



ISSN: 2456-0057
IJPNPE 2018; 3(2): 671-672
© 2018 IJPNPE
www.journalofsports.com
Received: 22-05-2018
Accepted: 24-06-2018

Harish Kumar
Assistant Professor Physical
Education Colonel Degree
College Chural Kalan, Dist.
Sangrur, Punjab, India

Effect of six weeks physical fitness programme on blood urea level of male adults

Harish Kumar

Abstract

In this present study researcher made an attempt to explore the effect of six weeks physical fitness programme on blood urea level of male athletes. The study was conducted on male athletes of 20- 26 years age group. A total ten (N=10) male athletes were selected as subjects from Physical Education Colonel Degree College Chural Kalan, Dist. Sangrur to check effect of six weeks physical fitness programme on blood urea level. After collecting the relevant data paired t- test was applied with the help of SPSS-16. To test the hypothesis the level of significance was set at 0.05. On the basis of findings of present study, it is concluded that the results prove insignificant difference between pre and post-test of Blood Urea Level in male athletes.

Keywords: physical fitness, blood urea level, athletes

Introduction

Biochemistry is the study of the chemistry of life process. Since the disclosure that biological particle such a urea could be integrated from nonliving segments in 1828, researchers have investigated the chemistry of existence with awesome power (Jeremy *et al.*, 2015) [5].

Physical fitness training also called conditioning training, is performed for enhancing athletic and sports execution. The athletic execution or as whatever other kind of human execution, is not the result of one single framework or part of human identity (Rachna, 2001).

In this present study researcher made an attempt to explore the effect of six weeks physical fitness programme on blood urea level of male athletes.

Procedure and methodology

Selection of the Subjects

The study was conducted on male athletes of 20- 26 years age group. A total ten (N=10) male athletes were selected as subjects from Physical Education Colonel Degree College Chural Kalan, Dist. Sangrur to check the effect of six weeks physical fitness programme on blood urea level.

Selection of Variables

- **Dependent Variable:** In consultation with the experts in the field, minutely gleaning through the literature available and considering the feasibility criteria in mind, especially the availability of instrument. The following Biochemical variable was selected as dependent variable for the present study.
 1. Blood Urea Level
- **Independent Variable:** To know the effect of six weeks physical fitness programme on blood urea level of male subjects, Six weeks physical fitness programme was selected as independent variable for the present study.

Correspondence
Harish Kumar
Assistant Professor Physical
Education Colonel Degree
College Chural Kalan, Dist.
Sangrur, Punjab, India

Criterion Measures

For the purpose of present study the measurement unit of the selected variable given below:

| Variable | Test Analyzer | unit of measurement (milligrams per deciliter) |
|------------------|---------------------|--|
| Blood Urea Level | ErbaChem- 5 V2 plus | mg/dl |

Design of the Study

One – Group Pretest Post–Test Group Design was used as experimental design in present study.

Statistical Procedure

In order to find out the effect of six weeks physical fitness programme on blood urea level of male subjects, after collecting the data paired t- test was applied with the help of SPSS-16. To test the hypothesis the level of significance was set at 0.05.

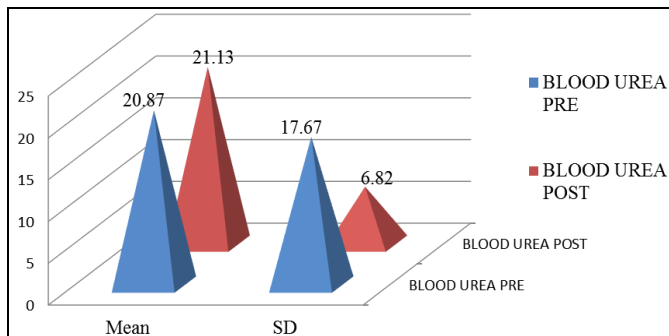
Findings

Table 1: Mean, standard Deviation and ‘t’ value of pre and posttest of blood urea level

| Group | N | Mean | Standard Deviation | t-value |
|-----------|----|-------|--------------------|---------|
| pre test | 10 | 19.57 | 3.51 | 0.91 |
| post test | 10 | 20.33 | 2.12 | |

t.05 (9) = 2.26

The table & figure 2 reveals that the mean values of pre and posttest of blood urea were recorded as 19.57 & 20.33 whereas the standard deviation was 3.51&2.12 respectively. The calculated t- value for pre and post conditioning training programmer of athletes 0.91, which is less than the tabulated t- value (2.04) at. 05 level of significance. So, it implies that there was insignificant difference found between pre and post value of blood urea.



Conclusion of the study

On the basis of findings of present study, it is concluded that the results powerfully prove insignificant difference between pre and post-test of Blood Urea Level in male athletes.

References

1. Cheraghi F, Shamsaei F, Mortazavi SZ, Moghimbeigi A. “The Effect of Family-centered Care on Management of Blood Glucose Levels in Adolescents with Diabetes.” International journal of community based nursing and midwifery. 2015; 1(1):3(3):177-86.
2. Cross country. Runners’ world the training of Champion Retrieved. 2010-2016. from [https:// www. runnersworld. co.uk/ health/ cross-country-the-training-of-champions](https://www.runnersworld.co.uk/health/cross-country-the-training-of-champions).
3. David C, Nieman. Exercise Testing and Prescription: A

health related approach fifth edttion Publisher McGraw Hill Higher Education. 2003. ISBN-0-7674-2786-6,p-40.

4. David L, Nelson MC. Lehninger Principles of Biochemistry Sixth Edition Publisher Susan Winslow. 2013, 859-864.
5. Jeremy MB, John LT, Gregory JG, Lubert S. Biochemistry eighth edition Publisher by kateAhr Parker. 2015, 1.
6. Lu P, Tao J, Lu Q, Han Z, Tan R, Gu M, *et al*. “Long-Term Follow-Up of Renal Function in Living Kidney Donors in a Single Center. ” Journal of Annals of transplantation. 2015; 19:20:694-7.
7. Manna I, Khanna GL. “Effect of Training on Selected Biochemical Variables of Elite Male Swimmers.” American Journal of Sports Science and Medicine. 2013; 1(2):13-16. : 10.12691/ajssm-1-2-1.