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Investigation of selected physical fitness components of different groups of governments and CBSC schools of sehore district, Madhya Pradesh

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Abstract

The purpose of this study the Investigation of selected physical fitness components of Different Groups of Governments and CBSC schools of sehore district, Madhya Pradesh. The Objective of this study to describe the selected Physical Fitness variables of different groups Government schools, and CBSC school Navoday school and KVS for the Sehore district of, Madhya Pradesh. The analysis and collected of the data for this study the total number of subjects six hundred (N=600) Two hundred 200 from Government School, two hundred 200 Navoday school and, two hundred 200 KVS subject were selected from each group equal subjects was selected data was purposive selected as the subjects for this study. Age ranged between 12 to 14 years of subjects were selected. The selection of variables for this study physical fitness variables, government school, Navoday school and KVS from district sehore, Madhya Pradesh. The data was collected for the Physical fitness component 50 Mts. Running, 600 mts. Running, and shuttle run, through modify aahphar youth physical fitness test. According to objectives for this study Statistics tools were used descriptive statistics, (Mean, Standard Deviation, Minimum and Maximum) were applied. The data analysing tools SPSS- 21 software was used. The level of significance to check the compare obtained analysis of variance was set at 0.05 level. There was no significance Mean score of 50 meter running for the all various groups (Government school, Navoday and KVS) of district sehore, Madhya Pradesh. There was significance Mean score of 600 meter running for the all various groups (Government school, Navoday and KVS) of district sehore, Madhya Pradesh. There was no significance Mean score of shuttle run for the all various groups (Government school, Navoday and KVS) of district sehore, Madhya Pradesh.

Keywords: Fitness, Running, shuttle, Governmenr,Navodaya, KVS,School, Sehore, Madhya Pradesh, etc.

Introduction

The components of physical fitness video we're going to be talking about the five health-related components of physical fitness the first one is your cardiovascular system your cardiovascular fitness this is the ability of the circulatory system to supply oxygen to working muscles during exercise this is our stamina this is how long we can keep going without collapsing it is amazing just how far we can push the human body the more we can train this part the more efficient our bodies become a delivering oxygen and clearing out lactic acid lactic acid is a by-product of oxygen consumption it can build up in our muscular system and cause the muscles to cease and stop working we generally as humans stop exercise before our muscles come to this point in addition to burning fat and keeping a lean body cardiovascular fitness helps reduce levels of stress in our bodies as well second component of physical fitness is body composition this is the relative percentage of body fat compared to lean body mass which is made up of muscles bones and water so fat versus your lean body it is important to maintain a healthy weight to decrease the amount of strain that is put on your joints and muscles as they carry around a heavier frame the third component of physical fitness is flexibility this is the range of movement possible at various joints if we are not flexible in our joints they become stiff and our movement decreases flexibility also helps to prevent injuries improve posture and reduce lower back pain the fourth component of physical fitness and the fifth are muscular strength and muscular endurance muscular strength is the amount of force

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single contraction of a muscle it is important to be strong to power through sports movements sustain a physical hit and avoid injuries muscular endurance is the ability of the muscle group to continually contract over an extended length of time there are six skill related components of physical fitness the first is speed this is the ability to move quickly from one point to another in a straight line not just your body speed but in some sports it requires more speed from certain body parts like in golf and baseball the swing the hands or in football the speed of kicking the ball agility is the ability of the body to change direction quickly you can use this to dodge a defender or get to a ball quicker than your opponent's third component is balance the ability to maintain an upright posture while still or moving it is linked to agility and that in order to move quickly and efficiently your body has to be on balance in different postures the fourth skill related component is coordination this is the integration with your hands or your foot movements and an input of the senses the fifth is reaction time this is the amount of time it takes to get moving it is how quickly your brain can respond to a stimulus and initiate that response and the sixth is power this is the ability to do strength work at an explosive pace it is the product of both strength and speed put together.

Objectives of the study

The Objective of this study to describe the selected Physical Fitness variables of different groups Government schools, and CBSC school Navoday school and KVS for the Sehore district of, Madhya Pradesh.

