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

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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.

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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.

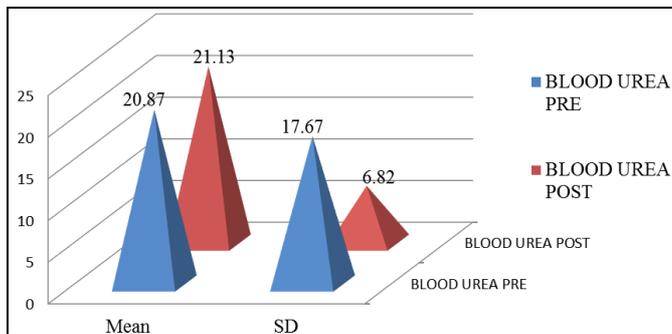
Findings

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.

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