

ORIGINAL ARTICLE

A COMPARATIVE STUDY OF THE HEALTH RELATED PHYSICAL FITNESS OF THE PHYSICAL EDUCATION TEACHERS, CLASS ROOM TEACHERS AND NON – TEACHING STAFF OF HIGH SCHOOLS OF BANGALORE RURAL DISTRICT

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ABSTRACT

Wellbeing related physical wellness is essential to everybody and ought to be worried by physical teachers and medicinal individuals alike. To appreciate an ideal condition of wellbeing and physical wellness, practices are very fundamental. Activities are useful in keeping up the sound body all through life. Wellbeing and wellness, bear the cost of the general population a chance to live more and they add to the nature of regular daily existence." Today's childhood is less sound then ever and shockingly physical activities does not come as pill.

So as to accomplish the motivation behind the examination was directed on the people out of thirty from physical training educators, thirty from classroom instructors and thirty from non-encouraging staff of government secondary school were chosen haphazardly as subjects. The test things for the present examination was Harvard step test to discover Cardio respiratory continuance, Bend and achieve test for Flexibility and for Body Composition Skin crease Caliper was utilized to quantify the Skin overlay thickness of Biceps, Triceps, Sub scapular, and Supraillia areas. To think about the wellbeing related physical wellness factors of the physical training educators, classroom instructors and non-showing staff of government secondary schools. The't'- proportion was registered to decide the critical difference.the physical instruction instructors had unrivaled execution in cardio respiratory perseverance than the classroom educators and non-instructing staff. 2. The physical instruction educators and classroom instructors were discovered less adaptability than the non-educating staff. 3. The physical training instructors and classroom educators were discovered more percent of muscle versus fat than the non-instructing staff.

Key words: Health related physical wellness, adaptability, cardio respiratory perseverance, body organization.

INTRODUCTION

"Wellness is the capacity of an individual lead a full and healthy lifestyle it includes physical, mental, passionate, social and profound elements and a limit with respect to their healthy articulation."

"A fit individual is one who is composed to his condition; those breeze and body are in congruity and who can require the ordinary requests made on him both rationally and physically without undue weakness"

Aristotle, the Greek rationalist, saw that, the body is the sanctuary of the spirit and to achieve amicability of body, psyche and soul, the body must be physically fit."

"Wellbeing is riches, Physical wellness isn't a standout amongst the most imperative keys to a sound body. Yet in addition the nuts and bolts of elements and inventive scholarly action."

Wellbeing related physical wellness is essential to everybody and ought to be worried by physical instructors and medicinal individuals alike. To appreciate an ideal condition of wellbeing and physical wellness, practices are very fundamental. Activities are useful in keeping up the sound body all through life. Wellbeing and wellness, manage the cost of the general population a chance to live more and they add to the nature of consistently life."

The educators in all the administration High Schools are confronting different medical issues like overweight, hearing issues, issues of eyes locate, postural disfigurements, etc. The real purpose behind this could be absence of legitimate physical movement, solid propensities, absence of information with respect to wellbeing related physical wellness. The specialist has taken up the present point to analyze the Health related physical wellness among the physical training instructors, Classroom educators and non-encouraging staff working at government secondary schools. Which knows the status of wellness and to arrange some physical work out regimes for the advancement of aggregate strength of the instructors and non-educating staff?

STATEMENT OF THE PROBLEM:

The motivation behind the examination to discover the wellbeing related physical wellness factors like cardio-respiratory continuance, adaptability and body sythesis among the male physical training instructors, classroom educators and non-showing staff of secondary schools of Bangalore country District.

SIGNIFICANCE OF THE STUDY:

1. The examination would distinguish the wellbeing related physical wellness of the physical training educators, classroom instructors and non-showing staff of secondary schools of Bangalore rustic District.
2. The investigation would supportive to the physical instruction chiefs, addresses and non-training staffs of the universities to know the norms of wellbeing related physical wellness.

HYPOTHESIS:

The investigation was conjectured that wellbeing related physical wellness of physical instruction educators may be more than the classroom instructors and non-instructing staffs.

DELIMITATIONS:

1. The investigation was delimited to auxiliary school male physical instruction educators, classroom instructors and non-instructing staff.
2. The investigation was delimited to government secondary schools chosen subjects at Bangalore country area.
3. The age of these subjects chose extended from forty five to forty-five years haphazardly.
4. The physical wellness test was utilized to survey the wellbeing related physical wellness of the subjects.

LIMITATIONS:

1. The subjects were not spurred.
2. No nourishment content was made.
3. No preparing was given to the subjects for the test.



4. Change in air weight, temprature and other meteorological components amid the time of overseeing test couldn't be controlled.

METHODS:

The technique received for the determination of the subjects, choice of factors, model measures, unwavering quality of information accumulation and factual methodology for dissecting the information has been depicted.

3.1. Selection of Subjects:

So as to accomplish the reason for the examination was directed on the people out of thirty from physical training educators, thirty from classroom instructors and thirty from non-encouraging staff of government secondary school were chosen arbitrarily as subjects.

3.2. Selection of variables:

The agent had inspected the surveys of related writing relating to wellbeing related physical wellness factors from various library sources and furthermore counseled specialists here to choose test things for the present examination.

The wellbeing related physical wellness factors and test things as pursues:

3.3. Instrument of Reliability:

The stopwatch was utilized for account the timings. Flex meter was utilized for estimating adaptability and skin crease caliper was utilized for estimating the muscle versus fat was aligned affirmed by Director of Distance Education Annamalai University, Annamalai Nagar

3.4. Criterion measures:

The criterion measures chosen for testing the hypothesis were:

- 1 **Harvard step test** : measured pulse rate in minutes
- 2 **Bend and reach** : recorded in Centimeters
- 3 **Percentage of body fat** : measured in millimeter by using gadget Skin fold Caliper.

SUMMARY:

Physical wellness being the essential necessity for every human movement it has been given part of significance by individuals engaged with games. A decent dimension of wellness may contribute generally to accomplish top execution in numerous games and diversions.

So as to build up the theory the analyst was chosen thirty physical training instructors, thirty classroom educators and thirty non-encouraging staff of government secondary schools have a place with Bangalore provincial region.

The wellbeing related physical wellness factors chose for the investigation were Harvard venture for Cardio respiratory continuance, curve and reach for Flexibility and skin overlap estimation for body sythesis.

Subsequent to gathering information the mean of the physical instruction instructors, classroom educators and non-training staff of government secondary schools was determined independently and distinction of the mean and standard blunder of mean were isolated and 't' proportion was defined.

By registering of the 't' proportion, the physical training educators, classroom instructors and non-encouraging staff of government secondary schools were tried for factually by centrality of 2.045 table esteem. The dimension of certainty set for centrality was 0.05 dimensions.

CONCLUSIONS:



The accompanying ends were drawn from the aftereffect of the examination.

1. The physical instruction educators had prevalent execution in cardio respiratory continuance than the classroom instructors and non-instructing staff.
2. The physical training instructors and classroom educators were discovered less adaptability than the non-instructing staff.
3. The physical training instructors and classroom educators were discovered more percent of muscle to fat ratio than the non-educating staff.

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