



TO PREPARE PHYSICAL FITNESS NORMS FOR 9TH & 10TH SCHOOL GOING STUDENTS

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Abstract:-Physical education has been accepted state Government is an integrated part of the general education system. It is also recognized that physical education plays no less an important part than education in academic subject in the coordinated development of the personality of the child to make him a physically fit, mentally acceptable citizen..

Keywords:physical education plays , general education system , Youth development programs .

INTRODUCTION

In our country there has been spirit in youth activities since independence. Youth development programs under the state and privet auspices came into being. All these schemes like physical education the boys scouts and girls guides the national discipline scheme N.C.C. etc. make their distinct contribution towards the school found it difficult to administer of India constitute a committee in May 1959 under this Charmin ship of Pt. H.N. Kunzrud to.

- 1)Evaluate the respective merits and to define role of various scheme for physical education.
- 2)Recommend measure for the proper coordination of approves schemas in order to duplication and wastage of resources.
- 3)Examine ways and means of developing the most use full schemes and activities for the promotion of physical education recreation character building and discipline among students.

OBJECTIVES OF THE STUDY

- ❖ To measure physical fitness components of School going students of 9th and 10th standard.
- ❖ To prepare Age wise norms of physical fitness components of School going students.

METHODOLOGY

The present study was undertaken with a view to construction the physical fitness norms for evaluation, and assessment of performance for 9th and 10th std school going students . As this is a normative survey study, standard procedures were followed to conduct this research project. The researcher followed step-wise methods of developing and establishing standard norms.

“To Prepare Physical Fitness Norms for 9th & 10th School going students.”

Population

The boys from 9th and 10th standards, from various Taluka of Latur district are population for the current study. It has been divided into four parts. They are South, North, and East & West. From every block researchers has taken 250 9th & 250 10th standard students . Researcher has collect data by conducting the Physical Fitness Test.

Sample

The purposive sampling method was used to select the sample for the current study. The data collection was done for 9th and 10th standard details of data collections are presented in table .The data was collected from total of 500 boy’s samples.

Sr. No.	Standard	Boys
1	9 th	250
2	10 th	250

Procedure of the Study

The detailed procedure of above stages has been explicitly presented as follows:

Test Items

The investigator, on the basis of several research reports, has considered following physical fitness test Table

Details of test 9th standard

Sr. no	Test	Criterion Measure
1	12 minute Run & Walk Test	Cardiovascular Endurance
2	Sit-ups	Muscular Endurance
3	Sit & Reach	Flexibility
4	B. M. I.	Body Composition
5	50 meter Dash	Speed
6	Push-ups & Modified Push-ups	Muscular Strength
7	Sitting ball Throw	Power
8	10 m.×4m. Shuttle Run	Agility
9	Skipping Rope	Co-ordination
10	Ball Valley	Co-ordination

Details of test 10th standard

Sr. no	Test	Criterion Measure
1	12 minute Run & Walk Test	Cardiovascular Endurance
2	Sit-ups	Muscular Endurance
3	Sit & Reach	Flexibility
4	10 m. ×4m. Shuttle Run	Agility
5	Skipping Rope	Co-ordination

Data Analysis and Interpretation

Data collection was done and then they were processed using statistical analysis; the results of step wise data analysis have been presented below. From the tests conducted on the subjects, the raw data collected was converted into the norms. These were the following statistical procedures which were done:

Descriptive Statistics: The descriptive statistics of the collected score was done. The mean and median were calculated. To find out the normality of the scores the skewness and the kurtosis were found out. Some of the scores from the data were removed as they were outliers. The outliers were found with the help of Box plots through SPSS.. Norms: Percentile for scores in each test items will be computed for students of 9th and 10th.

Scoring of the data

A total of 10 tests were conducted on 500 subjects. The scoring of the selected physical fitness tests is presented in the table

Scoring of Tests

Sr. No.	Name of test items	Measurement unit
1	Body Mass Index	Units
2	12 Minute Run & Walk	Meters
3	Push ups/Modified Push up	Number
4	Sit & Reach	Centimetres
5	50 yard dash	Seconds
6	Shuttle run	Seconds
7	Shitting Ball Throw	Number
8	Skipping	Number
9	Wall Volley	Number
10	Sit ups	Number

Analysis of the Data:

The descriptive statistics of the collected score was done. The mean, median and mode were calculated. To find the normality of the scores the skewness and the kurtosis were calculated. Some of the scores (outliers) were excluded with the help of Box plots through SPSS. The Percentile method was used to create norms. The descriptive statistics and the percentile norms of the tests are presented below in detail according to the tests.

