

A survey of physical fitness on school children in Amravati District

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Abstract

The purpose of the study was find out the physical fitness of school children in Amravati District. For the Present study source of data was taken from different Academic coaching classes of Amravati town. Researcher conducted AAHPERD youth physical fitness test on 400 subjects of secondary school boys from different Academic coaching classes of Amravati town. The 400 subjects were selected by purposive sampling method. The criterion measures adopted for the study measuring the physical fitness components are given below. To measure the physical fitness AAPER Physical Fitness Test was conducted with its six test items. The required data for the present research was collected in one phases. In phase physical fitness test through (AAHPERD) was conducted and the data was collected. The data collected on 400-boys subjects on physical fitness were analyzed by Percentage-wise data analysis was computed to assess the status of physical fitness of the students belonging to different Academic coaching classes of Amravati town. Therefore separate tables and graphs have been presented for each variable as follows. Result: The muscular strength (dynamic) and muscular endurance of arm and shoulders, muscular strength and endurance (trunk), speed and agility, explosive strength of legs, speed of lower extremities and explosive strength and cardio-vascular endurance it is concluded that the physical fitness of school boys is poor and need to give attention to improve their physical health of students.

Keywords: physical fitness, children

Introduction

For all sport of activity physical fitness is very essential. It is related to the ability to meet the demands of the environment specially to preserve, to with stand stress to resist fatigue and to posses the energy for an abundant life material strength is one a richest ownership, it cannot be acquisition, with it have to be alive earn all the way through every day custom of corporal implement. As fitness is arranged as the capability to perform daily actions (vocation or cooperate) devoid of too much tiredness and with sufficient power treasury for urgent situation. Physical fitness is the capacity of spirit, blood, vessel, lung and physique to meaning at optimal efficiency physiological variables are the nothing but one that is responsible for fitness.

Methodology

Source of Data

For the Present study source of data was taken from different Academic coaching classes of Amravati town.

Selection of Subject

Researcher conducted AAHPERD youth physical fitness test

on 400 subjects of secondary school boys from different Academic coaching classes of Amravati town. It is given in following table-1.

Table 1: Selection of Subjects

S. No.	Name of Coaching Class	Subjects Tested
1.	Shri Datta Coaching Class	99
2.	Aim Coaching Class	93
3.	Satchhidanand Center for Learning	67
4.	Vighe Coaching Class	82
5.	Shree Coaching Class	59
6.	Total	400

Sampling Method

The 400 subjects were selected by purposive sampling method.

Criterion measures

The criterion measures adopted for the study measuring the physical fitness components are given below. To measure the physical fitness AAPER Physical Fitness Test was conducted with its six test items as follow:

Table 2

S. No.	Test Items	Elements Tested
1.	Pull Ups	Muscular Strength (Dynamic) and muscular endurance of Arm and shoulders.
2.	Sit Ups	Muscular Strength and Endurance (Trunk)
3.	Shuttle Run	Speed and Agility
4.	Standing Long Jump	Explosive Strength of Legs
5.	50 yard Dash	Speed of lower extremities and explosive strength
6.	600 yard Run and Walk	Cardio-vascular endurance

Collection of data

The required data for the present research was collected in one phases. In phase physical fitness test through (AAHPERD) was conducted and the data was collected.

Statistical Analysis

Findings

The data collected on 400-boys subjects on physical fitness were analyzed by Percentage-wise data analysis was computed

to assess the status of physical fitness of the students belonging to different Academic coaching classes of Amravati town. Therefore separate tables and graphs have been presented for each variable as follows.

