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A study of physical fitness of boy's students of secondary school from 13 to 15 years Agelimit of Valsad district

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Abstract

Main object of this study was a detaild study of physical fitness of boys students from 13 to 15 years agelimit of secondary school from rural and urban areas of Valsad district Considering various factors of boys Cardiovascular Endurance, Muscular Endurance, Explosive Strength, Agility Measurement, Muscular Strength and Speed Strength researcher wants a Comparative study of physical fitness for 150 boys students from rural areas and for 150 boys students from urban areas by using A.A.H.P.E.R Test (American Alliance For Health, Physical Education And Recreation) Statistical analysis covers Figures & data recewed of this test.

This analysis is done on base of T – ratios and signification of standard deviation and halping the figures and data received A.A.P.H.E.R Test Physical fitness of boys Students of rural areas was better than boys students of urban areas.

Keywords: Considering various factors physical fitness students of secondary school study Valsad district

Introduction

According to president council of united states physical fitness is without being tired doing regular work or free time enjoying with ful physical strength or strength of facing problems which occured abruptly.

In sports for better performance sports person devlop physical strength. physicaly fit player can tolerate more physical stress than others and their heart is more stronger than others, for development of one as a sports person one should gain Cardiovasculr Endurance, Mescular Endurance, Explosive Strength, Agility Measurement, Muscular Strength, Speed ect and for gaining these skills training and conditioning is required for physical fitness these exercise are very important to achive Cardiovascular Endurance, Muscular Endurance, Explosive Strength, Agility Measurement, Muscular Strength, Speed Strength and other relative Skills

Methodology

This study covers boys students of rural areas and urban areas of Valsad District of Government, Grant in aid and Self finance school There agelimit is between 13 to 15 years which collects from school records. 150 boys students from rural areas and 150 boys students from urban area was selected in this study. A.A.H.P.E.R Test was used for all the boys of rural areas and urban areas of Valsad district.

Analysis of Data

This studay was done to check physical fitness of students of Valsad district of age of 13 to15 years of Secondary school of rural areas and urban areas. In that A.A.H.P.E.R (American Alliance For Health, physical Education And Recreation) fitness test was taken through that Cardiovascular Endurance, Muscular Endurance, Explosive Strength, Agility Measurement Strength and Speed strength of students was measured. In this study T-ratio applied. the Signification level of that was 0.05. Mean, Standard Deviation & T - ratio of Cardiovascular Endurance of boys students of rural areas and Urban areas

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Table 1: Mean of Cardiovascular Endurance of boys students of rural & urban areas

S. No.	Area	Gender	Mean	Standard Deviation	T - Ratio
1	Rural	Male	2035.62	24.92	4.19
2	Urban	Male	2024.86	19.18	

Signification level at 0.05 (1.96)

In above table, mean of Cardiovascular Endurance of boys students of rural & urban areas. 2035.62 is for rural boys students and 2024.86 is for urban students. S.D 24.92 is for rural boys students while 19.18 is for urban boys students and T - ratio of boys students of rural and urban areas is 4.19. Mean, Standard Deviation and T - ratio of Muscular Endurance of boys student of rural reas and urban areas.

Table 2: Mean of Muscular Endurance of boys students of rural areas and urban areas

S. No.	Area	Gender	Mean	Standard Deviation	T - Ratio
1	Rural	Male	24.48	8.88	4.41
2	Urban	Male	20.23	7.73	

Signification level at 0.05 (1.96)

In above table, mean of Muscular Endurance of boys students of rural areas and urban areas. 24.48 is for rural boys students and 20.23 is for urban boys dtudents. S.D 8.88 is for rural boys students while 7.73 is for urban boys students and T - ratio of students of boys students of ural areas and urban areas is 4.41. Mean, Standard Deviation and T- ratio of Explosive Strength of boys students of rural areas and Urban areas.

