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Dr. Rajvir Singh

PET-Jawahar Navodaya

Vidyalaya, Baghra,

Muzaffarnagar, Utter Pradesh,

India

Comparative analysis of health related physical fitness among male students of different faculties of L. P. U. Jalandhar

Dr. Rajvir Singh

Abstract

Physical Fitness and health are assuming a key part in the life of human. Physical Fitness of and individual depends on his body composition, age, sex, training, food habits and environmental factors. Methodology-Selection of Subject- Total 225 (75 from each Faculty i.e. Science, arts and commerce) male students were selected as subjects for this study. Criterion test- AAPHERD health related fitness test was selected as criterion test. Statistical Techniques- To test hypothesis ANOVA was Used and descriptive statistics was also used for analysis of Physical fitness. Result- the result shows that mean and SD scores with regards to cardio respiratory function, body composition, abdominal muscular strength, and Flexibility was 1620.36 with SD of 285.41, 1626.80 with SD of 302.15, and 1636.0 with SD of 301.83, 18.05 with SD of 2.70, 18.46 with SD of 2.35, and 18.48 with SD of 2.17, 29.31 with SD of 5.34, 29.06 with SD of 5.45, and 28.53 with SD of 5.12, 9.04 with SD of 4.38, 9.93 with SD of 3.35, and 10.01 with SD of 2.98 respectively for Science, Art and Commerce respectively. Conclusion - There is no significance difference in health related physical fitness among male and students of different faculties of L P U Jalandhar.

Keywords: Health related physical fitness, flexibility, training, performance

Introduction

Men's actuality and efficiency depend upon his Physical fitness denotes more than the ability to do a work without much effort. It affects to some degree, all his life psychological effectiveness and personal public modification as well.

Health and fitness is an inseparable part of sports performance and successes. The excellence of an individual sportsman's capability in conditions of its practical values is directly equivalent to the amount of performance. In the showground of international competition one can rarely separate the top step candidates from a single another in conditions of level of fitness.

Physical health to the human is sort of a first 'class' tuning to an engine. Fitness may be well-defined as a condition that allows us appearance, feel and do our enjoyable. More in specific, It is the ability to carry out everyday tasks energetically and attentively, with energy left over for taking part in pleasure time sports and family emergency needs. It is the capacity to bear, to bear up and to survive pressure, to hold on in occasions in which an underserving character could not hold, and is a prime basis for appropriate health and nicely-being.

Fitness is characterized as 'An planning of features that individuals have or achieve that identifies with the capacity to perform physical movement.' Fitness is an extensive term and a mind stunning subject which can join Health and aptitude related fitness. As of late physical fitness has been partitioned in to Health related fitness and performance or ability related fitness. Each individual needs to know the significance of physical fitness.

Health related physical fitness, as such, is a much extensive and more important concept than the idea of mere physical fitness of human body. All the sports programme and physical fitness programme designed for school students by the government authorities should, therefore, aim at achieving health related physical fitness for young students as well as for male and female.

Correspondence

Dr. Rajvir Singh

PET-Jawahar Navodaya

Vidyalaya, Baghra,

Muzaffarnagar, Utter Pradesh,

India

Health Related Physical Fitness is an arrangement of 'quantifiable parts, for example, Cardio-respiratory Fitness, Muscular Strength and Endurance, Flexibility and body Composition. It is a roundabout connection between one's level of fitness and one's status of Health. It includes practice exercises that one can do keeping in mind the end goal to attempt, to enhance physical health.

Systematic physical activity is significant for life's quality and it is a significant component in the quality of life, because it increases energy and endorses physical, mental and psychological well-being. Physically fit children usually have better remembrance, attentiveness, and energy levels. Children tend to be healthier and are more attention to carry their healthy lifestyle into maturity. The people of seaside area are having more strength endurance and maintain general health and fitness.

Hasbin, The President's council of Physical Fitness and Sports Test Battery was used to measure the physical fitness levels. The statistics analyzed indicated that the home school students were significantly more physically fit than the public school students in the area of upper body strength and endurance, flexibility and cardiovascular endurance. There was no significant difference in abdominal strength and endurance between home school and public school students. Comparison made with the State Scores revealed that the students from south Alabama scored higher than the public school students across the State of Alabama with the exception of upper body strength and endurance for male students, and cardiovascular endurance for female public school students. When data from this research were compared to the national norms, 56% of the female home school students, 48% of the male home school students, 39% of the male public school students and 35% of the female public school students scored above the 50 percentiles. Since physical fitness assessment of home school students is a new field of research, there is a paucity of empirical evidence to support or reject these finding.

Erdmann and Millan conducted a study on tracking Health

Related Physical Fitness of kindergartners to fifth grade. The purpose of this study was to track multiple health related fitness components in children from kindergarten to fifth grade. Tracking physical fitness, beginning in childhood, is important to determine its relevance to long range health outcome. A battery of fitness tests was used to measure, 1018 kindergartners, of which 272 boys and 261 girls completed a 5 years follow-up. Only fitness test data paired at kindergarten and fifth grade were used in the find gender-specific- analysis. Comparisons between kindergarten and fifth grade fitness components were done using t tests for paired samples.

Methodology-Design of the Study: It was a status study aiming to compare Health Related Physical Fitness components among Female and Male Students of Different Faculties of L P University, Jalandhar.

Selection of Subjects: Seventy five male students were randomly selected from each faculty i.e., Science, Art and Commerce of L P U Jalandhar as subjects for study. In Total 225 male students were selected as subjects for this study.

Criterion Test: In order to assess the health related physical fitness of Male students of different faculties of L P U Jalandhar, the AAHPERD health related Physical Fitness test was selected as Criterion test.