Results

Results on percentage-wise Data Analysis – Physical Fitness Variables

Table 3: Percentage-Wise Result of AAPHER Physical Fitness Test

Test Items	50 Percentile above= Pass & Percentile less than or equal to 50= Fail			
	Pass	%	Fail	%
Pull Ups	165	41.25	235	58.75
Sit Ups	3	0.75	397	99.25
Shuttle Run	53	13.25	347	86.75
Standing Long Jump	78	19.50	322	80.50
50 yard Dash	32	8.00	368	92.00
600 yard Run and Walk	22	5.50	378	94.50

Above table gives percentage value of AAPHER Physical Fitness Test performance of school boys. In pull ups test out of 400 students’ 165 (41.25%) students pass and 235 (58.75%) students fail. This test show that students are weak in muscular strength (dynamic) and muscular endurance of arm and shoulders. Graphical representation of pull ups is made in fig.1.

Above table No. 1 gives percentage value of shuttle run test performance of school boys. In shuttle run test out of 400 students’ 53 (13.25%) students pass and 347 (86.75%) students fail. These tests show that students are weak in Speed and Agility. Graphical representation of sit ups is made in fig.3.

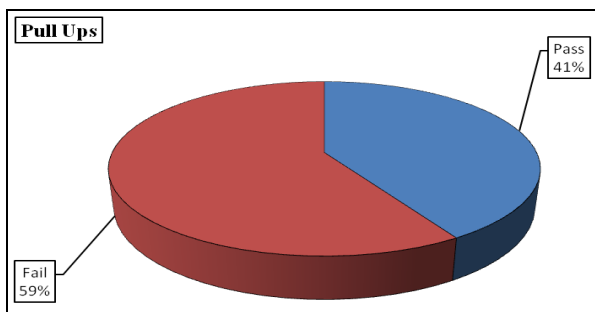


Fig 1: Pass and Fail Percentage of pull ups performance in school children

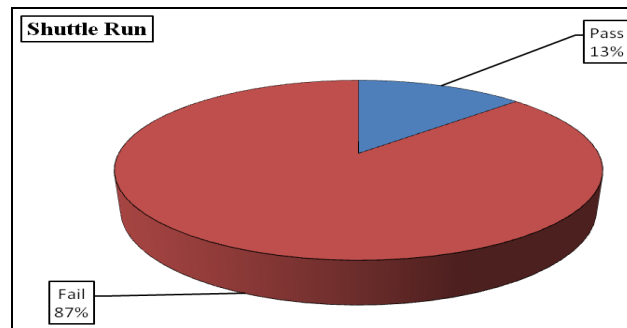


Fig 3: Pass and Fail Percentage of shuttle run performance in school children

Above table No.1 gives percentage value of sit ups test performance of school boys. In pull ups test out of 400 students’ 3 (0.75%) students pass and 397 (99.25%) students fail. These tests show that students are weak in muscular strength and endurance (trunk). Graphical representation of sit ups is made in fig.2.

Above table No. 1 gives percentage value of standing long jump test performance of school boys. In standing long jump test out of 400 students’ 78 (19.50%) students pass and 322 (80.50%) students fail. These tests show that students are weak in explosive strength of legs. Graphical representation of sit ups is made in fig.4.

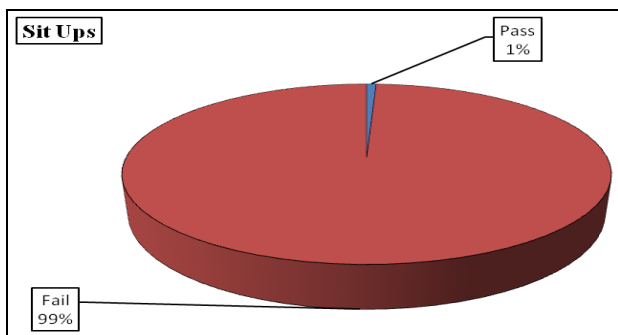


Fig 2: Pass and Fail Percentage of sit ups performance in school children

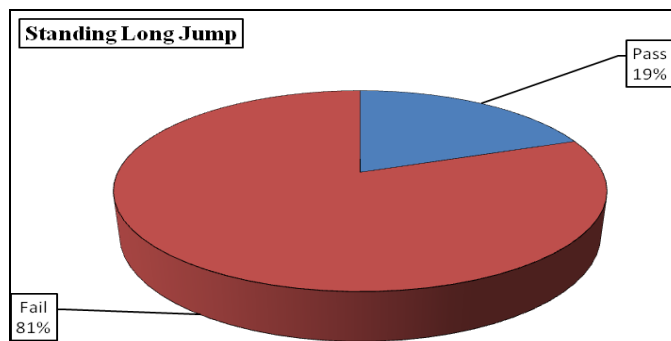


Fig 4: Pass and Fail Percentage of standing long jump performance in school children

