



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 587-588

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www.theyogicjournal.com

Received: 23-11-2017

Accepted: 24-12-2017

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Effect of temperature on motor fitness components

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Abstract

The present study was selected to find out the effect of temperature on motor fitness component. For the purpose of the study 15 male students of Govt. college sec- 11 Chandigarh aged 18-22 were selected as subjects. The motor fitness component was selected for this study. The collection of relevant data is based on 50 yard dash, Sit-ups, Shuttle run, Standing broad jump, pull-ups, 12 minute run and walk test. The 't' test was applied to finding out the mean difference in various physical fitness components at 0.05 level of significance. After analysing it was calculated that there was no significance difference between cold and hot temperature in all motor fitness components except 12 minute run and walk test.

Keywords: Motor fitness component, shuttle run, standing broad jump

Introduction

Generally speaking, people in civilized communities are lacking both in strength and endurance because of artificial life encouraged by modern civilizations, in which life is made as soft and easy as possible, with physical effort diminished to a minimum. The average man plays more than hours of attention to his car (which he can service or replaced anyway) than do his own machine his body (which is irreplaceable). The physical fitness of the average executive is so low that his next promotion may kill him solely because he will be unable to stand the added pressure and the new responsibilities of his promotion. His target is not to become a highly trained athlete. But to be able to carry out his life feeling that good health is with him, that he possesses an inner consciousness of his ability to run up an escalator or to chase a bus without having to take a long time to recover. Physical abilities are as old as mankind. Physical education today is accepted as an integral part of general education and hence it is an academic discipline. The reason of universalization of physical education not only lies in the total personality development of an individual, but also in its modern application for improving the working capacity of the human being.

Material and Methods

For the purpose of the study 15 male students of Govt. college sec- 11 Chandigarh aged 18-22 were selected as subjects. The motor fitness component was selected for this study. The 't' test was applied to finding out the mean difference in various physical fitness components at 0.05 level of significance. The collection of relevant data is based on 50 yard dash, Sit-ups, Shuttle run, Standing broad jump, pull-ups, 12 minute run and walk test.

Result and Discussion

The performance of the subjects in 50 yard dash, shuttle run, pull-ups, sit-ups, standing broad jump, 12 minute run and walk were taken as a criterion measure for the study.

50 Yard dash- The time taken by the subject to run a distance of 50 meter was recorded to the nearest 1/10th of a second by using synchronized and calibrated stop watch.

Sit-ups: The number of completed bent knee sit-ups in one minute more recorded to the nearest whole number.

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Pull-ups: The number of completed pull ups in one minute more recorded to the nearest whole number.

Standing broad jump: Maximum distance covered by the subject was recorded to the nearest centimetre.

Shuttle run: Time taken by the subjects to run a distance of 4 X 10 yard was recorded to the nearest tenth of a second.

12 minute run and walk: Distance covered by the subjects in 12 minute run/walk.

Table 1

Sr No.	12 Minute Run / Walk	50 Yard Dash	Shuttle Run	Pull-Ups	Sit- Ups	Standing Broad Jump
1	2624	8.2	10.1	6	30	2.49
2	2774	7.6	10.2	6	31	2.49
3	2750	7.5	9.9	6	30	2.55
4	2874	7.4	9.8	5	36	2.55
5	2600	9.5	11.2	5	34	2.48
6	2900	7.5	10.2	5	31	2.56
7	2600	7.6	9.8	5	33	2.57
8	2675	7.4	9.7	5	31	2.58
9	2575	7.7	9.9	5	31	2.54
10	2600	7.2	9.6	5	37	2.51
11	2850	7.5	9.8	5	31	2.50
12	2800	7.2	9.9	6	34	2.54
13	2700	7.6	10.1	4	30	2.54
14	2650	7.7	10.3	6	33	2.49
15	2800	7.3	9.8	5	31	2.53

It is evident from the table 1 that there was insignificant difference between cold and hot temperature in 50 yard dash (1.63), shuttle run (1.96), pull-ups (.70), bent knee sit-ups (.42), standing broad jump (1.5), but there was significant difference in 12 minute run/walk test between hot and cold temperature. It is revealed that there is no significance difference between cold and hot temperature in all motor fitness components except 12 minute run/walk test.

Conclusion

This study shows that there is no significance difference in motor fitness components between cold and hot temperature but there is significance difference in 12 minute run and walk test in cold and hot temperature was found. The data collected in all tests was compared by using 't' test. The level of significance chosen was 0.05. Statistical analysis showed that the mean difference for all items were found insignificant at .05 level of significance with 11 df except 12 motor run and walk test.

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