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A comparative study on coordinative ability & flexibility of engineering and general graduation students of Karnataka State

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Abstract

Study plans to create Physical Fitness test for Engineering and General Graduation understudies of Karnataka state, the Physical Fitness standard and standards are separating from place to place, area to locale, Geographical area Food propensities and so forth., Physical Fitness guidelines set for one nation may not be reasonable for another nation similarly, Physical Fitness strands of the Engineering and General Graduation understudies are definer. The investigation has been taken keeping in perspective of Indian educational conduction for these examination 150 General Graduation understudies of Tumkur University and 150 Engineering understudies of Visvesvaraya Technological University understudies of Karnataka state were arbitrarily chosen for the physical wellness test. In this examination 2 engine characteristics that is Coordinative Agility & Flexibility (Trunk & Hip flexibility) considered for find physical wellness contrast amongst designing and general graduation understudies.

Keywords: coordinative ability & flexibility

Introduction

The motivation behind presenting physical wellness is an important errand in everyday existence of an individual due to these wellness encourages as to play out any exercises by physical and mental. Every living individual and games identities have some level of physical wellness and their continuance in physical exercises. Physical wellness relies upon the co – appointment working of the different physiological frameworks the procedures of the different physiological frameworks. The way toward getting fir and staying in shape is a more matter of impart and self-training, at that point diligent work

Extensively wellness is the capacity to do our day by day errand without under weakness, physical wellness will be general and particular physical wellness, it can be wellbeing and ability related physical wellness in wording wellness infers soundness of body organs, for example, the heart and lungs. Physical wellness will create solid co-appointment of inside organs well. Physically his objectivity is to execute proficiency aptitude of whenever under any circumstance for last term..

Methodology

The primary motivation behind this investigation was to look at physical wellness of first year General Graduation Students of Tumkur University and first year Engineering understudies of "Vishveshwaraya Technological University" Karnataka State. Keeping in mind the end goal to accomplish the reason 150 building and 150 General Graduation understudies were arbitrarily chosen and the investigation was additionally delimited to Male Students as it were. The age of the subjects ran from 19-21 years as indicated by their school records. These understudies were tried with the assistance of following 2 physical wellness segments. Test was directed on standard methodology. Mean and standard deviations" t "values of each of the two parts are introduced in various table in thinks about.

Description of the Tests

The tests measured the following two physical fitness components.

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S. No.	Test Variables	Components
1	Shuttle Run	Coordinative Agility
2	Sit and reach test	Flexibility (Trunk & Hip flexibility)

Table 1: Showing the Mean Value, Standard Deviation “t” score of the Coordinative Agility

Sl. No	Students from Respective University	Sample Size	Mean	Standard Deviations	‘t’ values	Significant
01	Students of Vishveshwaraya Technological University, Karnataka, State	150	14.97	1.011	0.421	P=0.6744
02	Students of First Grade Colleges from Tumkur University, Karnataka, State	150	15.20	1.048		

Above table ‘t’ Value 0.421 at 0.6744 level of significance Table-1 reflect the mean and standard deviation value of two

group with ‘t’ score. The result is in agreement with the hypothesis of the researcher

