



ISSN: 2456-0057
IJPNPE 2018; 3(1): 1844-1846
© 2018 IJPNPE
www.journalofsports.com
Received: 22-11-2017
Accepted: 23-12-2017

Dr. Shivakumar S
Guest Lecturer,
Department of P.G. Studies and
Research in Physical Education
and Yoga, Kuvempu University,
Shankaragatta, Shimoga Dt.
Karnataka, India

An investigation of physical fitness variables between rural and urban students

Dr. Shivakumar S

Abstract

The main aim of the current study is to find out the comparison of Physical Fitness variables between rural and urban boys students. To investigate the study, 20 rural and 20 urban boys students from different schools which are situated at villages in district of Davangere (Karnataka) were chosen of age between 13-17 years as subjects. AAHPHERD youth physical fitness test was examined to the participants have strictly followed the instructions and demonstration as given in the introduction to measurement in the physical education and exercises sciences handbook detailed for administering each test item are given below. Pull -ups, sit-up test, shuttle run, standing broad jump, 50 meters dash, and 600 yards run-walk. Result shows that rural and urban students have no significant difference in physical fitness components.

Keywords: Physical fitness, variables, rural, urban, AAHPHERD

Introduction

Fitness is defined as the superiority or state of being healthy. Around 1950, perhaps regular with the business uprising and the treatise of World War II, the term "fitness" improved in western vernacular by many factors. The modern definition of fitness explains either an individual or machine's skill to execute a precise task or a holistic definition of human compliance to cope with different situations. This has led to an interrelation of human fitness and pleasant appearance which has mobilized universal fitness and fitness equipment industries. Concerning precise task, fitness is recognized to people who acquire important aerobic or anaerobic ability, i.e. strength or endurance (Daiking018, n.d.). The mastery of numerous attributes of fitness including strength, endurance, power, speed, balance and coordination and being capable to improve the sum of effort done in a particular time with any of these domains. A well framed fitness course will progress a person in all aspects of fitness, rather than one, such as only cardio respiratory endurance or lone weight training (Vibha Gupta, 2016) [10].

Physical fitness and exercise are a wide state of health and happiness and, further intentionally, the talent to carry out aspects of sports, occupations and daily activities. Physical fitness is generally achieved through suitable nutrition, moderate-vigorous physical exercise, physical activity, and sufficient rest (Collins, M. 2004) [7].

Prior to the business revolution, fitness was defined as the ability to carry out the day's activities without too much fatigue. Though, with mechanization and changes in lifestyles physical fitness is now considered assessment of the body's capability to task professionally and successfully in job and free time activities, to be healthy, to defy hypo kinetic diseases, and to meet crisis situations (Hasanuz Zaman, 2015) [8].

A broad fitness course adapted to a person usually focuses on one or other exact skills, and on age or health-related requirements such as bone health. A lot of sources furthermore cite mental, social and emotional health as a vital component of the whole fitness. This is frequently presented in books as a triangle prepared of three points, which correspond to physical, emotional, and mental fitness. Physical fitness can also avoid or treat many chronic health situation brought on by unhealthy existence or aging. Functioning out can to help some people sleep enhanced and possibly improves a few mood disorders in confident individuals (Neo fitness, n.d).

Correspondence
Dr. Shivakumar S
Guest Lecturer,
Department of P.G. Studies and
Research in Physical Education
and Yoga, Kuvempu University,
Shankaragatta, Shimoga Dt.
Karnataka, India

Rising research has established that numerous of benefits of exercise are mediated through the task of skeletal muscle as an endocrine organ. That is, toning muscles release various substances known as myokines which promote the growth of new tissue, tissue repair, and various anti-inflammatory functions, which in turn decrease the risk of rising different inflammatory diseases (Schnyder, S., & Handschin, C. 2015) [4].

