

EFFECT OF PHYSICAL EDUCATION PROGRAMME ON PHYSICAL FITNESS AND BODY COMPOSITION VARIABLES

Dr. Santoshi Saulkar*

Dr. Rajendra Kshirsagar*

*Vasantrao Naik Agriculture & Biotech College, Yavatmal (M.S)-INDIA.

*Principal, Dattey College of Physical Education Yavatmal (M.S)-INDIA.

E.Mail:santoshisaulkar@gmail.com

Abstract:

The purpose of the study was to examine the effect of Physical Education programme on Physical fitness and Body Composition variables. Fifty students of 5 different collages of Yavatmalcity for this study. Subjects were divided into two groups i.e. experimental group A and control group B. The necessary data were collected by AAHPER youth physical fitness test and various instruments related body composition variable. The 16 weeks of physical education programme showed beneficial effects on this selected fitness and body composition variables. 't' test was applied for analyzing the data obtained from the present study and significant improvement was seen in performance of the subjects. After the use of Physical Education Programme of selected physical fitness components and body composition variables.

Keywords: Physical Education Programme, Physical Fitness & Body Composition Variables.

Introduction:

Physical fitness is the most important one; this can be well developed only by good programmer of physical education. Physical fitness one must also be socially and mentally fit to be able to adopt himself to the demands of his environment.

Body composition is not only important to health and influence by exercise, but it is also a massive public health problem, and this deserves increased attention in fitness testing. The variables of body composition and anaerobic and aerobic capacities all play and important role in various sports and games.

Objective of the Study:

The main objective of the study was to examine the effect of physical education programme on physical fitness and body composition variables.

Hypothesis:

It was hypothesized that there might be significant changes by physical education programme on physical fitness and body composition variables.

Methodology:

Selection of the Subject: The subjects for the present study were 25 male and 25 female Students of 5 different Collages of Yavatmal City of Maharashtra State.

Selection of Variables:

Keeping in mind the feasibility criteria and the purpose of the present investigation the following variables were found approximate and selected.

Criterion Measures:

The criterion measures adopted for the present study was AAHPER youth physical fitness test.

Body Composition Variables:

- Body Weight : Weighing Machine
- Body fat : Large skin fold-callipers

Statistical Analysis:

The researcher was employed 't' test method for the analysis of the data. Level of significant of 't' ratio.

Table No-I
The pull-ups of boys and Fixed Arm Hang of Girls

Group	Test	Mean	SD	Mean Value	't' value
Boys	Before	7.4	1.26	2.84	7.88
	Final Test	10.24	1.33		
Girls	Before	11.6	2.07	4.16	8.00
	After	15.76	1.70		

It was seen from the table that the calculated 't' value was significantly greater than tabulated value 2.064 at the level of significance 0.05 for 24 degree of freedom.

Table No-II
Shuttle Run of Boys and Girls

Group	Test	Mean	SD	Mean Value	't' value
Boys	Before	12.36	1.14	0.95	3.06
	Final Test	11.41	1.12		
Girls	Before	15.57	0.88	1.22	5.08
	After	14.35	0.93		

It was seen from the table that the calculated 't' value was significantly greater than tabulated value 2.064 at the level of significance 0.05 for 24 degree of freedom.

Table No-III
Bent knee sit-ups of Boys and Girls

Group	Test	Mean	SD	Mean Value	't' value
Boys	Before	17.48	2.36	2.28	3.56
	Final Test	19.76	2.21		
Girls	Before	10.72	0.08	1.72	3.37
	After	12.44	1.65		

It was seen from the table that the calculated 't' value was significantly greater than tabulated value 2.064 at the level of significance 0.05 for 24 degree of freedom.

Table No-IV
Standing Broad Jump of Boys and Girls

Group	Test	Mean	SD	Mean Value	't' value
Boys	Before	176.92	13.66	5.7	1.40
	After	182.62	14.98		
Girls	Before	87.82	16.95	18.78	4.22
	After	106.60	14.39		

It was seen from the table that the calculated 't' value was significantly greater than tabulated value 2.064 at the level of significance 0.05 for 24 degree of freedom.

Table No-V**50 yard dash of Boys and Girls**

Group	Test	Mean	SD	MD	't' value
Boys	Before	6.40	0.49	0.3	3.75
	After	6.10	0.28		
Girls	Before	9.59	0.68	0.96	5.64
	After	8.63	0.73		

It was seen from the table that the calculated 't' value was significantly greater than tabulated value 2.064 at the level of significance 0.05 for 24 degree of freedom.

Table No-VI**600 yard Run/Walk of Boys and Girls**

Group	Test	Mean	SD	MD	't' value
Boys	Before	1.26	0.15	0.04	1.33
	After	1.22	0.13		
Girls	Before	2.67	1.37	0.41	1.57
	After	2.26	0.17		

It was seen from the table that the calculated 't' value was significantly greater than tabulated value 2.064 at the level of significance 0.05 for 24 degree of freedom.

Table No-VII**BMI of Boys and Girls**

Group	Test	Mean	SD	MD	't' value
Boys	Before	220.60	1.75	1.18	1.65
	After	19.42	1.85		
Girls	Before	19.00	2.23	0.99	1.65
	After	18.01	2.13		

It was seen from the table that the calculated 't' value was significantly greater than tabulated value 2.064 at the level of significance 0.05 for 24 degree of freedom

. This shows that there was effect of physical education programme on Body composition variables.

Table No-VIII**Biceps, Triceps, Thigh and Abdomen of Boys and Girls**

Group	Test	MD	T
Boys	Biceps	2.0	2.32
	Triceps	2.16	2.76
	Thigh	2.4	2.26
	Abdomen	2.4	2.05
Girls	Biceps	1.92	1.92

	Triceps	1.48	1.34
	Thigh	2.6	2.09
	Abdomen	2.48	2.55

It was seen from the table that the calculated 't' value was significantly greater than tabulated value 2.064 at the level of significance 0.05 for 24 degree of freedom.

Justification of Hypothesis:

In the beginning it was hypothesized that there may be significant change in change physical fitness and body composition variables by physical education programme which was proved in this case so in thus way the hypothesis was accepted.

Conclusion:

On the bases of analysis following conclusions were drawn:-

- The 16 weeks of physical education programme showed beneficial effects on this selected fitness and body composition variables.
- The finding of the study indicated signification reduction in the body weight and body felt and both male and female.

Reference:

- Blair Steven N, A New Physical fitness Test, 1983.
- Clark H. Harison, Basic Understanding of Physical fitness Research Digest, 1975.
- Shover Larry G., Essential of exercise Physiology, 1981.
- Baumgartner Ted A and Jackson Andrew S., Measurement for Evaluation in Physical Education and Exercise Science, 1987.
- Dr. Ajmer Singh and others, scientific approach to Physical Education and Sports, 2001.
- George T. Starfford and Roy O. Dunean, Physical Conditioning Exercise for Sports and Health Living, 1942.