Norms- Percentile norms for 9th standard boys for 12 min run or walk , sit up sit and reach ,I minute skipping and shuttle run was calculated as below

Percentile Norms of 9th Std. Boys

Percentile.	12 min. R/W	Sit Ups	Sit & Reach	1 min. Skipping	10*4m. Shuttle Run
5	1491	16.	20	27	10.13
10	1512.3	19	21	34	10.38
15	1560	20	22	42	10.50
20	1562.6	20	23.2	47	10.64
25	1629	21	24	51	10.79
30	1629.3	23	24	54	11.01
35	1635	23	25	56	11.14
40	1693.2	25	25	59	11.47
45	1704	25	26	61	11.54
50	1711	25	26	64	11.68

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55	1792	27	26.05	67	11.78
60	1793.2	27	27	70	11.91
65	1801	28	28	74	12.01
70	1810	29	29	79	12.52
75	1909	30	30	82	12.64
80	1919.4	30	32	86	12.80
85	2087.3	31	33	90	13.28
90	2224.9	32	37	99	13.63
95	2295	33	41	102	14.55

Norms- Percentile norms for 9th standard boys for push ups ,wall volley, sitting ball throw 50 m dash and BMI was calculated as below

Percentile Norms of 9th Std. Boys

Percentile	Push ups	Wall Volley	Sitting Ball Throw	50m Dash	B M I
5	10	37	3.60	7.60	17.67
10	12	38	4.10	7.95	18.11
15	13	40	4.32	8.1	18.44
20	14	42	4.4	8.21	18.67
25	14.	43	4.50	8.46	18.83
30	15	44	4.59	8.51	19.39
35	16	44	4.88	8.55	19.61
40	16	46	5.14	8.59	20.08
45	17	46	5.32	8.75	20.58
50	17	47	5.4	8.91	20.82
55	18	48	5.46	9.15	21.38
60	18	49	5.5	9.36	21.63
65	19	51	5.55	9.50	21.83
70	19	52	5.6	9.55	22.38
75	20	53	5.67	9.57	22.63
80	21	55	5.9	9.70	22.73
85	22	56	6.3	10.04	23.50
90	23	58	6.5	10.51	23.77
95	25	60	6.62	10.82	24.17

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20	1562.6	20	23.2	47	10.64
25	1629	21	24	51	10.79
30	1629.3	23	24	54	11.01
35	1635	23	25	56	11.14
40	1693.2	25	25	59	11.47
45	1704	25	26	61	11.54
50	1711	25	26	64	11.68
55	1792	27	26.05	67	11.78
60	1793.2	27	27	70	11.91
65	1801	28	28	74	12.01
70	1810	29	29	79	12.52
75	1909	30	30	82	12.64
80	1919.4	30	32	86	12.80
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20	14	42	4.4	8.21	18.67
25	14.	43	4.50	8.46	18.83
30	15	44	4.59	8.51	19.39
35	16	44	4.88	8.55	19.61
40	16	46	5.14	8.59	20.08
45	17	46	5.32	8.75	20.58

50	17	47	5.4	8.91	20.82
55	18	48	5.46	9.15	21.38
60	18	49	5.5	9.36	21.63
65	19	51	5.55	9.50	21.83
70	19	52	5.6	9.55	22.38
75	20	53	5.67	9.57	22.63
80	21	55	5.9	9.70	22.73
85	22	56	6.3	10.04	23.50
90	23	58	6.5	10.51	23.77
95	25	60	6.62	10.82	24.17

Norms- Percentile norms for 10th standard boys for 12 min run or walk , sit up sit and reach ,1 minute skipping and shuttle run was calculated as below

Percentile Norms of 10th Std. Boys

Percentile	12 min. R/W	Sit Ups	Sit & Reach	1 min. Skipping	10*4m. Shuttle Run
5	1353.1	18.	20	25.	11.2155
10	1490	20	22	35	11.46
15	1550	20	23	41.	11.5465
20	1561.2	21	24	46	11.716
25	1628	22	25	48	11.9875
30	1629	23	26	52.	12.257
35	1645	23	26	58	12.5085
40	1654.4	24	27	60.	12.64
45	1699.9	24	28	64.	12.78
50	1704.5	25	29	70	12.955
55	1732	25	30	72	13.31
60	1790.8	26	32	74.	13.51
65	1795.3	26	33	76	13.65
70	1844.8	27	35	80	13.86
75	1910.75	28	37	84	14.1825
80	1977.4	28	38	86.	14.558
85	2015	29	40	93.	14.9105
90	2097.2	30.	45	97	15.456
95	2204.45	33	48	101	15.67

