

Research Paper - Physical Education



**Computation Of Physical Fitness Norms For
Girls The Junior Colleges In Barshi Taluka**

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Introduction-

We know that regular exercises and moderate to vigorous physical activity increase the level of ones physical fitness such as muscular strength cordiorespiratory endurance, skeletal liberalization and other fitness components there is also strong relationship between physical and mental health.

Physical fitness is a positive and dynamic quality extending and continuum from death to abundant life AAHPERD Youth fitness test enclosed those qualities for function that provide the individual with the ability to participate in sports activities. The AAPERD Youth fitness test first presented in 1956 and subsequently revised is classified as a motor fitness test. This test has been and is being widely used. It was adopted by the president council on physical fitness and sports for its presidential physical fitness award program.

Established in 1966 in 1959 the research council of the AAHPERD initiated a national sports skill project with frank a sill as chairman and David K Brace as consultant. The most prominent of their test is the AAHERD test a manual was published in 1980 and a technical manual in 1984. A committee was appointed in 1985 to review and possible revise the AAHPERD youth fitness test represented on the committee were the physical fitness research and

measurement and evolution councils of the Association for Research

Objectives of the Study

- To determine the physical fitness ability and to comport the norms of selected physical fitness components for the women students of junior colleges.

- To classify the women students according to their physical ability in the selected physical fitness components for the purpose of the teaching and coaching.

Hypothesis-

The norms of the physical fitness of women student of the junior college of Barshi Taluka will bear sufficient reliability.

Procedure of the Study-

The source of data and the procedure adopted for the selection and the administration of the physical fitness test and statistical technique for construction the physical fitness norms.

Tools-

Used AAHPER Youth fitness test used and the following items for girls

1. Push Up
2. Bend knee sit-up
3. Standing broad jump
4. 50 Mtr. Running
5. 40 Mtr. Shuttle run
6. 600 Mtr.run & walk

Statistical Analysis -

Mean, Median T Scale used

The new set of norms was constructed by using the T Scale method and the score were given in the T Scale norms.

A Result of the study is prepared suitable norms to evaluate the student's performance through a selected physical fitness test.

Conclusion -

The norms in physical fitness for girls the junior college in Barshi Taluka were prepared which could be used for grading students in this aspects of required program of physical education in curriculum.

Recommendation -

1. Physical fitness test may be included in physical education syllabus to evaluate physical fitness of girls in all junior colleges.
2. The T Scale norms may be used to evaluate the physical fitness of athlete and sports men as they cover bigger range.
3. A similar study can be conducted to assess and evaluate the physical fitness of the physical education teacher physical education teacher can be requested to give more practice in those physical fitness items. This will improve their physical fitness. To study and to conduct the test the patents who are not interested in his lines will also be interested that their children will keep important to conduct to every body to know their fitness.
4. By good health one can do their work with accuracy and with perfection.

Reference

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