



ANALYSIS OF SPEED AMONG STUDENTS STUDYING IN BANGALORE NORTH, SOUTH AND RURAL SCHOOLS

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Guest Lecture

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ABSTRACT

Physical fitness plays a crucial role in child's health. If the child is physically fit he will not easily prone to any diseases, he can overcome all the hurdles of his life by keeping fit. Physical fitness is very much necessary not only for kids but also for adults and aged as well. When students involve in our interested physical activity we exhibit inner tendency happiness which other students cannot experience. Sports are not for fun it indirectly increases physical fitness, reduces stress, helps the proper function of our human system and finally enhances overall strength. Participation in physical activity or sports helps in reducing the school dropout and increases the attendance of the school. By avoiding unnecessary leaves.

The Purpose of the study analyze the Speed among Students studying in Bangalore rural, Bangalore north and Bangalore south region schools which help in assesing the physical fitness level of students in this region. For the study, we have taken total 75 students as subjects. Each region or zone consists of 25 students. Statistical Techniques used in this study is The Degree of freedom (DF), the sum of squares (SS), F- Mean, and P- Value was used for the study.

Keywords: - Physical Fitness (PF)

INTRODUCTION

Physical fitness is one of the key motivation factors which helps students to pay attention and enhances their concentration. Physical Fitness plays a key role in enhancing the performance of an Individual. Physical Fitness depends on the activity which an individual regularly practices. Different games require different physical fitness. Today many people suffer from diabetes and heart diseases this is caused due to inactive or sedentary lifestyle. A regular physical fitness program can avoid coronary heart diseases and diabetes. Regular Physical

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fitness activity enhances and maintains muscular strength, muscular endurance, and flexibility of the pupil.

Physical fitness is very much necessary not only for kids but also for adults and aged as well. When students involve in our interested physical activity we exhibit inner tendency happiness which other students cannot experience. Sports are not for fun it indirectly increases physical fitness, reduces stress, helps in the proper function of our human system and finally enhances overall strength. Participation in physical activity or sports helps in reducing the school dropout and increases the attendance of the school and avoids unwanted leaves (Sick Leave). Physical fitness is one of the key motivation factors which helps students to pay attention and enhances their concentration. Physical Fitness plays a key role in enhancing the performance of an Individual. Physical Fitness depends on the activity which an individual regularly practices. Different games require different physical fitness. Today many people suffer from diabetes and heart diseases this is caused due to inactive or sedentary lifestyle. A regular physical fitness program can avoid coronary heart diseases and diabetes. A regular Physical fitness activity enhances and maintains muscular strength, muscular endurance, and flexibility of the pupils. Physical fitness is the most important components to tone human body for good looking, feeling good and to live long. Now a day's Obesity, Over Weight, Diabetes, and Cardiac Arrest are one of the major problems in our country. To avoid these problems to younger generation physical fitness is most important. If we involve younger generation into physical activity with the combination of proper nutrition we can avoid the above said problems.

The Health benefits of Physical Activity or Physical Fitness are very high like it increases the efficiency of cardiovascular capacity which reduces cholesterol levels, increases muscle strength and reduces blood pressure.

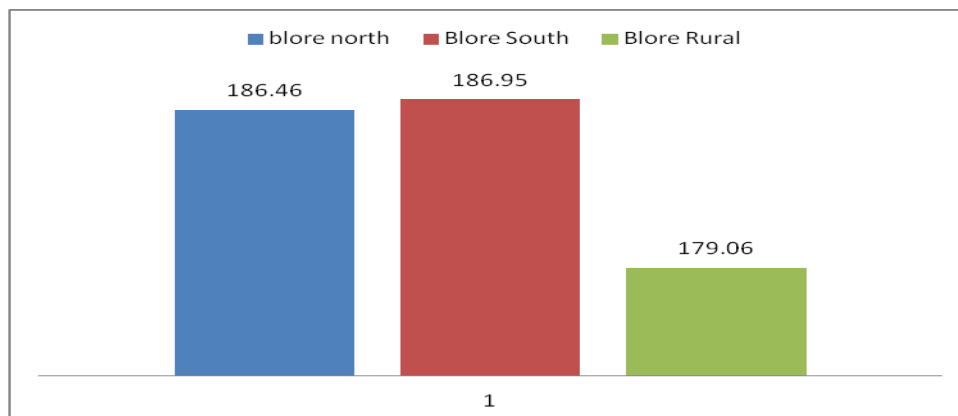
There are also psychological benefits if we involve in a regular physical activity like improving the quality of sleep, Increase mental sharpness, improves the ability to cope with stress.

METHODOLOGY

This Study was designed to analysis the Physical Fitness among Bangalore north, south and Bangalore rural students. To achieve this purpose 75 Students, 25 from each region was taken as subjects. The age-group was between 13-16 years high school boys. The Subjects were tested by their performance in 50meters Sprint. All the 75 students participated.

Table 1.

Table showing the values of 50mts Sprint value divided according to the Region.



SUMMARY				
Groups	SUBJECT	Sum	Average	Variance
BangaleNorth	25	186	7.4584	0.301264
Bangalore South	25	185	7.478	0.32679167
Bangalore Rural	25	176	7.1624	0.10426067

ANOVA						
Source of Variation	SS	df	Mean square	F	P-value	F- Critic
Between Groups	1.56367	2	0.781633	3.20222811	0.04652675	3.12390749
Within Groups	17.5792	72	0.24410544			
Total	19.1347	74				

From Table:

From the table, we have got the

The Sum of Squares between groups is 1.56367, within groups its 17.5792 and the Total of Sum of Squares is 19.1347.

The Degree of Freedom between groups is 2, within groups its 72 and the Total of Degrees of Freedom is 74.

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Mean Square value between groups is 0.7816 and within groups its 0.2441.

The F-Value between groups is 3.2022.

The P-Value between the groups is 0.04652.i.e. it lays within the level of level of Significance 0.05.

The F-Critic value is 3.1239.

CONCLUSION.

From the above test, it was concluded that there was a significant level of improvement in the Speed of the Students and from the Statistical point of view, it was concluded that the F-Value was 3.2022 which is treated as the rejected area in the Hypothesis and the P-Value 0.04652 lies within the significant value 0 and 3.2022. Therefore, it was concluded that the Speed Level among the Students was high.

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