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A study of physical profile of obese boys

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Abstract

The purpose of the study was to prepare a physical profile of obese boys. For the present study the researcher was select the male subjects from affiliated schools of Amravati City was taken as sources of data. For the present study 50 subjects were selected from affiliated schools of Amravati City. Age of subjects was ranging between 10 to 11 years. The 50 Subjects was selected by purposive sampling method. The data was analyzed and interpreted by using 'descriptive statistics like mean, standard deviation and percentage. In view of the study results, it is observed that majority 56.00% satisfactory level of muscular endurance in obese boys. It is observed that majority 46.00% poor level of agility in obese boys. It is observed that majority 40.00% poor level of explosive strength in obese boys. It is observed that majority 70.00% poor level of speed in obese boys. It is observed that majority 46.00% poor level of cardio vascular in obese boys.

Keywords: physical profile, obese boys

Introduction

Human life is based upon the body he keeps. All the activities of life are done with the help of body. Nature has created humans to perform various activities efficiently. Today modernization has made human life easier, as most of the work is performed by the machines. The sedentary life style of man has reduced the efficiency of humans. The less working capacity of humans has caused many problems like weakness, illness, chronic diseases, etc. In past our ancestors were quite healthy and fit. The big reason was that, they had to perform a lot of hard physical activity, like running, walking, jumping etc. The environment in past was less polluted. Moreover, they had less stresses in their life. Today it is all opposite, i.e., physical activity is less, environment is polluted, unhygienic conditions exist all around, life is full of stresses, unbalanced diet etc. All these factors have reduced the efficiency of humans. Today, we desperately require physical fitness not only to improve our abilities but also to improve our health and wellness. This will also help to develop healthy environment around us along with community health, thus nation will be benefited. By die physical fitness programmes, we can improve our fitness, wellness and health ^[1].

Methodology

For the present study the researcher was select the male subjects from affiliated schools of Amravati City was taken as sources of data. For the present study 50 subjects were selected from affiliated schools of Amravati City. Age of subjects was ranging between 10 to 11 years. The 50 Subjects was selected by purposive sampling method. The criterion variables are presented in the table 3.1.

Table 1: Tests Selection

Profile	Criterion variables	Test items
Physical	Muscular Endurance	Sit Ups
	Agility	6X10 Shuttle Run
	Explosive Strength of Legs	Standing Vertical Jump
	Speed	50 yard Dash
	Cardio-vascular endurance	Twelve minutes Run and Walk Test

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Statistical analysis

The data was analyzed and interpreted by using 'descriptive

statistics like mean, standard deviation and percentage.

Table 2: Mean and standard deviation of all selected variables

Test	Age	Muscular Endurance	Agility	Explosive Strength of Legs	Speed	Cardio-vascular endurance
Mean	10.50	22.92	17.32	36.48	10.26	1.19
S.D.	0.51	6.96	0.90	4.02	1.48	0.15

The analysis of the data shows the results of the study of selected variables, muscular endurance, agility, explosive strength of legs, speed and cardio-vascular endurance strength, leg strength, arm strength, shoulder strength, right hand grip strength, and left hand grip strength. The mean + Standard deviation of age in the test were (10.50 + 0.51), muscular endurance (22.92 + 6.96), agility (17.32 + 0.90), explosive strength (36.48 + 4.02), speed (10.26 + 1.48) and cardio-vascular endurance (1.19 + 0.15) respectively.

Table 3: Percentage of muscular endurance performance level of obese boys

Performance level	Score	Percentage
Very Poor	2	4.00
Poor	19	38.00
Satisfactory	28	56.00
Good	1	2.00
Very Good	0	0.00

Table No-3 reveals that percentage of various categories of muscular endurance performance level in obese boys. It shows that percentage of obese boys which was very poor level is (2) 4.00%, poor level is (19) 38.00%, satisfactory level is (28) 56.00%, good level is (1) 2.00% and very good level is (0) 00.00 percent respectively.

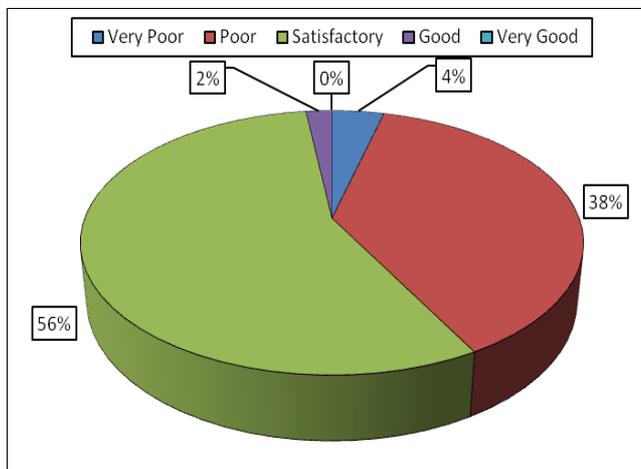


Fig 1: Percentage of muscular endurance performance level of obese boys

Table 4: Percentage of agility performance level of obese boys

Performance level	Score	Percentage
Poor	23	46.00
Satisfactory	22	44.00
Good	3	6.00
Very Good	2	4.00

Table No-4 reveals that percentage of various categories of agility performance level in obese boys. It shows that percentage of obese boys which was poor level is (23) 46.00%, satisfactory level is (22) 44.00%, good level is (3) 6.00% and very good level is (2) 4.00 percent respectively.

