



A STUDY OF THE EFFECT OF PHYSICAL EDUCATION PROGRAMMES ON HEALTH RELATED FITNESS VARIABLES.

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ABSTRACT

AIM: The purpose of this study was to find out the effect of physical education programmes on selected health related fitness Variable of the Ishwar Deshmukh college of Physical Education students.

METHODS: Thirty students from BPED were taken as a subject for this study. The age ranging between 18 to 28 years. Selected health related components (Flexibility, Muscular strength, Muscular Endurance) of BPED students, were selected for this study. And delimited to experimental period of 6 weeks and health related programme had been 6 days in a weeks exception of holidays. The data were collected before and after the 6 weeks of training programme.

STATISTIC: The mean value of pre-test and post- test of 800mts running (boys) is 2.92 and 2.82 respectively. Standard Deviation value of pre-test and post-test is 0.43 and 0.36 respectively. Value of 't' ratio is 0.71, this value of 800mts running of boys is not significant at 0.05 level. To be significant at 0.05 level, the value of 't' ratio should be greater than or equal to 2.05.

RESULT: There was no significant difference of pre-test and post-test of various fitness variables like 800mts Running, Sit and Reach, Sit-ups and Pull-ups of Boys and Girls of BPED students of I.D.C.P.E College. There was only one significant difference in girls fitness Flexed Arm-Hang. The hypothesis of this test is accepted and the value of this test is significant at 0.05 level.

CONCLUSION: There was no significant difference of pre-test and post-test of various fitness variables like 800mts Running, Sit and Reach, Sit-ups and Pull-ups of Boys and Girls of BPED students of I.D.C.P.E College. The above result help to conclude that health related exercise for the period of six weeks was effective to improve the health related variable of college students.

KEYWORDS : health fitness and variables.

INTRODUCTION

The most age is an age of space Adventurism and Technological Giganticium. Machines, which men built up for the purpose of adding comforts to his life, have, now so much pervaded his existence that it is somewhat difficult to do away with the human dependence on machines, they have become part and parcel of our life and in this process man himself has become an automaton; machines are not now servants of man but they have made man their servant. Biological discoveries have opened new casements of knowledge about human organism emphasizing that there has certainly been reduction in human physical efficiency and vice versa since the time he started depending on machine.

Modern man, in comparison to the primitive man, is poorer and inferior with regard to physical power and skill. No doubt, machines have done and can do much of human work and yet the assumption that the basic existence of man is physical, cannot be ruled out, for man there is nothing more beautiful and valuable than his physique and if, in the time to, he loses the body and still keeps himself existent, is a question which is, at present, very difficult to answer, later on, we shall see that the proper use of body is essentially necessary if humans wish to grow and develop to their optimum level.

This is why; today's education is not merely a vast sea of mental acrobatics but also a source of physical activity that leads to all-around perfection of an individual. Modern thinkers in education, now a day, emphasize that the best individual is one who is physically fit, mentally sound and sharp, emotionally balanced and socially well adjusted. Out of the many reads of new facts concerned with educational process, the fact that human beings need a well planned curriculum of physical education experiences, deserves much consideration. It, then becomes imperative that the newly born 'discipline' of physical education should be put into proper perspective and the roughly studied for the welfare of the humanity at large.

The physical education profession is entering one of the most exciting, dynamic eras in its history. Traditionally the physical education profession has been viewed as providing services within the education field, especially to the school and to the school age population. However, within the last 20 years the scope of physical education has expanded tremendously this growth has led not only to substantial increase in knowledge, but also to the expansion of programme and the population served. Employment opportunities have grown from the traditional career in non-school setting, health and fitness related career, sports management careers and sports.

STATEMENT OF THE PROBLEM

The statement of the problem is "A study of the effect of physical education programme on health related fitness variables". The effect of physical education training is an excellent way to improve the strength, mobility of the students.

HYPOTHESIS

It is Hypothesized that there will be an effect of physical education programmes on physical fitness of students

DELIMITATIONS

- The study was delimited on the student of B.PED.
- The study was delimited on both sexes.
- The study was delimited to the students of I.D.C.P.E. College only.
- The study was delimited on 30 students of B.PED of I.D.C.P.E College.

SELECTION OF SUBJECT

Thirty students of B.Ped of Ishwar Deshmukh College of Physical Education was selected for this study. The age ranging between 18 to 28 years.

Subject was oriented to the test of health related fitness variables.

SELECTION OF VARIABLES

The subject was selected each test and administered of 800mts. Running, shuttle run, Standing broad jump, sit and reach and sit-ups.

All the above on the decided on the basis of book "Test and Measurement" by Kansal and "A practical approach to measurement in physical education" by Harlod M. Barrow.

CRITERION MEASURE

The following criterion measures were included the record the reading of various test items of Health related fitness components.

- Endurance Run – 800mts Run
- Muscular endurance – Flexed knee sit ups in sixty second.
- Muscular strength measure by pull ups.
- Flexibility measure by sit and reach test.

All the subjects had given proper response in the test. Mean of pre-test and post-test of five fitness variables are calculated.

SCORING DATA

The subjects score on 800mts running, sit & reach, pull-ups and sit-ups test conducted before and after the completion of experimental period

constituted the score for the purpose of the study.

For testing the difference between pre-test and post-test the level of confidence was set at 0.05.

RESULT

The mean value of pre-test and post- test of 800mts running (boys) is 2.92 and 2.82 respectively. Standard Deviation value of pre-test and post-test is 0.43 and 0.36 respectively. Value of 't' ratio is 0.71, this value of 800mts running of boys is not significant at 0.05 level. To be significant at 0.05 level, the value of 't' ratio should be greater than or equal to 2.05

The mean value of pre-test and post- test of Sit and Reach (boys) is 7.41 and 7.83 respectively. Standard Deviation value of pre-test and post-test is 3.55 and 2.95 respectively. Value of 't' ratio is 0.30, this value of sit & reach is not significant at 0.05 level. To be significant at 0.05 level, the value of 't' ratio should be greater than or equal to 2.05.