Grading

From the analysis and the raw score obtained a grading scale of the selected physical fitness tests conducted

on the students also prepared. The grading scale prepared using Rank order method . It is presented below in detail. Using the scores which were divided into four groups of 25 % each and grading system was prepared, i.e. Excellent, Good, Average and Poor. The grading is mentioned in table below.

Table
Grading Scale on Item-wise Performance for 9th School going boys student

Test-Items	Poor	Average	Good	Excellent
12 Minute Run & Walk	Below 1629	1630 to1711 21	1712 to 1909	Above 1909
Push ups/	Below 14	15 to 17	18 to20	Above 20
Sit & Reach	Below24	25 to 26	27 to 30	Above 30
50 yard dash	Above 9.57	9.56 to 8.91	8.90 to 8.46	Below 8.46
Shuttle run	Above 12.64	12.63 to11.68	11.67 to10.79	Below10.79
Shitting Ball Throw	Below 4.50	4.51 to 5.40	5.41 to 5.67	Above 5.67
Skipping	Below 51	52 to 64	65 to 82	Above 82
Wall Volley	Below 43	44 to 47	48 to 53	Above 53
Sit ups	Below 21	22 to 25	26 to 30	Above 30

Grading Scale on Item-wise Performance for 10th School going boys student

Test-Items	Poor	Average	Good	Excellent
12 Minute Run & Walk	Below 1620	1621 to 1704	1705 to 1977	Above 1977
Sit & Reach	Below 25	26 to 29	30 to 38	Above 38
Shuttle run	Above 14.56	14.55 to 12.78	12.77 to 11.98	Below 11.98
Skipping	Below 48	49 to 70	71 to 86	Above 86
Sit ups	Below 22	23 to 25	26 to 28	Above 28

DISCUSSION OF ALL THE STATISTICAL ANALYSIS:

Physical education has been accepted state Government is an integrated part of the general education system. It is also recognized that physical education plays no less an important part than education in academic subject in the coordinated development of the personality. The present study will be a premier effort in establishing standards of evaluation of physical fitness in the school. For this purpose data was collected and statistical treatment was done on the collected data. Standard Tests were included for testing the physical fitness ability of the students. All tests were included after ensuring content validity and reliability. All the scores were tested for normality before their norms were calculated. After which the scores were converted into norms by computing them into percentile using SPSS.

From the analysis and the raw score obtained a grading scale of the selected physical fitness tests conducted on the students was also prepared. The grading scale prepared using Rank order method. Using the scores which were divided into four groups of 25 % each and grading system was prepared, i.e. Excellent, Good, Average and Poor.

SUMMARY

Physical education has been accepted state Government is an integrated part of the general education system. It is also recognized that physical education plays no less an important part than education in academic subject in the coordinated development of the personality. The present study will be a premier effort in establishing standards of evaluation of physical fitness in the school. For this purpose data was collected and statistical treatment was done on the collected data. Standard Tests were included for testing the physical fitness ability of the students.

All tests were included after ensuring content validity and reliability. All the scores were tested for normality before their norms were calculated.

The purpose of this study is to prepare the Physical fitness Norms 15th & 16th school going students. Total 9th std 250 Boys & 10th std 250 Boys Girls. The Physical Fitness test consisted of the following items.

- 12 minute Run & Walk Test
- Sit-ups
- Sit & Rich
- B. M. I.
- 50 meter Dash
- Push Ups
- Sitting ball Throw
- 10 m. ×4m. Shuttle Run
- Skipping Rope
- Wall Volley

In this present study new set of norms was also prepare physical fitness norms using Percentile method and the score were given in the percentile norms. Result of the study prepared norms suitable to evaluate the student's performance on selected physical fitness test.

CONCLUSION

The norms in physical fitness for 9th and 10th std Boys in Latur District were prepared which could be used for grading students in this aspects of required program of physical education in curriculum.

- The fitness variable of students of 9th and 10th boys Std. are measurable.
- The norms developed can be used as criteria for testing the fitness of the students.
- The Grading table prepared can be used to differentiate the students.



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