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Effect of exercise on physical fitness components among Physical education students

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Abstract

The main purpose of the study was to examine the effects of exercise (DV) on physical fitness components among physical education students on bend shuttle run. The study was being conducted on 200 physical education students from different centers/schools and academies of Kashmir. In the pre-post design study, the students acted as their own control. Simple random sampling was used for collection of data. The data was analyzed using student's t-test. The level of significance was fixed at 0.05. It was found that the pre- and post-intervention mean score of shuttle run was 12.30 ± 0.84 and 11.85 ± 0.86 respectively. T ratio was found to be 3.5^* for shuttle run, which was significant at .05 level. Therefore, the null hypothesis was accepted that there will not be significant differences between pre and post intervention bent knee sit ups was rejected.

Keywords: exercise, physical fitness, physical education students

Introduction

Today we are living in the age of technology we are mostly preferring machines than doing work manually. Our all work is done by machines from small to big things. We are depending ourselves wholly and solely on machines so most of the people are physically unfit. Before introduction of machines all the maximum people was physically fit as they used to work manually which allowed them to perform lot of exercises like exercise of hands, arms, legs, muscles etc. By performing different exercised there was very less chances of any disease in persons. If we see today very harmful diseases are spreading because of more advancements which made people sick and unhealthy. In earlier times people used to go to office by foot, to do house work manually as women used to make chapatti's by hand now chapatti's makers are used for making chapatti's, used to wash clothes by hand now washing machines are used for that purpose. Most of us can complete our daily routine without any difficulty and consider ourselves healthy and fit. In general term there seems no difference between health and fitness, but in physical education both terms are different and having specific meaning. Health stands for absence of any disease the term fitness is difficult to define, since it means many different thing to different people. For example an individual may see himself fit if he can run for the bus without going too out of breath whereas a physically active person may seek a quick heart rate recovery as measure of fitness, following a distance run. Physical fitness is the capacity to keenly, effectively, with interest and pleasure. Moreover, his recovery must be faster and quicker. Physical fitness is very important today. We say a person is fit means a person is fit physically as well as mentally fit. If a person is fit in actual sense then a person is can perform each and every task efficiently. Suppose if a work is needed to be done this work can be done by both healthy and unhealthy person but the difference lies in timing as the work may be done by healthy person in less time but same work may be done by unhealthy person in more time. Physical fitness helps a person to fight with diseases and physically fit person may get recovered easily and quickly. While a person who is not physically fit will suffer from serious problems even by small illness. There are sometimes those situations where only physical fitness can be helpful. Though there are many physical fitness variables that can be used to determine overall strength but bent shuttle run is important for determining the explosive power, agility, and endurance, it is also an ideal exercise drill to add to any training routine. The intensity of shuttle runs range from basic to more advance.

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Dick (1989) has suggests therefore that our efficacy to cope up with our daily life stressor which, may be certainly difference for each individual, be considered our fitness. There is one another well-known definition is the ability to undertake everyday activities without undue fatigue this once again is a very generic definition which encompasses everybody; athletes and non-athletes alike. The everyday activities undertaken by an athlete in heavy training for a major competition are obviously going to be very different from those experienced by a non-athlete.

Skill- related fitness components

Agility: It is the capability of our body to maintain Speed while changing direction. When we are playing any game we suddenly change direction in speed to control our body movements for performing some shots. E.g. Basketball, football, boxing. The ability to change directions rapidly and accurately in response to outside stimuli is termed as agility. A gymnast, a pole vaulter, a high jumper, a hurdler a volleyball player and a javelin thrower all have to be extremely, agile they should be able to move quickly from one position to another. Agility tests include dodge run zigzag run, shuttle run, side step, squat thrust etc.

Balance: It is the capability of our body to maintain specific position during different situations. We can make our body to stand in either a stationary or dynamic position. E.g. In Yoga we make our body to be in stationary position.

Coordination: When we move all the parts of our body together it is called coordination. Different types of coordination's can be performed during playing games. There are three types of coordination's

1. **Hand-eye coordination:** E.g. badminton, table-tennis etc.
2. **Foot-eye coordination:** E.g. Football.

3. Hand-Hand coordination: E.g. Basketball.

No highly complex movement skills activities can be performed without proper coordination. The ability to integrate different actions and movement into specific pattern require neuromuscular effort and is extremely important in all sports. Co-ordination is not an isolated component but is the result of a combined effect of agility, balance speed and kinesthetic sense. Fatigue often disturbers coordination. Co-ordination is an essential element in skill-acquisition since various motor skills or athlete skills are nothing but co-ordination of simple skill of running, jumping, throwing, chasing, tumbling etc, in different proportion and degrees. Good co- ordination are learnt in childhood, but they can also be improved through proper training and practice. The co-ordination of the eye with either the feet, hands, or the head is of utmost important in learning several sports skills, with control accuracy and steadiness serving as the underlying factors.

Objective of the study

To study the effect of physical exercise on shuttle run ability among physical education students of different college students in Kashmir

Material and Method

A sample of total 200 students was selected as a subject for present study. The variable selected in this study was. Only one trail was given. To analysis the data Mean, Standard deviation and t value was used at significance level of 0.05.

Procedure: The subject is asked to stand erect facing the wall. His finger is marked with chalk powder & the is asked to rise the marked finger tips to maximum height, with the chalked hand side towards the wall vertical jump is performed by the subject to make mark at the maximum height on the wall. The subject is not allowed to run hop and the subject is properly guided to take a good jump by bending the knees and swinging the arm. The subject may be given three or five trails and the best performance will be considered.

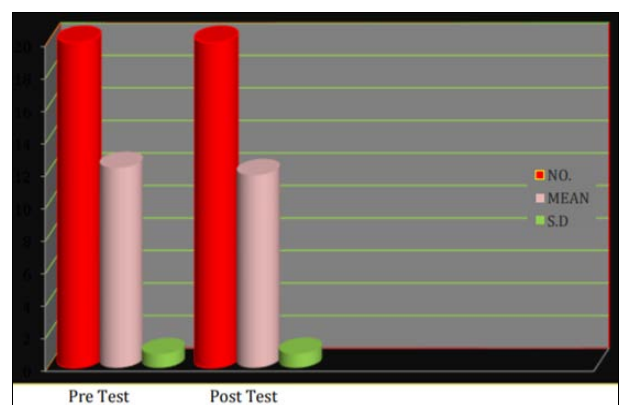


Fig 1: Shows the number of students, Mean, and S.D of Shuttle Run of physical education students.

Results and Discussion

Table 1: Shows effect of Physical exercise on Shuttle run of physical Education students

	Students No	Mean	S.D	S.ED	T-Value
Pre	200	12.30	0.84	0.30	3.5*
Post	200	11.85	0.86		

*Significant at .05 level

From the table-1, it is observed that that the Mean Value for Pre intervention Bend shuttle run was 12.30 ± 0.85 , and Post intervention value was 11.85 ± 0.86 and S. Ed (0.30) Tt Value was 3.5^* which is significant at 0.05 level of confidence. Thus, the null hypothesis was accepted.

Discussion and finding

The present study deals with the effects of exercise on physical fitness components among physical education students of different colleges in Kashmir and bandipora district and one variable was selected i.e. Bend shuttle run Association of physical fitness components and health-related quality of life in women with systemic lupus erythematosus with mild disease activity.

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Conclusion

In the light of finding, it was concluded that there can be significant effect of exercise on bent shuttle run ability among male physical education students of age group from 22-28 in different colleges in Bandipora.

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