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A comparative study of physical fitness awareness among the male students of Bharati Vidyapeeth University medical colleges and engineering colleges

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Abstract
Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. But if you want to get anything then the first condition is awareness. The aim of the study was to find out the physical fitness awareness among the male students of Engineering colleges and Medical colleges of Bharati Vidyapeeth University. Two groups was made viz, B.V.U Engineering college male students and B.V.U Medical college male students. For the purpose of this study 101 male students from B.V.U. Engineering colleges and 79 male students from B.V.U. Medical Colleges were selected as subject, the age of the subjects was ranging from 17 to 25 years. Their awareness of Physical Fitness was tested with the help of Mayoclinic's Fitness Quiz (Physical fitness awareness paper pencil test). All the responses were then converted into scores with the help of scoring guidelines. T-test was used to compare the result. The level of significant was set at a 0.05 level. Significant differences were found between male Students from B.V.U. Medical colleges and B.V.U. Engineering colleges. The male students of Medical colleges had better knowledge level about Physical Fitness Awareness in compare to the male students of Engineering colleges from Bharati Vidyapeeth University, Pune, who are in age between 17-25 years.

Keywords: comparative study, physical fitness, awareness, Bharati Vidyapeeth University medical colleges

1. Introduction
Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. But if you want to get anything then the first condition is awareness. In other words we can say that the awareness is knowledge. The history of physical fitness knowledge testing is almost as old as physical education itself and test of measuring physical fitness knowledge have been available in literature since long. In the beginning teachers have been testing physical fitness knowledge of their students with the help self-designed question paper which were less scientific of their nature. One of the oldest published sports knowledge of test reported by J.G. Blish in 1929.since than a large number of knowledge test have been presented for testing knowledge of different games, sports and physical fitness.

1.1 Objective of the study
Objective of the study was to compare the physical fitness awareness among the male students of Engineering colleges and Medical colleges of Bharati Vidyapeeth University, Pune.

2. Methodology
1. Sample
Two groups was made viz, B.V.U Engineering college male students and B.V.U Medical college male students. For the purpose of this study 101 students from B.V.U. Engineering colleges and 79 students from B.V.U. Medical Colleges were selected as subject; the age of the subjects was ranging from 17 to 25 years.

2. Data Collection Tool
Data was collected with the help of Mayoclinic's Fitness Quiz: Physical fitness awareness paper pencil test.

3. Reliability
The reliability of the Mayoclinic's Fitness Quiz was determined by calculating reliability coefficient and it was found to be 0.81.

4. Validity
The validity of the Mayoclinic's Fitness Quiz was found to be 0.84.

5. Scoring
A complete set of scoring material for Physical fitness awareness test hand score able answer sheet consists of a set of scoring key, norm for the table appropriate test form's and profile sheet for each answer sheet to be scored. Regardless of which method was used, each answer sheet was checked to make sure that there were no odd, unscorable responses e.g. marking in complete erase or entirely omitting a response to item. The raw score was converted into Stan score form the standardization table. Then the status of the subject was found from the Capsule description of the Fitness Awareness Test. A right answer had given one marks and a wrong answer had given zero marks for the subject.

2.1 Analysis of Data
Descriptive statistics, inferential statistics and the comparison

between male Students of Bharati Vidyapeeth University Engineering colleges and Medical colleges were calculated.

Table 1: The Group Statistics for Male Medical/Male Engineering students Group

Group	N	Mean	Std. Deviation	Std. Error Mean
Medical Students	79	8.392	0.791	0.089
Engineering Students	101	7.841	1.055	0.105

As shown in table no.1 the male subject for the study from Medical colleges and Engineering colleges, were 79 and 100 respectively and the mean value is computed were 8.392 & 7.841 for Medical colleges and Engineering colleges students of Bharati Vidyapeeth University, Pune respectively.

Table 2: Summary of T- test for Male Medical/Male Engineering students Group

Group	T	Df	Sig.(2-tailed)	Mean Diff.	Std.Error Diff.
Medical Students and Engineering Students	3.864	178	0.00	0.551	0.142

Table no.2 shows that the subjects for Bharati Vidyapeeth University, Pune Medical colleges and Engineering colleges' male students have significant difference. Thus the obtained value of't' ratio are 3.864 which is significantly different as the tabulated 't' are 1.645 at 0.05 level of confidence with 178 degree of freedom. Hence all the male students of Medical colleges had better knowledge level about Physical Fitness Awareness in compare to all the male students of engineering colleges from Bharati Vidyapeeth University, Pune.

3. Conclusion

Male students from Bharati Vidyapeeth University Medical Colleges and Engineering Colleges had found significant difference on Physical fitness awareness. Then the study said that the students of Medical colleges were better knowledge level about Physical Fitness in compare to the students of engineering colleges from Bharati Vidyapeeth University, Pune, who were in age between 17-25 years.

4. References

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