Description of Test Items

- 9 Minute run:** To measure the cardio- respiratory endurance.
- Sum of skin fold fat:** To measure Fat percentage.
- Modified sit ups:** To measure abdominal muscular strength.
- Sit and reach:** To measure the flexibility (extensibility) of the low back and posterior thighs.

The comparative analysis of health related fitness between three groups of male students of different faculties is presented in table no.1.

Results of the Study

Table 1: Mean and SD scores of male students of science, art and commerce faculty on the variables i.e. Cardio- respiratory function, body composition, abdominal muscular strength and flexibility

| Variables | Male (Science) | | Male (Arts) | | Male (Commerce) | |
|-----------------------------|----------------|--------|-------------|--------|-----------------|--------|
| | Mean | SD | Mean | SD | Mean | SD |
| Cardio respiratory function | 1620.36 | 285.41 | 1626.80 | 302.15 | 1636.00 | 301.83 |
| Body composition | 18.05 | 2.70 | 18.46 | 2.35 | 18.48 | 2.17 |
| Abdominal muscular strength | 29.31 | 5.34 | 29.06 | 5.45 | 28.53 | 5.12 |
| Flexibility | 9.04 | 4.38 | 9.93 | 3.35 | 10.01 | 2.98 |

The table clearly reveals that mean and SD scores with regards to cardio respiratory function was 1620.36 with SD of 285.41, 1626.80 with SD of 302.15, and 1636.0 with SD of 301.83 respectively for Science, Art and Commerce respectively, for body composition and abdominal muscular strength was 18.05 with SD of 2.70, 18.46 with SD of 2.35, and 18.48 with SD of 2.17 respectively for Science, Art and Commerce respectively, and for abdominal muscular strength was 29.31

with SD of 5.34, 29.06 with SD of 5.45, and 28.53 with SD of 5.12 respectively for Science, Art and Commerce respectively, and for Flexibility was 9.04 with SD of 4.38, 9.93 with SD of 3.35, and 10.01 with SD of 2.98 respectively for Science, Art and Commerce respectively.

This graphical representation of Mean and SD Scores of Cardio-respiratory function of male students of Science, Art Commerce Faculty in presented in Fig.1.

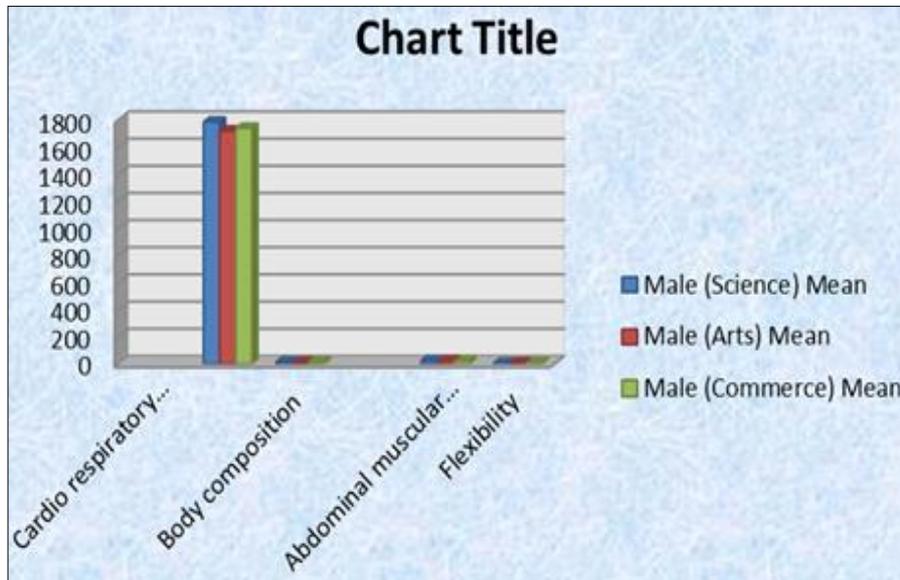


Fig 1: Mean scores of Cardio ' respiratory function of male students of Science, Art and Commerce faculty

Table 2: Analysis of Variance (ANOVA) with regard to Cardio Respiratory Function, Body Composition, and Abdominal Muscular Strength

| Variable | Group | Sum of Squares | df | Mean Square | F | Sig |
|-----------------------------|----------------|----------------|-----|-------------|-------|------|
| Cardio Respiratory Function | Between Groups | 145240.889 | 2 | 81275.321 | .875 | .405 |
| | Within Groups | 20110570.32 | 222 | 93021.203 | | |
| | Total | 2156811.21 | 224 | | | |
| Body Composition | Between Groups | 12.135 | 2 | 5.456 | 1.095 | .305 |
| | Within Groups | 1156.133 | 222 | 4.756 | | |
| | Total | 1168.268 | 224 | | | |
| Abdominal Muscular Strength | Between Groups | 31.856 | 2 | 14.457 | .536 | .579 |
| | Within Groups | 6125.132 | 222 | 26.051 | | |
| | Total | 6156.988 | 224 | | | |

*F 0.05(2,222) = 3.04

Result shows that there are no significance difference in cardio respiratory function, Body Composition, and Abdominal Muscular Strength of Male students of Science, Arts and Commerce faculties as the obtained value .875, 1.095, and .579 respectively is less than the tabulated value i.e. 3.04 at .05 level of significance.

Contemporary Introduction, St. Louis, MI: Times Mirror/Mosby College Publishing, 1990, 18.

Conclusion

The result shows that there was no significance difference in cardio respiratory functions, flexibility, abdominal muscular strength and body composition of Male students of different faculties of LPU Jalandhar (Punjab).

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