Shuttle Run

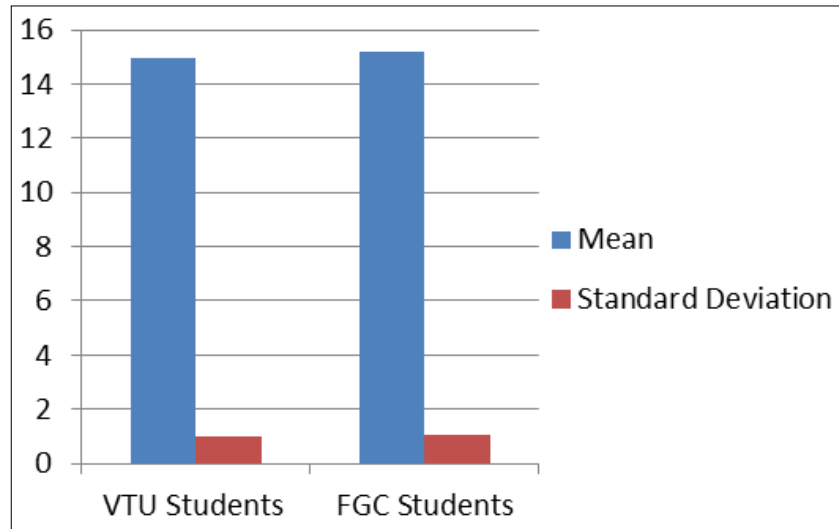


Fig 1: Showing the Mean Value, Standard Deviation “t” score of the Shuttle Run (Coordinative Agility)

Table 2: Showing the Mean Value, Standard Deviation “t” score of the Flexibility (Trunk & Hip flexibility)

S. No	Students from Respective University	Sample Size	Mean	Standard Deviations	‘t’ values	Significant
01	Students of Vishveshwaraya Technological University, Karnataka, State	150	12.62	4.270	4.480	P<0.0001
02	Students of First Grade Colleges from Tumkur University, Karnataka, State	150	10.813	2.483		

The analysis of ‘t’ Value 4.480 at 0.0001 level of significance Table-4.7 structure the mean and standard deviation value of

two group with ‘t’ score. The result is in agreement with the hypothesis of the researcher

Flexibility (Trunk & Hip flexibility)

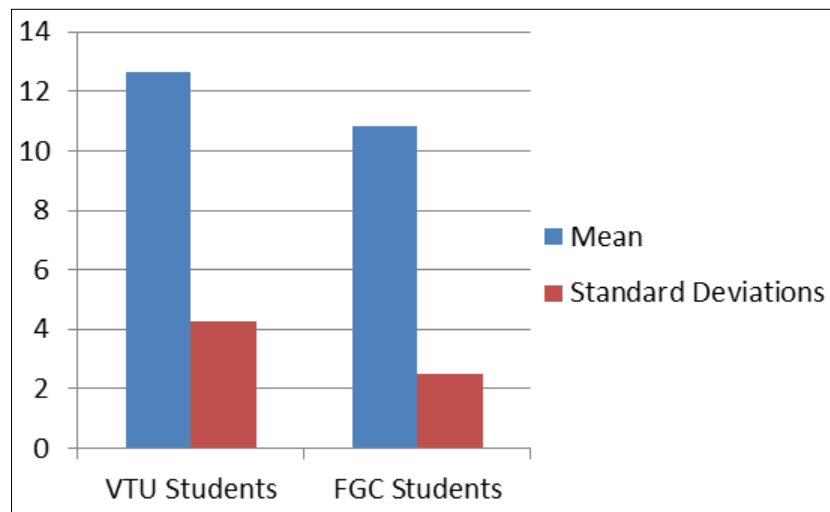


Fig 2: Showing the Mean Value, Standard Deviation “t” score of the Flexibility (Trunk & Hip flexibility)

Table 3: Showing the Mean Value, Standard Deviation “t” score of the Coordinative Agility & Flexibility”

S. No	Physical Fitness Components	Mean		Standard Deviation		‘t’ Value
		Engineering Students	Graduation Students	Engineering Students	Graduation Students	
1	Coordinative Agility	14.97	15.20	1.011	1.048	0.421
2	Flexibility	12.62	10.813	4.270	2.483	4.480

Conclusion

The physical fitness is the most important and essential aspect of successful sports performance at all levels. The higher level of competition one of the depended on fitness programs. In this connection the preparation of fitness program for sportsmen is the most important part of games.

On the basis of the study and within the Limitation already cited, the following Conclusion were drawn

1. There was significant difference in physical fitness between Visvesvaraya Technological University and General Graduation Students of Tumkur University.
2. General graduation degree students had a better trunk & hip strength to compare Engineering students.
3. General graduation degree students have a good Coordinative Agility

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