Methodology

Selection of the subjects

The selection of subjects for this study the total number of subjects six hundred (N=600) Two hundred 200 from Government School, two hundred 200 Navoday school and, two hundred 200 KVS subject were selected from each group equal subjects was selected data was purposive selected as the subjects for this study. Age ranged between 12 to 14 years of subjects were selected.

Criterion measure

The analysis and collected of the data for this study the total number of subjects six hundred (N=600) Two hundred 200 from Government School, two hundred 200 Navoday school and, two hundred 200 KVS subject were selected from each group equal subjects was selected data was purposive selected as the subjects for this study. Age ranged between 12 to 14 years of subjects were selected. The selection of variables for this study physical fitness variables, government school, Navoday school and KVS from district sehore, Madhya Pradesh. The data was collected for the Physical fitness component 50 Mts. Running, 600 mts. Running, and shuttle run, through modify aahphar youth physical fitness test.

1. 50 yards' dash to measure the speed of the subjects
2. 600 yards run & Walk to measure endurance of the subjects
3. Shuttle run to measure agility of the subjects

Speed 50 (METER DASH)

Sprint or speed tests can be performed over varying distances, depending on the factors being tested and the relevance to the sport. The 50 Meter Sprint is part of the International Physical Fitness Test, and their protocol is listed here.

purpose: The aim of this test is to determine acceleration and speed.

Equipment required: measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 70 meters.

Procedure: The test involves running a single maximum sprint over 50 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary standing position (hands cannot touch the ground), with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions "set" then "go.". The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and the participant should be encouraged to not slow down before crossing the finish line.

Results: Two trials are allowed, and the best time is recorded to the nearest 2 decimal places. The timing starts from the first movement (if using a stopwatch) or when the timing system is triggered, and finishes when the chest crosses the finish line and/or the finishing timing gate is triggered.

Target population: soccer other sports in which speed over a similar distance is important.

Reliability: Reliability is greatly improved if timing gates are used. Also weather conditions and running surface can affect the results, and these conditions should be recorded with the results. If possible, set up the track with a crosswind to minimize the effect of wind.

Comments: the timer should stand back away from the running track so they can clearly see the first movement and also see the runner pass the finish line.¹

Cardiovascular Endurance (600 Yard Runwalk)

Equipment Track or area marked according to FIGURES 11-13. and stopwatch. **DESCRIPTION** Pupil uses a standing start. At the signal "Ready? Go!" the pupil starts running the 600-yard distance. The running may be interspersed with walking. It is possible to have a dozen pupils run at one time by having the pupils pair off before the start of the event. Then each pupil listens for and remembers his partner's time as the latter crosses the finish. The timer merely calls out the times as the pupils cross the finish. **RULES** Walking is permitted. but the object is to cover the distance in the shortest possible time.

Scoring: Record in minutes and seconds.²

Agility (Shuttle Run)

Purpose: To measure the agility of the performer in running and changing direction.

Equipments: Whistle, Marking tape, cones, stop watch and two batons.

Procedure: The performer start behind the starting line on the signal "go" and runs towards the baton, pick up one, return to the starting line, and places baton behind the line. Then repeats the process with the second baton. Total distance covered in one repetition will 40 meter.

Scoring: The score for each performer is the length of time require (to the nearest tenth of second) to complete the course

¹ <http://www.topendsports.com/testing/tests/sprint-50meters.htm>

² <https://files.eric.ed.gov/fulltext/ED099353.pdf>

record.

Statistical technique

According to objectives for this study Statistics tools were used descriptive statistics, (Mean, Standard Deviation, Minimum and Maximum) were applied. The data analysing tools SPSS- 21 software was used.

Level of Significance

The level of significance to check the compare obtained analysis of variance was set at 0.05 level.

