



Standardization of Fitness Norms among Trained and Untrained Senior Secondary School Students of Ahmadabad

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Abstract

The components of physical fitness (strength, endurance, flexibility, and capacity of circulatory and respiratory systems) can only be maintained through regular exercise. Although the percentage of body fat is not a main factor in physical fitness, it must be considered because of its effect on a person's ability to exercise. A trained individual is in a better state of physical fitness than the person who follows a sedentary, inactive life.

Keywords - Fitness, Trained, Untrained, School.

Introduction Physical fitness is the ability to perform vigorous physical activity. It is not measured in terms of achieving specific motor skills, but rather it is assessed in terms of muscle strength, endurance, and flexibility. The circulatory and respiratory systems are also involved because of their role in supplying muscles with blood and oxygen. In considering muscles, strength is the maximum force that can be exerted by a muscle, and endurance is the ability to perform a muscular activity at less than maximum force, for example, in doing a series of chin-ups. Flexibility is the ability of a joint to move through a normal range of motion. The components of physical fitness (strength, endurance, flexibility, and capacity of circulatory and respiratory systems) can only be maintained through regular exercise. Although the percentage of body fat is not a main factor in physical fitness, it must be considered because of its effect on a person's ability to exercise. There is debate in the fitness community about whether an individual can be considered fit if he or she is overweight.

Significance of the study This study aims to know the physical efficiency of the senior secondary school students of Ahmadabad. The results of this study might help to give an idea to physical education teachers, coaches and players.

Hypotheses

There might not be any significant difference among trained and untrained in relation to their Physical fitness speed. There might not be any significant difference among

trained and untrained in relation to their Physical fitness Agility. There might not be any significant difference among trained and untrained in relation to their Physical fitness endurance.

Sample of the study

The study was formulated based on the simple random sampling. The samples were collected from the 50 trained players and Untrained Players in the age group of 15-18 years from Senior Secondary School Ahmadabad was considered. Data Collection Procedure The subjects of the study were in the age group between 15 to 18 years, 50 trained players and untrained players of Senior Secondary School Ahmadabad were considered. The study is delimited for the Ahmadabad. The researcher has collected the data separately for trained players and untrained players. The subjects were tested in three categories of Physical Fitness i.e. Speed (50yard dash), Endurance (Cooper Test 12 Minute Run / Walk) and Agility (4x 10Mts Shuttle Run).

Results and Discussions

Table: 1 showing that the significant difference between trained players and untrained Players in relation to their speed are presented.

Sl. No.	Subjects	N	Mean	SD	df	t-value	p-value
1	Trained players	50	8.08	0.952	98	3.035	1.360
2	Untrained players	50	11.66	1.210			

Table: 2 showing that the significant difference between trained players and untrained Players in relation to their Agility are presented

Sl. No.	Subjects	N	Mean	SD	df	t-value	p-value
1	Trained players	50	10.44	1.203	98	3.72	1.320
2	Untrained players	50	12.41	1.490			

Table: 3 showing that the significant difference between trained players and untrained Players in relation to their Endurance are presented.

Sl. No.	Subjects	N	Mean	SD	df	t-value	p-value
1	Trained players	50	2016	296.76	98	4.01	0.01
2	Untrained players	50	2264	238.62			

Conclusion

The study under report has scientifically examined the various factors which influence the power game, especially the Senior Secondary School Players of physical fitness variables pertinent to speed and endurance. A trained individual is in a better state of physical fitness than the person who follows a sedentary, inactive life. When two persons, one trained and one untrained or approximately the same build are performing the same amount of moderate muscular work, evidence indicates that the trained individual has a lower oxygen consumption, lower pulse rate, larger stroke volume poor heartbeat, less in blood pressure, greater red and white blood cell counts,

slower rate of breathing, lower rate of lactic acid formation, and a faster return to normal of blood pressure and heart rate.

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