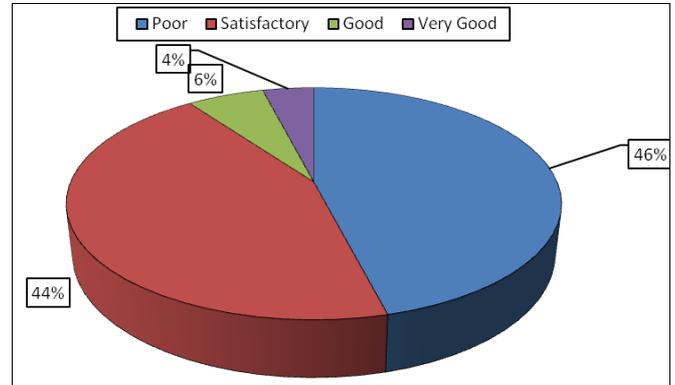


Fig 2: Percentage of agility performance level of obese boys

Table 5: Percentage of explosive strength performance level of obese boys

Performance level	Score	Percentage
Poor	20	40.00
Satisfactory	16	32.00
Good	9	18.00
Very Good	5	10.00

Table No-5 reveals that percentage of various categories of explosive strength performance level in obese boys. It shows that percentage of obese boys which was poor level is (20) 40.00%, satisfactory level is (16) 32.00%, good level is (9) 18.00% and very good level is (5) 10.00 percent respectively.

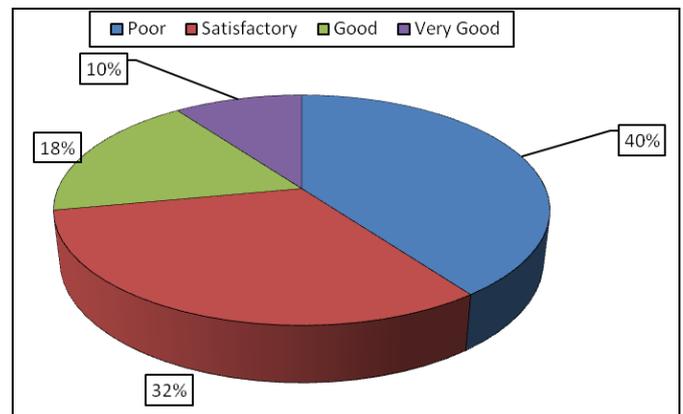


Fig 3: Percentage of explosive leg strength performance level of obese boys

Table 6: Percentage of speed performance level of obese boys

Performance level	Score	Percentage
Poor	35	70.00
Satisfactory	8	16.00
Good	5	10.00
Very Good	2	4.00

Table No-6 reveals that percentage of various categories of speed performance level in obese boys. It shows that percentage of obese boys which was poor level is (35) 70.00%, satisfactory level is (8) 16.00%, good level is (5)

10.00% and very good level is (2) 4.00 percent respectively.

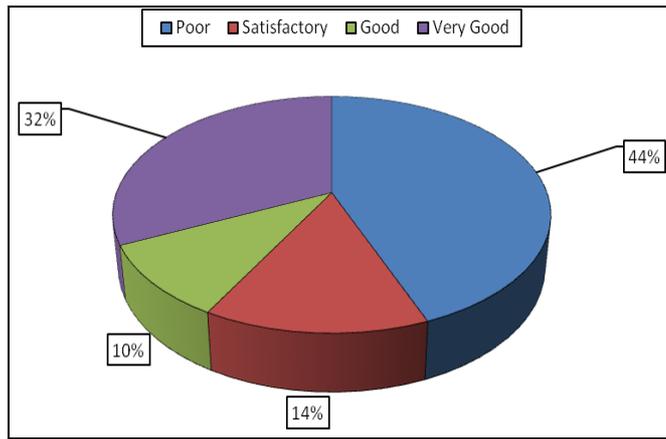


Fig 4: Percentage of speed performance level of obese boys

Table 7: Percentage of cardio-vascular endurance performance level of obese boys

Performance level	Score	Percentage
Very poor	4	8.00
Poor	23	46.00
Fair	11	22.00
Good	9	18.00
Excellent	2	4.00
Superior	1	2.00

Table No-7 reveals that percentage of various categories of cardio-vascular endurance performance level in obese boys. It shows that percentage of obese boys which was very poor (4) 8.00%, poor level is (23) 46.00%, fair level is (11) 22.00%, good level is (9) 18.00%, excellent (2) 4.00% and superior level is (1) 2.00 percent respectively.

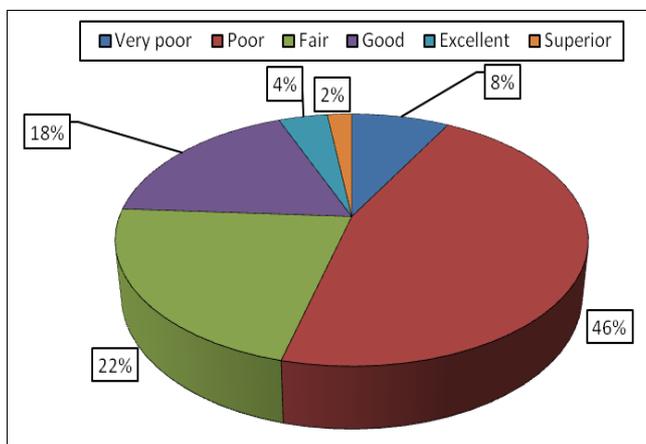


Fig 5: Percentage of cardio-vascular endurance performance level of obese boys

Conclusion

On the basis of the results and within the limitations of the study, following conclusions were drawn:

1. In view of the study results, it is observed that majority 56.00% satisfactory level of muscular endurance in obese boys.
2. It is observed that majority 46.00% poor level of agility in obese boys.
3. It is observed that majority 40.00% poor level of explosive strength in obese boys.
4. It is observed that majority 70.00% poor level of speed in obese boys.

5. It is observed that majority 46.00% poor level of cardio vascular in obese boys.

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