

A COMPARATIVE STUDY OF PHYSICAL FITNESS BETWEEN GADAG AND VIJAYAPURA CYCLIST PLAYERS

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Abstract

“American medical association stated that physical fitness as the general capacity to adapt and respond favorably to physical effort. This implies that individuals are physically fit when they can meet the ordinary as well as the unusual demands of daily life safely and effectively without being overly fatigued and still have energy left for leisure and recreational activities (Hoeger, 1989). The purpose of the study was to “A Comparative Study on Selected Physical Fitness Components and Performance of Gadag and Vijayapura Cyclist”. Players of Gadag and Vijayapura District 20 Female and for which 20 Female students selected for the study. The tester was for Sit and Reach test for Flexibility. The data were computed, “t” test at 0.05 level of confidence. The result of the study showed that the mean scores of physical fitness components of Gadag female cyclist players are lower than Vijayapura female cyclist players.

Keywords: Physical Fitness, Flexibility, Gadag female cyclist players and Vijayapura female cyclist players.

Introduction

Physical Education is an educational process that has as its aim the improvement of human performance through the medium of physical activities selected to realize this outcome. Physical education includes the acquisition and refinement of motor skills, the development of maintenance of fitness for optional health and well being, the attainment of knowledge and the growth of positive attitudes towards physical activity. Physical education is not only concerned with the physical outcomes that accrue from participation in activities but also the development of knowledge and attitudes conducive to lifelong learning and participation.

Physical education is necessary because it will make all physically fit to keep all healthy, to stimulate and satisfying the mind to keep all socially sound and give leadership training. It is a must for youngster like students who would like to have mental stimulation and satisfaction. There has been a keen awareness of the need for physical fitness on a nation-wide basis. Physical education is that phase of education that deals with big muscle activities and their related.

Physical education is an integral part of sound system of education. In the achievement of the aims of education, physical education can play a large and dynamic part. It is not only concerned with the physical outcomes that accrued from participation in activities but also in the development of knowledge and attitude. As has generally been misconceived, physical education is not education of the physique, but education through the physique. The purpose of physical education is to optimize one's quality of life through a long term commitment to an enjoyable personal programme.

Methodology

In this chapter the procedure adopted for selection of subjects, selection of variables, design of the study, selection of tests, orientation of the subjects, collection of data, administration of tests, and statistical procedure used for analyzing data is presented,

Selection of subjects

The purpose of the study was to find out the “**A Comparative Study of Physical Fitness between Gadag and Vijayapura Cyclist Players**”. Forty of Gadag female cyclist players and

Vijayapura female cyclist players. Were selected as subject for this study the subjects were selected from Gadag and Vijayapura District cyclist. The age level of the subjects ranged from 16 to 20 years.

Selection of variables

The research scholar went through the scientific literature pertaining to the analysis of Physical Fitness Components variables different sources and also consulted the experts in these areas. Along with the said literature and expert opinion, the administrative feasibility in terms of availability of instruments and expertise measuring and recording of data was also given due consideration while selecting Physical Fitness Components variables. Hence, the following variables were selected for this study.

Independent Variables

- Gadag and Vijayapura Cyclist Players

Dependent Variables

Physical Fitness Variables

- Flexibility

Selection of tests

Sl. NO	Variables	Test items	Criterion Measurements
1	Sit and Reach test	Flexibility	Ruler or measurement tape.

Flexibility

Sit and reach test

Aim

To measure the flexibility of the subjects

Equipment

Test was conducted on floor. 50 cm long one line on the floor with a gap of one cm is marked. Measuring tape, marking powder and whistle

Procedure

The subjects will sit on the floor at centimeters touching the heel of the foot joined together. When the subject will be ready, they will stretch the body from the back as much as possible and touch the scale marked on the floor with the middle finger.

Scoring

The result is read from the scale. Two attempts are given at recovery rest at 30 seconds. In case, if a subject is not able to extend his hands even to the level of line, then the distance from the 0 cm mark to the tip of middle finger should be measured.

Statistical Technique

To compare the data of selected Physical Fitness Components variables among Gadag and Vijayapura cyclist players, Mean, SD, t -Value was applied comparison to determine the significations 0.05 level.

Analysis and Interpretation of the Data

The main purpose of this study was to “A Comparative Study of Physical Fitness between Gadag and Vijayapura Cyclist Players”. To achieve this purpose the data collected in this study were put to statistical analysis and the result which are presented in this chapter for this study 20 Gadag Female cyclist players and 20 Vijayapura female cyclist players of DYSS Sports Hostel of Gadag and Vijayapura District were selected. They were subjected to Flexibility. The tests were conducted on standard test. Mean, Standard deviation and their values of Flexibility are presented in table 4.1.

Table-4.1 Mean Scores, Standard deviation and,,t“-values on Flexibility of Gadag Female Cyclist players and Vijayapura Female Cyclist players

Variable	Test	N	Mean	SD	t- Value
Flexibility	Gadag Female Cyclist players	20	31.3313	5.94672	17.499*
	Vijayapura Female Cyclist players	20	57.8563	7.36304	

****Significant at 0.05 level Table value is 1.725**

The Table 4.1 represents the significance of mean difference Gadag Female cyclist players and Vijayapura female cyclist players regarding Flexibility.

