

A STUDY ON SELECTED PHYSICAL FITNESS COMPONENTS
BETWEEN RURAL BOYS AND PHYSICAL EDUCATION STUDENTS



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Short Profile :

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ABSTRACT:

Physical education which is commonly a part of curriculum at the school level includes school level training in the development and care of human body and maintaining physical fitness. Physical education is also about sharpening overall cognitive abilities and motor skills via athletics. Exercise of various physical and mental can effect directly on the performance of the players in the highlevel tournament. Hence, the performance of the player and training should enhance in the particular way. The performance of the

player in every game is depended on the level of fitness. Fitness is the major cause for the performance in any game. Here the level of fitness of rural boys and physical education students may or may not differ. The study of rural boys and physical education students gives a complete outline how the physical education students and rural boys had the fitness. There should be study focused on rural and physical education students that, because usually the rural boys may very strong after working hard in the land and here physical education students may get fitness after some course of training.

KEYWORDS

Physical fitness, Exercise, motor skills, performance.

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INTRODUCTION :

Physical education is essential to health, fitness and wellbeing .It builds strength, maintains mobility and challenges body and mind Physical education which aims to developed motivation,competence, excellence and active participation should be central in prompting active life styles, physical education and culture, must develop the ability will power and self-discipline of every human beings as a fully integrated member of society.

It is intensely assumed that participation in sports and level of competition is likely to influence the personality and mental health of student. It patterns mental growth along with physical. Personality is the combination of physiognomies or qualities that form an individual's distinctive character. And this includes physical and emotional characteristics. Personality can also be defined as character - individuality - personage - person – figure. Personality is the particular amalgamation of sensitive, attitudinal, and developmental response patterns of an individual.

Competition situations are different than normal situation. It is the situations where a person is given chance to put up his/her. One is declared winner when one performs best or better in a specific situation. Reason for competing better and approach differently. In this competition encounters and sporting situation are full of stress and strain. Physical activity may produce some stress in an athlete.

STATEMENT OF THE PROBLEM

The purpose of the study was to compare the selected physical fitness components between rural boys and physical education students.

METHODOLOGY

The investigator selected fifteen rural boys and fifteen physical education students. They were in the age group from 18 to 22 years. AAHPHERD youth physical fitness test was administered to the subjects strictly following the instructions as given in the introduction to measurement in the physical education and exercises sciences manual detailed club for administering each test item are given below. Pull –ups for boys, sit-up test, shuttle run, standing broad jump, 50 meters dash, 600 yards run-walk, and softball throw.

Table I mean and 't' values of rural and physical education students on selected physical fitness components.

Physical fitness components	Mean		Difference between the mean	Standard error difference between mean	T ratio obtained	Table t value
	Rural boys Education	Physical				
pullups	13.07	1.73	1.73	16.71	1.34	2.05
Situps test	32.93	2.93	2.93	40.37	0.05	2.05
Shuttle run	11.35	0.72	0.72	5.76	0.12	2.05
Standing broad jump	2.27	0.08	0.08	0.99	0.07	2.05
50 mtr dash	7.13	0.14	0.14	2.36	0.05	2.05
600 yards run walk	2.1	3.33	0.33	1.42	0.17	2.05
Softball throw	3.33	0.13	0.13	4.83	0.02	2.05

RESULT

The level of significance chosen was 0.05. The degree of freedom was 38, the t ratio of both groups was compared and it was found that, the difference between the groups compared and it was found that, the difference between the groups were not significant.

CONCLUSION

Based on the limitation and delimitation the study was concluded that, there would be significant difference in the fitness level of the rural boys and physical education students. It indicates the awareness and importance of fitness among the youth.

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