Findings and Results of the Study

Table 1 Descriptive statistics tables Mean and Standard Deviation value of Different groups of Government School, and CBSC school Navoday and KVS coaching Physical fitness components of 50 mts. Running

Table 1

Variables	Groups	Mean	Std. Deviation	Minimum	Maximum
50 Meter	Government School	11.08	7.89	0	119
	Navoday School	10.32	6.34	0	96
	KVS	10.22	1.73	5.2	14.6
	Total	10.54	5.93	0	119

Table- 1 This study was conducted results for the various government and CBSC Navoday and KVS. The mean and standard deviations let me pull this up here standard deviations are very useful in comparing the data sets therefore that first table, group Statistics, is shown in Figure 1. This table includes descriptive statistics mean and standard deviations for each group of physical fitness variables, like 50 meter Running for various groups government school, Navoday school and KVS from district sehere, Madhya Pradesh. Specifically, the table includes the mean and standard deviations of 50 meter. for the Government school (11.08±7.89) t and CBSC Navoday (10.32±6.34) and KVS (10.22±1.73) and You might be tempted to conclude that this indicates that government school of 50 mts. running, and KVS 50 mts. running had insignificantly mean scores.

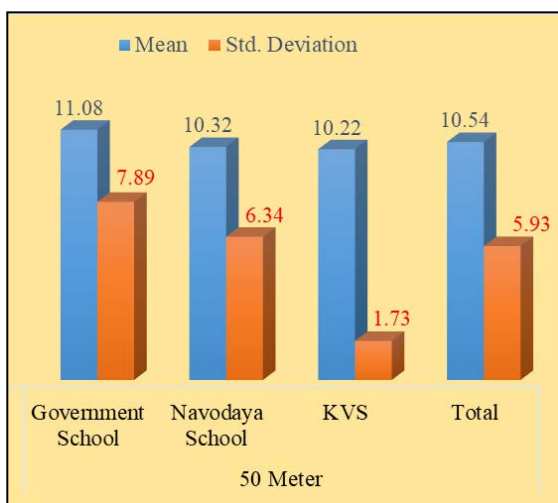


Fig 1: Mean and Standard Deviation Value of Different groups (Government School, and CBSC School Navoday and KVS) students of Physical fitness components of 50 meters.

Table 1 Descriptive statistics tables Mean and Standard Deviation value of Different groups of Government School,

and CBSC school Navoday and KVS coaching Physical fitness components of 600 mts. Running

Table 2

Variables	Groups	Mean	Std. Deviation	Minimum	Maximum
600 Mts.	Government School	3.03	0.29	2.00	3.85
	Navodaya School	2.80	0.89	1.62	10.21
	KVS	3.40	1.12	0.00	10.07
	Total	3.07	0.88	0.00	10.21

Table- 2 This study was conducted results for the various government and CBSC Navoday and KVS the mean and standard deviations let me pull this up here standard deviations are very useful in comparing the data sets therefore that first table, group Statistics, is shown in Figure 2 This table includes descriptive statistics mean and standard deviations for each group of physical fitness variables, like component 600 mts. running for various groups government school, Navoday school and KVS from district sehere, Madhya Pradesh. Specifically, the table includes the mean and standard deviations of 600 mts. Running for the Government school (3.03±0.29) and CBSC Navoday (2.80±0.89) and KVS (3.40±1.12) and You might be tempted to conclude that this indicates that government school of 600 mts. running, and Navoday 600 mts. running had significantly mean scores.

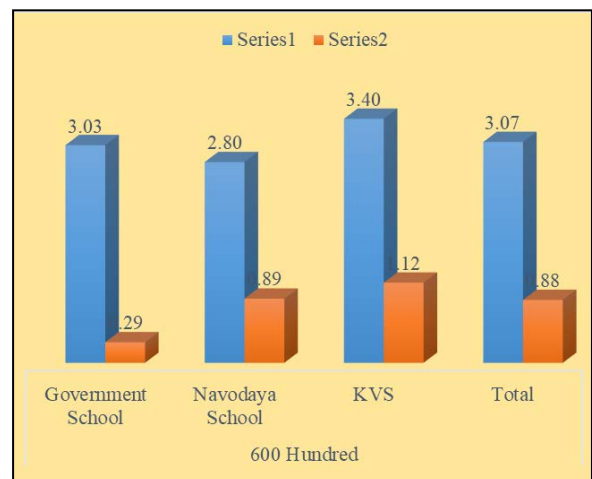


Fig 2: Mean and Standard Deviation Value of Different groups (Government School, and CBSC school Navoday and KVS) students of Physical fitness components of 600 meters.