The Physical activity strategy for Americans was formed by the office of illness avoidance and health endorsement. This publication suggests that all adults should evade inactivity to support fine health spiritually and physically. For considerable health benefits, adults must partake in at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic action must be performed in series of at least 10 minutes, and rather, it must be extend throughout the week. For added and extra general health benefits, adults must boost their aerobic physical activity to 300 minutes a week of moderate -intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or the same blend of moderate- and vigorous-intensity activity. Further, health benefits are gained by appealing in physical activity afar this total. Adults must moreover do muscle-strengthening activities that are moderate or high intensity and engage all main muscle groups on two or other days a week, as these activities offer extra health benefits (World health organization, n.d).

Physical movement affects one’s blood pressure, cholesterol levels, blood lipid levels, blood clotting factors and the potency of blood vessels. Each factor is that straightly associated to cardiovascular illness. It also improves the body’s make use of insulin. The People, who are at threat for diabetes, Type 2 (insulin resistant) mainly, advantage very much from physical activity because it activates an enhanced usage of insulin and protects the heart. Those who expand diabetes have an increased threat of rising cardiovascular disease. In a project where a sample of around ten thousand adults from the third national health and nutrition investigation survey, physical activity and metabolic threat factors such as insulin confrontation, inflammation, were measured. The project accustomed vital confounders with sensible and active physical activity and the relation with CVD mortality. The outcome displayed physical activity being connected with a minor threat of CVD mortality that was autonomous of customary metabolic threat factors (Buttar, H.S., Li,T., & Ravi, N. 2005) [5].

The American heart association recommendations incorporate the same result as provided in the WCRF/ AICR recommendations record for public who are fit. In regards to public with lower blood pressure or cholesterol, the association recommends that these persons intend for roughly forty minutes of modest to dynamic physical movement roughly three or four times a week. Achieving pliability during physical condition promotes a huge and compound option of health allied benefits. Persons who remain physical health levels normally standardize their sharing of body fat and stay away from obesity. Abdominal fat, particularly visceral fat, is the majority straight exaggerated by attractive in aerobic workout. The strength work out has been identified to boost the sum of muscle in the body; though it can as well decrease body fat. Sex steroid hormones, insulin, and suitable immune reply factors that mediate metabolism in relation to the abdominal fat. Then, physical health provides weight

manage through directive of these bodily functions. Centers for disease manage and avoidance provides way of life strategy of maintaining a fair diet and attractive in physical movement to decrease the threat of disease. (Sunil Kumar, 2015) [6].

In order for physical fitness to benefit the health of an individual, strange response in an individual called an incentive will be triggered by the effort. When the exercise is performed with the exact amount of intensity, duration and frequency, a momentous amount of improvement can take place. An individual may largely feel superior but the bodily effects on the human body take weeks or months to become aware of and probably years for full growth. For training purposes, exercise must supply a stress or insist on either a task or tissue. To carry on improvements, this insist must ultimately boost little over the comprehensive period of time. This kind of work out training has three basic principles: overload, specificity, and progression. These values are related to health but also improvement of physical working capacity (Carol Ewing Garber, *et al.* 2011) [3].

Statement of the Problem

The purpose of the study to investigate the physical fitness components between rural and urban boys students.

Methodology

To investigate the study, 20 rural and 20 urban students from different schools and different schools which are situated in villages in district Davangere (Karnataka) were chosen of age between 13-17 years as subject. AAHPHERD youth physical fitness test was administered to the subjects were strictly instructed and explained to measurement in the physical education and exercises sciences manual detailed club for administering each test item are given below. Pull –ups for boys, sit-up test, shuttle run, standing broad jump, 50 meters dash, and 600 yards run-walk.

Results

Table 1: Mean, and ‘t’ values of rural and urban boys students on selected physical fitness variables.

Physical Fitness Components	Mean		Mean Differences	‘t’ value
	Rural	Urban		
Pull-Ups	3.12	2.54	0.58	0.19
Sit-Ups Test	3.14	3.01	0.13	0.11
Shuttle Run	1.35	0.91	0.44	0.08
Standing broad jump	2.54	1.89	0.65	0.20
50 mtr Dash	5.17	4.46	0.71	0.07
600 Yards Run/ Walk	3.38	2.32	1.06	0.02

Table ‘t’ value = 2.05, level of significance at 0.05.