The mean values of Gadag Female cyclist players and Vijayapura female cyclist players regarding Flexibility were 31.3313 and 57.8563 respectively. The calculated,,t“ value is 17.499 which is significant at 0.05 level of significance. So there is a significant difference in Flexibility of Gadag Female cyclist players and Vijayapura female cyclist players. The Flexibility of Vijayapura Female Cyclist player is better than Gadag Female Cyclist players.

Mean scores of Flexibility of Gadag Female cyclist players and Vijayapura female cyclist players are presented graphically in figure -4.1 (a).

Figure 4.1(a) Shows Graphical Representation of Gadag Female Cyclist players and Vijayapura Female Cyclist players

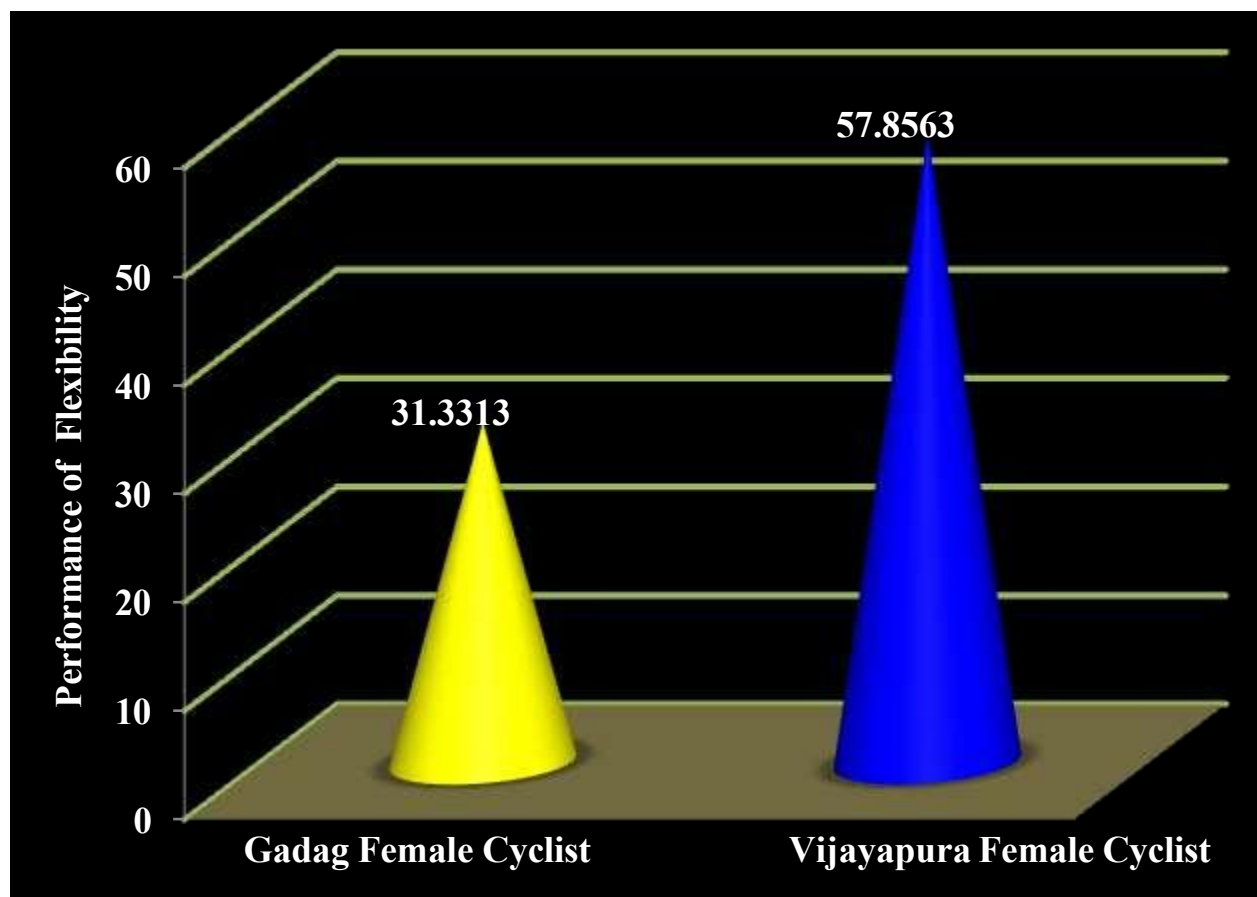


Figure 4.1(a) the above figure indicates that Flexibility Performance mean scores a different the graphs showing of comparison of Gadag Female cyclist players and Vijayapura female cyclist players with to Speed Performance scores.

The mean Flexibility scores of Gadag Female cyclist players and Vijayapura female cyclist players with are 31.3313 and 57.8563, SD are 5.94672 and 7.36304 respectively. It means that the Flexibility Performance of Vijayapura female cyclist player is better Gadag Female cyclist players.

Conclusions

Within the limitations of the present study, and on the basis of the findings, the following conclusions have been drawn;

- It was concluded that Flexibility Vijayapura female cyclist players are highly significant when compared to Gadag Female cyclist players.

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