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## A comparative of physical fitness among athletes and non-athletes

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### Abstract

The win at-all-costs approach is well-documented in the literature of sports psychology. Vallerand and Losier (1994) suggest, "Playing to win at all costs may lead an athlete to cheat in order to reach his or her goal" (p.230). Furthermore, studies have shown that athletes point to their coach as having a heavy influence on their decisions to win-at-all-costs (Guivernau & Duda, 2002; Stephens & Bredemeier, 1996). The win-at-all-costs approach may lead athletes to sacrifice all for (his cause (Rudd & Mondello, 2006). The Canadian Spori for Life movement, which tries to improving the quality of sports and physical activity in Canada, published a 7-stage Canadian model of Long-Term Athlete Development (LTAD). They argue, "Athletes' environment is geared to the short-term] outcome winning-and not to the process, and as an outcome there are bad habits developed from over competition focused on winning" (p-17). Indeed, professional athletes will endanger their health and sometimes their future by competing when injured.

**Keywords:** Physical fitness, athletes and non-athletes, sports psychology

### Introduction

The win at-all-costs approach is well-documented in the literature of sports psychology. Vallerand and Losier (1994) suggest, "Playing to win at all costs may lead an athlete to cheat in order to reach his or her goal" (p.230). Furthermore, studies have shown that athletes point to their coach as having a heavy influence on their decisions to win-at-all-costs. The win-at-all-costs approach may lead athletes to sacrifice all for his cause (Rudd & Mondello, 2006). The Canadian Spori for Life movement, which tries to improving the quality of sports and physical activity in Canada, published a 7-stage Canadian model of Long-Term Athlete Development (LTAD). They argue, "Athletes' environment is geared to the short-term] outcome winning-and not to the process, and as an outcome there are bad habits developed from over competition focused on winning" (p-17). Indeed, professional athletes will endanger their health and sometimes their future by competing when injured<sup>1</sup>. Some professional athletes are willing to use drugs in order to improve their performance and increase their chance of winning. Using drugs puts the athlete's health and future reputation at risk". In 1999, the Department of Industry, Science and Resources in Australia published a report on professional sports in Australia. The report mentions the common use of drugs in professional sports and the Australia's anti-drugs in sport programs.

### Methodology

#### Aim and Objective of the study

To find out the physical fitness among athlete and non-athlete.

#### Hypotheses

Athlete has significantly better physical fitness than the non-athlete.

**Sample:** For the present study 100 Sample were selected from Govt. First Grade College Bagalakot 50 subjects were athlete and 50 subject's non-athlete. The age range of subjects was 18-26 years Ratio were 1:1.

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**Tools:** Physical Fitness: Govt. First Grade College Bagalakot Physical Fitness test was used for measuring Physical Fitness.

### Procedures of data

Collection for data collection first permission has been taken from respective sources than the despondence has been selected for data collection. Personal data sheet (PDS) has been given to collect the preliminary information with respect to subject's related variables then standardized lest administer to the subjects. Before that rapport was established with subjects- And they have been told that their responses were kept confidential and the information is used for research purpose only.

**Variable: Independent variable:** 1) Players a) Athlete b) Non-Athlete

**Dependent Variable:** 1) Physical Fitness

**Table 1:** Statistical analysis and discussion athlete and non-athlete, shows the mean S.D and t value of physical fitness

Players	Mean	SD	SEM	N	DF	t	P
Athletes	54.83	3.74	0.54	50	98	7.31**	<0.01
Non-Athletes	49.68	3.29	0.47	50			

Of the athlete is 54.83 and that of the non-highly significant 't' = 731, df= 58,  $P < 0.01$ . Thus the first hypothesis is confirmed athlete have significantly better physical fitness than the non-athlete.

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