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## Analysis of effect of physical education programme on physical fitness Status of B.P.ED Students

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### Abstract

The present study was undertaken to analyse the effect of physical education programme on physical fitness status of B.P.ED., students. 24 male B.P.ED. Students, studying in the physical education department, Kurukshetra University, Kurukshetra, Haryana, were included in the research design. Physical Education programme running in the institution was taken as a training programme. 'AAHPER' youth fitness test was chosen as criterion measure. Data was collected through pre and post test which was conducted in the month of January and May, 2018 respectively. To determine significance difference, t-test was applied. The result shows that there was no significant difference found between initial test means and final test means. Hence it is concluded that this physical education programme is not effective.

**Keywords:** Physical fitness, physical education programme, training

### Introduction

The purpose of this investigation was to analyse the effect of physical education programme on physical fitness status of B.P.ED. Students. It was hypothesized that there would be significant improvement in physical fitness status of B.P.ED. Students.

### Physical fitness

Physical fitness has been defined in various ways. Some define it as an absence of disease, and some rate this according to the amount of musculature developed, and few define physical fitness as the ability to perform certain sports skills. The American College of Sports Medicine (1990) has defined that, "fitness is the ability to perform moderate to vigorous levels of physical activity without undue fatigue and the capability of maintaining such ability throughout life".

Neimann (1990) defines physical fitness as "a dynamic state of energy and vitality that enables one not only to carry out daily tasks, active leisure time pursuits, and to meet unforeseen emergencies without undue fatigue, but also to avoid hypokinetic diseases, while functioning at an optimum level of intellectual capacity and experiencing the joys of life".

### Techniques of physical fitness

Regular exercise is one of the best things you can do for your health. It has many benefits, including improving your overall health and fitness, and reducing your risk for many chronic diseases. There are many different types of exercise, it is important that you pick the right types for you. Most people benefit from a combination of them:

- Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Examples include brisk walking, jogging, swimming, and biking.
- Strength, or resistance training, exercises make your muscles stronger. Some examples are lifting weights and using a resistance band.
- Balance exercises can make it easier to walk on uneven surfaces and help prevent falls. To improve your balance, try tai chi or exercises like standing on one leg.
- Flexibility exercises stretch your muscles and can help your body stay limber. Yoga and doing various stretches can make you more flexible.

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## Methodology

The subjects for this study were 24 male B.P.ED. Students, studying in the physical education department, Kurukshetra University, Kurukshetra, Haryana. All subjects were participating in the existing physical education programme as training programme. To find the 'AAHPER' youth test was used. The data was collected for each variable administering their respective tests. The tests were administered at playground of Kurukshetra University, Kurukshetra, Haryana. First of all in the month of January all the subjects performed the 'AAHPER' youth fitness test. Data of this test were taken as pre test. To ensure that the data was reliable each subject was given sufficient number of trials of performing the respective test for each variable. Physical education programme of the institution which is regular feature of curriculum was taken as a training programme. Here morning session is started from 6.00.am to 8.00 am. During this session first of all students go for jog 4 rounds of the 400 meter track followed by stretching exercises. After exercise they go for particular game activity which is in the schedule. Evening session start from 4.30.pm to 6.30 pm. In this session student jog two round of the track then go for stretching exercises. Then rest of the time for game activity which is in the schedule. In the month of May post test were taken.

## Results and discussion

In order to determine the significance of difference between pre and post test mean for composite scores of 'AAHPER' youth fitness test. t- Test was applied. The result is given below.

**Table 1:** Significance of difference between the pre and post test means on composite scores of 'AAHPER' youth fitness test performance

Pre test means	Post test means	D.M.	S.E.	T-ratio
299.96	308.98	9.02	8.60	1.04*

Significant at .05 level tab t 0.05 (23) = 1.71

It is evident from the finding that physical education programmed of physical education department, Kurukshetra University, Kurukshetra, Haryana does not show significant improvement on the physical fitness status of students of B.P.ED in the institution. No significant difference between pre and post means was found on composite scores of 'AAHPER' youth fitness test. It is evident from the findings that there is no significant difference between previous and post physical fitness status. There may be lot of cause of this findings, one of them is control over subjects was not adequate. Attendance of the students and breakdown in training could be the major reason. Another one, Physical education programme which is running here, is not carried out systematically and scientifically. Third one, this programme is not based on proper schedule as there is no distribution of days for development of motor components of physical fitness.

## Conclusion

It is evident by 't' value that there was no significant difference found between the initial test means and test means. Hence it is concluded that this physical education programme is not effective and not enough to improve the physical fitness of students.

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