



A Study on the Physical Fitness Among Soft Ball and Hand Ball Players in H.N.Guj.Uni, Patan

Dr. Pravin V. Sisodiya

Asst.Prof, G.B Shah Commerce College, Ahmedabad

Dr. Jayendra Sinh P Thakor

Asst.Prof, C.C Sheth College of Commerce, Ahmedabad

ABSTRACT

Physical fitness is defined as the state or condition of being physically sound and healthy, especially as the result of exercise and proper nutrition. It is thus, a state of general well being, marked by physical health as well as mental stability. Physical fitness is not just about having a lean body; it is about having cardiovascular endurance, as well as a strong immunity system, and most importantly, a satisfied and happy state of mind. Physical fitness is composed of general and specific fitness. Physical fitness provides capacity for activity. Modern competitive performance demands severe training every day throughout the year, to maintain fitness for performance at peak level.

KEYWORDS: Physical fitness, speed, endurance

Introduction

The aim of the present study was to study the difference in Physical Fitness among Soft Ball and Hand Ball Players in H.N.GUJ.UNI Patan. 10 Hand Ball Players and 10 Soft Ball Players between the age group of 16 Years to 20 Years were taken for the Study. The AAPHER Youth Fitness Test consisting of 6 Items were used for the Study. It was found that Hand Ball Players have good Physical Fitness compare to Soft Ball Players. This study shows that the Hand Ball Players are good because they do good Physical Training compare to Soft Ball Players. The Hand Ball Players are having very good speed, and endurance.

Physical fitness is defined as the state or condition of being physically sound and healthy, especially as the result of exercise and proper nutrition. It is thus, a state of general well being, marked by physical health as well as mental stability. Physical fitness is not just about having a lean body; it is about having cardiovascular endurance, as well as a strong immunity system, and most importantly, a satisfied and happy state of mind. Physical fitness is composed of general and specific fitness. It can be health and skill related physical fitness. Physical fitness refers to the organic capacity of the individual to perform the tasks of the daily living without undue tiredness and fatigue and still have a reserve of strength and energy available to meet satisfactorily sudden emergency placed upon him.

The characteristics of physical fitness such as strength, endurance, agility, balance and flexibility are essential for physiological function and good health. Physically fit persons get the maximum satisfaction in every day life, better physical coordination, Mental Judgment and emotional control. Physically fit person is able to withstand fatigue for longer periods and is better equipped to tolerate physical stress.

Physical fitness provides capacity for activity. Modern competitive performance demands severe training every day throughout the year, to maintain fitness for performance at peak level. The techniques and skills in sports and games have advanced dramatically which demands the competitive sports participant to possess a high degree of physical fitness. Hand Ball and Soft Ball Players require Physical fitness to enhance the Performance.

BENEFITS OF PHYSICAL FITNESS:

1. Improved Health
2. Improved sense of well being.
3. Improved appearance.
4. Enhanced social life.
5. Increased Fitness.

METHODOLOGY:

Aim:

To find out the Physical Fitness among the Hand Ball and Soft Ball Players in Patan. Sample: 10 Hand Ball and 10 Soft Ball Players of H.N.Guj. University has taken for the study.

Test Administration:

To find out the Physical Fitness the AAPHER Youth Fitness Test consisting of the following Items are used in the study.

1. Pull Ups
2. Sit Ups
3. Shuttle Run
4. Standing Broad Jump
5. 50 Yard Dash
6. 600 Yard Run

The above Tests are conducted among Hand Ball and Soft Ball Players.

RESULTS AND DISCUSSION:

Table and Bar Diagram is Showing the Physical Fitness of Hand Ball Players and Soft Ball Players. It is found that the Hand Ball Players are good in 50 Yard Dash, 600 Yard Run, Standing Broad Jump and Sit ups and Soft Ball Players are good in Pull Ups and Shuttle Run. Hand Ball Players are playing in the ground that is why the physical fitness is good compare to the Soft Ball Players

RECOMMENDATIONS:

The Hand Ball Players and Soft Ball Players must be given good Physical conditioning Training to enable them to improve the performance in sports and Games.

REFERENCES

Donald K.Mathew, Measurement in Physical Education. | Ikeda, Naniko, comparison of Physical fitness.