



COMPARATIVE STUDY OF PHYSICAL FITNESS AMONG INTER-VARSITY MALE PLAYERS OF SELECTED TEAM GAMES FROM DELHI UNIVERSITY

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INTRODUCTION

The concept of physical fitness dominates much of current thinking and research in the field of physical education. Each person has a certain level of physical fitness at which he can live most effectively. A fit man is well adapted to the environment; his mind and body are in harmony and can meet the normal demands made on him, both mentally and physically without under fatigue. The high level of physical fitness produces significant effects on the working of the human being. Physical fitness is to the human body what fine-tuning is to an engine. It enables us to perform up to our potential. Physical Fitness which may be describe as a condition that helps us look, feel and do our best. More specifically, it is: "The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is an ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being."

Physical fitness involves the performance of the heart and lungs, and the muscles of the body. What we do with our bodies also affects what we can do with our minds, fitness influences to some degree of qualities such a mental alertness and emotional stability.

'Physical fitness is one's richest possession cannot be purchased, it has been earned through a daily life routine of physical exercise". Physical fitness ensures maximal satisfaction in

everyday life, better physical co-ordination, mental judgment and emotional control. The individual, who is physically fit, is able to withstand fatigue for a longer period and is better equipped to tolerate physical stress. The genuine foundation for physical fitness should be laid from the school level education so that concrete and systematic base may be prepared.

There has been great desire to establish a scientific approach to the development of physical fitness yet despite long standing concern of physical fitness and the vast amount of research on the subject. There is evidently considerable difference of opinion in the profession as to what elements constitute physical fitness.

Physical fitness is not only one of the most important keys to a healthy body it is the basis of dynamic and creative intellectual activity, the intelligence and skill can only function at the peak of their capacity when the body is healthy and strong. In this sense physical fitness is the basis of all the activities of our society. The qualities that make-up both health related physical fitness and performance related physical fitness are largely the same. However, some of the qualities may need to be developed to a greater extent in performance related physical fitness than in health related physical fitness. The qualities essential in both types of fitness are cardio-vascular function, body composition strength and flexibility.

METHODOLOGY

In this chapter the procedure and methodology adopted for the selection of the subjects, selection of the variables procedure and collection of data, criterion measures instrument reliability and administration of the test, items description of various test items and the statistical techniques used for analyzing the data have been explained.

SELECTION OF THE SUBJECTS:

This chapter deals with the methodology and procedure to conduct the present research work. This chapter also explains about the steps, how the investigator has proceeded for the present study. In this chapter the selection of subjects, relation of the variables, criterion measures, administration and procedure of test items are explained in detail stepwise, which were described as follows:

The 559 subjects for the present study were selected from Delhi university and different colleges. The subjects were selected for five games e.g. Basketball, Cricket, Football,

Hockey and Kabaddi. The students, those who were participated in North Zone Inter college tournaments 2009-10, were selected as subject for the present study. As the main emphasis of the present study was laid down on general physical fitness. So the students who have participated in these respective inter-college tournament. Total ten college were selected. Therefore five games participated were selected.

Total 559 five hundred and fifty nine students were finally selected.

SELECTION OF THE VARIABLES

For the purpose of present study, AAPHERD Youth Physical Fitness Test Battery consist of six testing components were selected. The following test items of the battery have been considered on the variables for the present study.

PROCEDURE FOR COLLECTION OF DATA

The purpose of conducting the investigation, the detail related to the test items were so that voluntary participation of the subjects could be able to associate the quarries were also cleared and the variables feedback was also observed before the conduct of the test items. The subjects were agreed to undergo to data collection procedure for physical fitness, as specified by the research scholar. The subjects were also enthusiastic in known their own best performance of physical status. No specific technique was used to motivate the subjects to put their best efforts.

AAPHERD Youth Physical Fitness Test Battery. The tests items were conduct in the open field area and indoor area, according to the requirement placement of the testing station. The tests were conducted during the regular schedule time of the college. The schedule was prepared according to their engagement and free time within the time table so that the subjects were participated with free mind and full enthusiasm to their best performance.

TANTITVE RESULT OF THR STUDY**COMPARATIVE MEAN VALUES AND 'T'-TEST OF BASKETBALL AND CRICKET PLAYERS OF DELHI UNIVERSITY**

Test items	Mean Value (Basketball)	Mean Value (Cricket)	df	't'-test
Pull-Ups	16.00	14.27	23	1.314
Bent Knee Sit-ups	37.90	35.47	23	1.222
Shuttle Run	7.80	7.92	23	1.390
Standing Broad Jump	6.23	5.93	23	2.203*
50 Yard Dash/Sprint	7.52	7.74	23	2.201*
12 Minutes Run/Walk	2583.00	2525.33	23	1.672

*Significant 't'(23,2) at .05 = 2.07

-The players of Basketball and Cricket in all the test items, Standing Broad Jump and 50 Yard Dash/Sprint are found significant.

-The players of Basketball and Kabaddi in all the test items, Bent Knee Sit-ups, Shuttle Run, 50 Yard Dash and 12 Minute Run/Walk are found significant.

-The players if Cricket and Football in all test items, Pull-ups, Bent Knee Sit-ups, Shuttle Run and 50 Yard Dash/Sprint are found significant.

-The players of Cricket and Hockey in all the test items, Shuttle Run, Standing Broad Jump and 50 Yard Dash/Sprint are found significant.

-The players of Cricket and Kabaddi in all the test items, only Bent Knee Sit-ups is found significant.

-The players of Football and Kabaddi in all the test items, only 50 Yard Dash/Sprint is found significant.

-The players of Football and Kabaddi in all the test items, Bent Knee Sit-ups, Shuttle Run, 50 Yard Dash/Sprint and 12 Minute Run/Walk are found significant.

-The players of Hockey and Kabaddi in all the test items, Bent Knee Sit-ups, Shuttle Run and 50 Yard Dash/Sprint are found significant.

Thereafter, University wise comparative values were projected in the form of 'f'-ratio for each selected variable. The said 'f'-ratio were presented for each university separately along with the relevant analysis.

The 'f'-ratio for Pull-ups, Shuttle Run, Standing Broad Jump and 12 Minute Run/Walk are not significant. Whereas Bent Knee Sit-ups and 50 Yard Dash/Sprint is indicating significant difference in case of Delhi University.

CONCLUSIONS

The followings are the conclusions of the study which were made on the basis of the results of the study.

It is concluded that as a whole the composite mean values of 12 Minute Run/Walk were found best Delhi University, Delhi with the mean value: 2544.76.

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