



A Study on the Fitness Concept of Physical Education Personnel

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Available online at: www.isca.in, www.isca.me

Received 16th December 2015, revised 1st January 2016, accepted 20th January 2016

Abstract

The main purpose of the present study is to compare the differences in the motor fitness components of Karnatak University, Dharwad and Gulbarga University B.P.Ed students. To achieve the purpose of the study, data was collected from eighty students of each game. The age of the subjects were ranging from 20-25 years. The data collected was treated with the statistical technique 't' test and found there is a significant difference in speed, agility and endurance of Dharwad and Gulbarga University B.P.Ed students.

Keywords: Fitness, Concept, Physical Education Personnel, statistical technique 't', speed, agility, endurance.

Introduction

Every individual on earth wants to be fit to carry out his day-to-day tasks or activities. These activities of individuals vary from sedentary office work to competitive sports. Motor fitness levels of these individuals depend upon the nature of the task and vice-versa¹.

A person may do little to lengthen his life span but he can make efforts to make life to be full. For one who would lead an effective and full life, motor fitness at which he can live most effectively. The desirable elements of fitness cannot be discussed properly until the question.

'Fitness for what? Is answered before our can plan wisely are must know the answer to this question "be it warm be it peace, be it a soft life or be it a hard one". The child grown to manhood can fit only into such a niche as demands no more in capacity then he possess²

Fitness is required in almost all kinds of sports activities and successful achievement of good sports standards mainly depend on it. Fitness is the basic element which is very much essential for better performance³.

Motor fitness provides capacity for activity. Motor fitness has been considered as one of the most important requirement of sports performance. Greater the motor fitness, better the physical endurance and precise the movement will be and the movements which are essential for any sports⁴.

The greater the motor fitness and the longer a person can keep going and the more efficient will be his performance and capacity for recovery from fatigue.

A person who is motor fit, possess daily strength and stamina to carry out his daily tasks without undue fatigue and still has enough energy to enjoy leisure and to meet unforeseen emergencies. Fitness improves general health and is essential for full vigorous living.

Health, fitness and performance are three aspects and should correlate to a greater extent for super performance. Health is generally defined as the freedom from diseases, fitness strictly related to the ability to accomplish a task; one can be healthy without being fit⁵.

Motor fitness is the ability to meet each day's demands without becoming exhausted. It is the ability to take part in necessary recreation with ease and enjoyment. In short motor fitness is that condition of the body that gives buoyancy to living⁶.

Purpose of the study: The main purpose of this study is to compare the selected Motor Fitness components of Dharwad University and Gulbarga University B.P.Ed Students.

Methodology

To achieve the purpose of the study, data was collected from one hundred and sixty players; eighty players from each game. The age of the subjects were ranging from 20 - 25 years.

Statistical Technique: The collected data was analyzed by using 't' statistical technique with the help of SPSS 20th version.

Results of Discussion

The interpretations of the results are presented in the following tables,

The calculated' value (2.57) shown in the Table-1 which is higher than table value i.e., 1.96 and it is significant at 0.05

level. The graphical representation of the mean value of Speed component of Karnatak University, Dharwad and Gulbarga University B.P,Ed students presented in the Figure-1.

Table-1
Mean, Standard Deviation and 't' value of Speed component of Karnatak University, Dharwad and Gulbarga University B.P.Ed students

University	Sample Size	Mean ± Standard deviation	't' value
Karnatak University	80	7.66 ±.94	2.57**
Gulbarga University	80	8.03 ±1.33	

* Significant at 0.05 level.