Table 3: Mean of Explosive Strength of stucents of rural areas and urban areas

S. No	Area	Gender	Mean	Standard Deviation	T - Ratio
1	Rural	Male	12.73	6.51	2.99
2	Urban	Male	10.66	5.36	

Signification level at 0.05 (1.96)

In above table, mean of Explosive Strength of stucents of rural areas and urban areas. 12.73 is for rural boys students and 10.66 is for urban boys students. S.D 6.51 is for rural boys students while 5.36 is for urban boys students and T - ratio of boys students of rural areas and urban areas is 2.99. Mean, Standard Deviation and T - ratio of Agility Measurement of boys students of rural areas and Urban areas.

Table 4: Mean of Agility Measurement of boys stuent of rural areas

S. No.	Area	Gendar	Mean	Standard Deviation	T - Ratio
1	Rural	Male	27.40	8.85	18.76
2	Urban	Male	10.80	6.24	

Signification level at 0.05 (1.96)

In above table, mean of Agility Measurement of boys stuent of rural areas. 27.40 is for rural boys students and 10.80 is for urban boys students. S.D 8.85 is for rural boys students while 6.24 is for urban boys students and T - ratio of boys students of rural areas and urban areas is 18.76. Mean, Standard Deviation and T - ratio of Muscular Strength of boys students of rural areas and urban areas.

Table 5: Mean of Speed Strength of boys Students of rural areas and urban areas

S. No	Area	Gener	Mean	Standard Deviation	T - Ratio
1	Rural	Male	46.80	16.17	3.83
2	Urban	Male	40.03	14.31	

Signification level at 0.05 (1.96)

In above table, mean of Muscular Strength of boys students of rural areas and urban areas. 46.80 is for rural boys students and 40.03 is for urban boys students. S.D 16.17 is for rural boys students while 14.31 is for urban boys students and T - ratio of boys students of rural areas and urban areas is 3.83. Mean, Standard Deviation and T - ratio of Muscular Strength of boys students of rural areas and urban areas.

Table 6: Mean of Speed Strength of boys Students of rural areas and urban areas

S. No.	Area	Gender	Mean	Standard Deviation	T - Ratio
1	Rural	Male	16.23	5.08	7.98
2	Urban	Male	11	6.21	

Signification level at 0.05 (1.96)

In above table, Mean of Speed Strength of boys Students of rural areas and urban areas. 16.23 is for rural boys students and 11 is for urban boys students. S.D 5.08 is for rural boys students While 6.21 is for urban boys students and T - ratio of boys students of rural areas and urban aeas is 7.98. Mean, Standard Deviation and T - ratio of Speed Strength of boys students of rural areas and urban areas.

Result

1. S.D of Cardiovascular Endurance of boys stdents of rural areas and urban areas. 24.92 is for rural boys students and 19.18 is for urban boys students and T - ratio of boys students of rural and urban areas is 4.19 and signification level of that is 0.05 (1.96)
2. S.D of Mascular Endurance of boys students of rural areas and urban areas. 8.88 is for rural boys students and 7.73 is for urban boys students and T - ratio of boys students of rural and urban areas is 4.41 and signification level of that is 0.05 (1.96)
3. S.D of Explosive Strength of boys students of rural areas and ruban areas. 6.51 is for rural boys students and 5.36 is for urban boys students and T - ratio of boys students of rural and urban areas is 2.99 and signification level of that is 0.5 (1.96)
4. S.D of Agility Measurement of boys students of rural areas and urban areas. 8.85 is for rural boys students and 6.24 is for urban boys students and T - ratio of boys students of rural and urban areas is 18.76 and signification level af that is (1.96)
5. S.D of Muscular Strength of boys students of rural areas and urban areas. 16.17 is for rural boys students and 14.31 is for urban boys students and T - ratio of boys students of rural and urban areas is 3.83 and signification level of that is 0.05 (1.96)
6. S.D of Speed Strength of boys students of rural areas and urban areas. 5.08 is for rural boys students and 6.21 is for urban boys students and T - ratio of boys students of rural and urban areas is 7.98 and signification level of that is 0.05 (1.96)

Conclusion

In Conclusion, I found that Cardiovascular Endurance, Muscular Endurance, Explosive Strength, Agility Measurement, Muscular Strength, Speed Strength of boys students of rural areas was better than boys students of urban areas of Surendranaga District.

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