Above table No. 1 gives percentage value of 50 yard dash test performance of school boys. In 50 yard dash test out of 400 students' 32 (8.00%) students pass and 368 (92.00%) students fail. These tests show that students are weak in speed of lower extremities and explosive strength. Graphical representation of sit ups is made in fig. 5.

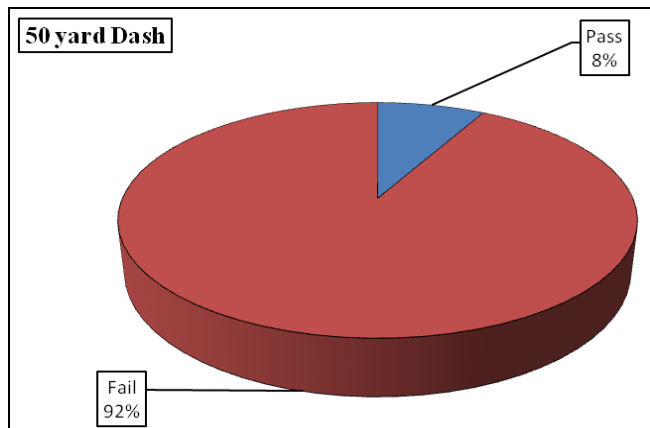


Fig 5: Pass and Fail Percentage of 50 yard dash performance in school children

Above table No. 1 gives percentage value of 600 yard run and walk test performance of school boys. In 600 yard run and walk test out of 400 students' 22 (5.50%) students pass and 378 (94.50%) students fail. These tests show that students are weak in cardio-vascular endurance. Graphical representation of sit ups is made in fig.6.

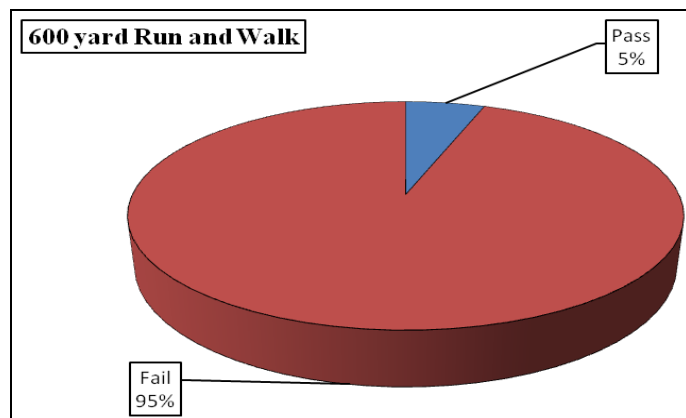


Fig 6: Pass and Fail Percentage of 600 yard run and walk performance in school children

Discussion

It is generally agreed that physical fitness is an important part of the normal growth and development of a child, a generic definition regarding the precise nature of physical fitness has not been universally accepted. Through research and scholarly inquiry, it is clear that the multi-dimensional characteristics of physical fitness.

From the above study it is observe that the condition of students in Amravati city is found poor which is very dangerous for student's health. If this is continue in some year there is big problem with physical health of students.

To overcome this situation research suggests that by engaging in regular exercise and physical activity that improves the

physical fitness, the individuals can reduce many risk factors associated with diseases.

Conclusion

From the muscular strength (dynamic) and muscular endurance of arm and shoulders, muscular strength and endurance (trunk), speed and agility, explosive strength of legs, speed of lower extremities and explosive strength and cardio-vascular endurance it is concluded that the physical fitness of school boys is poor and need to give attention to improve their physical health of students.

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