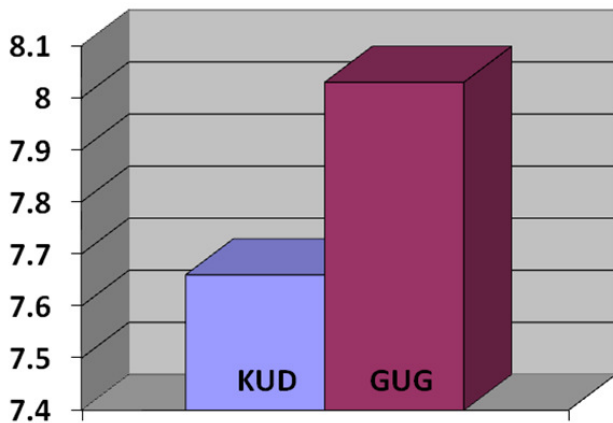


Figure-1

Graphical representation of the mean value of Speed component of Karnatak University, Dharwad and Gulbarga University B.P,Ed students

Table-2

Mean, Standard deviation and 't' value of Agility of Karnatak University, Dharwad and Gulbarga University B.P.Ed students

University	Sample Size	Mean ± Standard deviation	't' value
Karnatak University	80	10.05 ± .88	8.19**
Gulbarga University	80	11.11± 1.01	

* Significant at 0.05 level.

The calculated 't' value (8.19) shown in the Table-2 which is higher than table value i.e., 1.96 and it is significant at 0.05 level. Graphical representation of the mean value of Agility component of Karnatak University, Dharwad and Gulbarga university B.P.Ed students is presented Figure-2.

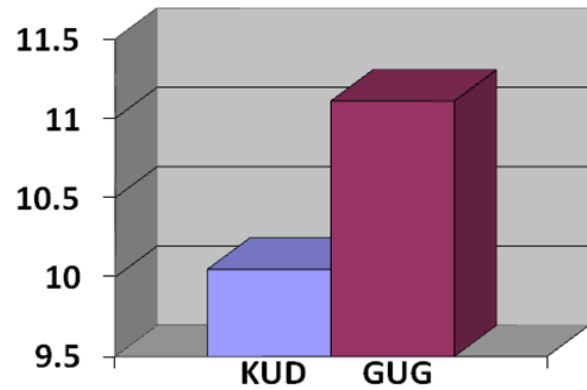


Figure-2

Graphical representation of the mean value of Agility component of Karnatak University, Dharwad and Gulbarga University B.P,Ed students

Table-3

Mean, Standard deviation and 't' value of endurance of Dharwad and Gulbarga University B.P,Ed students

University	Sample Size	Mean ± Standard deviation	't' value
Karnatak University	80	7.33 ± 1.32	5.35**
Gulbarga University	80	6.50± .63	

* Significant at .005level.

The calculated 't' value (5.35) shown in the Table-3 which is higher than table value i.e., 1.96 and it is significant at 0.05 level. Graphical representation of the mean value of endurance component of Karnatak University, Dharwad and Gulbarga University B.P.Ed students is presented in Figure-3.

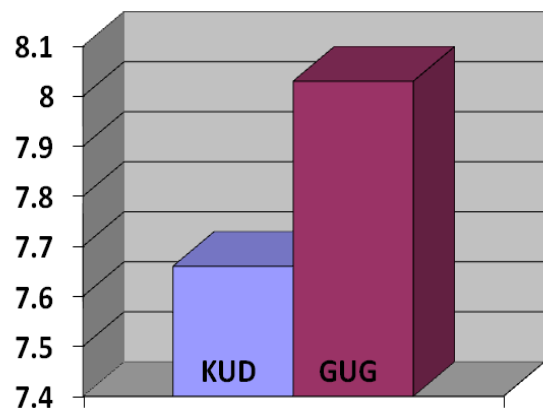


Figure-3

Graphical representation of the mean value of Agility component of Karnatak University, Dharwad and Gulbarga University B.P,Ed students

Conclusions

i. There was a significant difference in Speed performance between Karnatak University, Dharwad and Gulbarga University B.P.Ed students. ii. There was a significant difference in Agility performance between Karnatak University, Dharwad and Gulbarga University B.P.Ed students. Here the Gulbarga University students are more agile when compare to Karnatak University, Dharwad students. iii. There was a significant difference in Endurance performance between Karnatak University, Dharwad and Gulbarga University B.P.Ed students.

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