Table 3 Descriptive statistics tables Mean and Standard Deviation value of Different groups of Government School, and CBSC school Navoday and KVS coaching Physical fitness components of Shuttle Run.

Table 3

Variables	Groups	Mean	Std. Deviation	Minimum	Maximum
Shuttle Run	Government School	13.33	2.14	0.00	18.10
	Navoday School	11.93	1.79	8.00	16.00
	KVS	11.86	2.05	0.00	18.50
	Total	12.37	2.11	0.00	18.50

Table 3 This study was conducted results for the various government and CBSC Navoday and KVS the mean and standard deviations let me pull this up here standard deviations are very useful in comparing the data sets therefore

that first table, group Statistics, is shown in Figure 3 This table includes descriptive statistics mean and standard deviations for each group of physical fitness variables, like component shuttle run, for various groups government school, Navoday school and KVS from district sehere, Madhya Pradesh. Specifically, the table includes the mean and standard deviations of shuttle run for the Government school (13.33±2.14) and CBSC Navoday (11.93±1.79) and KVS (11.86±2.05) and You might be tempted to conclude that this indicates that government school of standing broad jump, and Navoday, KVS standing broad jump. running had significantly mean scores.

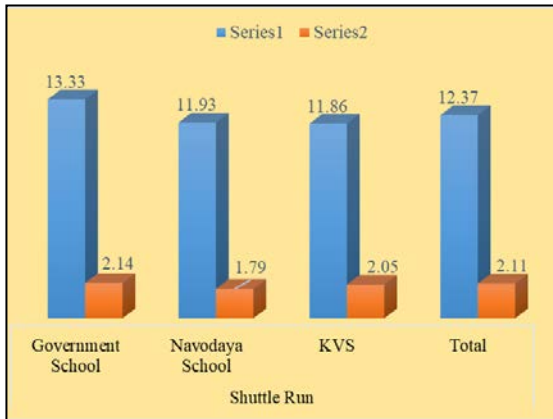


Fig 3: Mean and Standard Deviation Value of Different groups (Government School, and CBSC School Navoday and KVS) students of Physical fitness components of shuttle run.

Discussion of findings

The present study was conducted with the objective of finding out the significant difference between stress and anxiety on male and female athletes. The sample size was 600. The data was analyzed with the help of descriptive. On the basis of the above findings we can say that physical fitness variables, the reason of these differences can be associated with above results this is probably due to the different nature of the physical components training and pre-requisite for students. Number of participation and level of participation. The reason may be attributed that the physically trained student or level of achievements and taken deferent types nutrition food. These results may be due to a small sample of size and other factors such as different types of body, differences in body composition. These results may be nutrition diet schedule deference. The reason may be Psychological variables like stress, sports competition anxiety, aggression, fear, motivation confidence, attention concentration etc. (A.M. Al-Sendi, P. Shetty and A.O. Musaiger,) "Anthropometric and Body Composition Indicators of Bahraini Adolescents. (S G. Begum and B. Choudhary,) Age Changes in Some Somatometric Characters of the Assamese Muslims of Kamrup District, Assam. (D. Molnar and B. Livingstone,) Physical activity in relation to overweight and obesity in children and adolescents. (Dr. Amandeep Singh) Comparative study of selected physical fitness variables between urban and rural school going girls of Sangrur district. (Kiran NC1, C. G. Venkatesha Murthy) Academic Task Commitment among the Students of Jawahar Navodaya Vidyalayas (JNVs) and Kendriya Vidyalayas (KVS)

Conclusions

Within the limitations of the study the following conclusions were drawn:

- There was no significance Mean score of 50 meter running for the all various groups (Government school, Navoday and KVS) of district sehere, Madhya Pradesh.
- There was significance Mean score of 600 meter running for the all various groups (Government school, Navoday and KVS) of district sehere, Madhya Pradesh.
- There was no significance Mean score of shuttle run for the all various groups (Government school, Navoday and KVS) of district sehere, Madhya Pradesh.

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