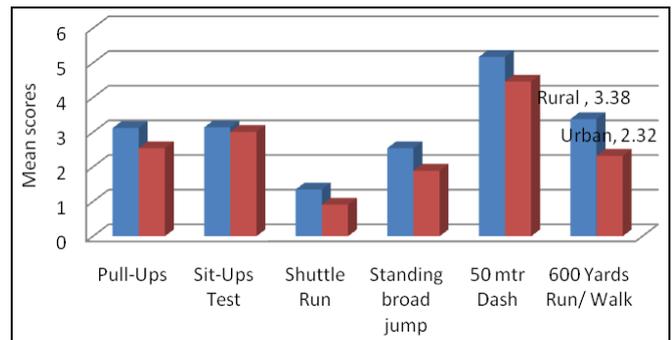


Fig 1: Graphical illustration of findings mean score of rural and urban boys students.

An assessment of Table No.1 reveals that pull-ups mean of rural and urban boys is 3.12 and 2.54 respectively 't' value is 0.19 which is lesser than table value 2.05, so, rural and urban have no significant difference in pull-ups. Sit-ups mean of rural and urban boys is 3.14 and 3.01 respectively, 't' value is 0.11 which is lesser than table value 2.05, so, rural and urban boys have no significant difference in sit-ups. Standing Broad jump mean of rural and urban boys is 2.54 and 1.89 respectively, 't' value is 0.20 which is lesser than table value 2.05, so, rural and urban boys have no significant difference in standing broad jump. 50 mtr dash mean of rural and urban boys is 5.17 and 4.46 respectively, 't' value is 0.07 which is lesser than table value 2.05, so, rural and urban boys have no significant difference in 50 mtr dash. 600 yards run walk mean of rural and urban boys is 3.38 and 2.32 respectively, 't' value is 0.02 which is lesser than table value 2.05, so, rural and urban boys have no significant difference in 600 yards run walk.

Discussion

The level of significance was fixed at the 0.05 level. The t ratio of both rural and urban groups was compared and it was found that, the different between the groups compared and it was found that, the different between the groups were not significant.

Conclusion

Based on the study was concluded that, there would be significant difference in the fitness level of the rural and urban boys students. It indicates the awareness and importance of fitness among the youth students.

References

1. Neofitnes. (n.d). Health and fitness. Retrieved April 27, 2018 from https://www.neofitnes.com/fitness/health_fitness.
2. WHO, (n.d). Physical activity. Retrieved April 27, 2018 from www.who.int/en/news-room/fact-sheets/detail/physical-activity.
3. Carol Ewing Garber. Quantity and quality of exercise for developing and maintaining cardiorespiratory, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise. American college of sports medicine. 2011; 9131(11):1334-1340. doi: 10.1249/MSS.0b013e318213fefb.
4. Schnyder S, Handschin C. Skeletal muscle as an endocrine organ: PGC-1 α , myokines and exercise. Bone. 2015; 80:115-125. <http://doi.org/10.1016/j.bone.2015.08.016>.
5. Buttar HS, Li T, Ravi N. Prevention of cardiovascular diseases: Role of exercise, dietary intervention, obesity and smoking cessation. Experimental & Clinical Cardiology. 2005; 10(4):229-249.
6. Sunil Kumar. A comparative study of physical fitness components between rural and physical education boys students. International journal of physical education, sports and health. 2015; 2(1):155-157.
7. Collins M. Sport, physical activity and social exclusion. Journal of sports sciences. 2004; 22(8):727-740.
8. Hasanuz Zaman. The study on concept of fitness awareness in primary school teachers. IOSR Journal of sports and physical education. 2015; 2(4):15-17.
9. Daiking018. (n.d). Physical Fitness. Retrieved April 27, 2018 from <http://www.wattpad.com/136455403-physical-fitness-meaning>.

10. Vibha Gupta. Importance of health, fitness, and wellness. International journal of research in engineering and applied sciences. 2016; 6(8):64-70.