull-up, sit-up and shuttle run among various age groups (13 years to 16 years) of boys. When the paired mean difference on pull-up, sit-up and shuttle-run were found that significant differences existed between 13 years & 14 years, 13 years & 15 years, 13 years & 16 years, 14 years & 15 years, 14 years & 16 years, 15 years 16 years of boys. There were significant difference obtained on standing broad jump and 50 yard dash among significant differences were obtained between 13 years and 15 years, 13 years and 16 years, 14 years and 15 years, 14 years and 16 years. There were significant differences obtained on 600 yard run/walk among different age groups of boys. Further significant differences were obtained between 13 years and 14 years, 13 years and 15 years, 13 years and 16 years.

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Table 1: Mean and Sd of Physical Fitness Variables Of Boys Different Age-Groups

Variables	13 Years		14 Years		15 Years		16 Years	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Pull-up	2.76	1.816	4.05	2.181	5.84	2.920	6.81	2.866
Sit-up	17.65	3.927	19.40	4.639	20.98	3.757	23.37	4.865
Shuttle-run	11.92	.6043	11.664	.6902	11.549	.6522	11.094	.6046
Standing Broad Jump	1.47	.1299	1.5451	.19427	1.6534	.2432	1.6635	.15869
50 Yard Dash	8.80	.5058	8.851	.8972	8.354	.5522	8.383	.8502
600 yard run/walk	123.09	9.007	122.09	7.891	121.43	8.272	119.80	8.073

Table present there was significant difference in pull-up of the 16 year boys the maximum with mean value of 6.81 and SD value 2.866, followed by 15, 14 and 13 years boys with mean values of 5.84, 4.05 and 2.76 and SD values 2.920, 2.181, and 1.816 respectively, whereas 13 years boys were found with the lowest mean value of 2.76.

The sit-up of 16 years boys was the maximum with the mean value of 23.37 and SD values 4.865 followed by 15, 14 and 13 years boys were in between highest and the lowest their mean values being 20.98, 19.40, 17.65 and SD values 3.757, 4.639 and 3.927 respectively.

In agility variable i.e. shuttle-run 16 years boys performed better than all boys' age groups. 15 years boys performed better than 14 years and 13 years and boys as mean values were 11.094 sec. (16 years), 11.549(15 years) 11.664 sec. (14 years) 11.926 sec. (13 years) and SD values of 16, 15, 14 and 13 years boys.6046,.6522,.6902 and.6043 respectively.

In explosive strength variables measured through standing broad jump of the 16 years boys was the maximum with mean value of 1.6635 and SD value.15869, followed by 15, 14 year and 13 years boys with mean values of 1.6534, 1.5451 and SD values.2432,.19427, and.12994 respectively, whereas 13 years boys were found with the lowest mean value of 1.4659.

General speed was measured through 50 yard dash test. In case of speed 15 years boys exhibited the maximum with mean value of 8.354 sec. and SD value sec. and SD value.5522, followed by 16,13,14, years old with mean values of 8.383 sec., 8.807 sec. and 8.851 sec. and SD values.8502,.5058, 8972 respectively. The lowest was shown by the 14 years boys, with mean values of 8.807 sec.

In cardio-vascular endurance variable i.e. 600 yard run/walk test. It has been observed that 16 year boys overcome the maximum cardio-vascular endurance with mean value of 119.80 sec. and SD values 8.073., followed by 15, 14,13 years boys with mean value of 121.43 sec., 122.09 sec. 123.09 sec. and SD Values 8.272,7.891, 9.007, whereas the 13 years boys overcome the least cardio-vascular endurance with the mean values of 123.09 seconds.

Discussion and Conclusions

The results of the study are concluded as follows:

To the above analysis it revealed that there were significant difference obtained on pull-up, sit-up and shuttle run among various age groups (13 years to 16 years) of boys. When the paired mean difference on pull-up, sit-up and shuttle-run were found that significant differences existed between 13 years & 14 years, 13 years &15 years, 13 years & 16 years, 14 years & 15 years, 14 years & 16 years, 15 years 16 years of boys. There were significant difference obtained on standing broad jump and 50 yard dash among significant differences were obtained between 13 years and 15 years, 13 years and 16 years, 14 years and 15 years, 14 years and 16 years. There were significant differences obtained on 600 yard run/walk among different age groups of boys. Further significant differences were obtained between 13 years and 14 years, 13

years and 15 years, 13 years and 16 years.

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