Variation in Height and performance in 8 Foot up and Go Test in the Elderly Male Population

Monika Ruhil

Coordinator of Sports, Ashoka University Plot No. 2, Rajiv Gandhi Education City, Kundli, Haryana- 131028 India

Abstract

The study was conducted to find out the relationship between height and 8 foot up and go test in the elderly male population. The purpose of the study was to find out how much variation occurred in the performance of agility and speed due to height of the subjects. For the purpose of the study 50 male elderly subjects were selected randomly. The mean height of the selected subjects was $1.6620\pm.06302$ and the mean performance in 8 foot up and go test was 5.0380 ± 2.68566 . To find out the correlation between height and performance in 8 foot up and go test of the elderly male population pearson correlation was formulated and it clearly reveals **that the height of the selected subjects had insignificant relationship with 8 foot up and go test of elderly population.**

KEYWORDS:- Height, speed, agility, coordination

INTRODUCTION

Attitude towards physical activity, perceived health, body image have been studied in men and women 60 years of age and elder. Relative to other studies of younger volunteers, the senior citizen placed more value upon activity as "an esthetic experience" and as a " a means to health and fitness" showing less interest in the " pursuit of vertigo". Many non participating and drop outs perceived their current fitness as satisfactory. The study was conducted to find out the relationship between height and 8 foot up and go test in the elderly male population. The purpose of the study was to find out how much variation occurred in the performance of agility and speed due to height of the subjects. For the purpose of the study 50 male elderly subjects were selected randomly. The 8 foot up and go is a coordination and agility test for the elderly, which is part of the senior fitness test protocol. The 8 foot up and go test is a coordination and agility test for the elderly, which is part of the senior fitness test protocol. This test measures speed, agility and balance while moving. Speed refers to the ability to execute motor actions, under given conditions, in minimum possible time (uppal 2001). Agility refers to the ability to change body position rapidly in different directions(uppal 2001). Balance refers to maintain the body equilibrium while moving or in static position. Coordination refers to the ability to integrate different body parts for movement. These different variables used to find out the relationship between height and 8 foot up and go test.. It is always a concern of the sports scientists and scholars that how height related to performance in other physical fitness components. This concern has motivated the scholar to find out the relation between height and selected physical fitness components .

PROBLEM STATEMENT:- The purpose of the present study was to find out the relationship of height with selected physical fitness components.

METHODOLOGY

For the purpose of the study 50 male elderly subjects were randomly selected. The mean height of the subjects were 1.66mtr respectively. The criterion measure used were measuring tape for height, . The selected subjects underwent the above mentioned tests and the data obtained were recorded in nearest one tenth of the second for speed, height in meters.

Descriptive statistics and pearson correlation was employed to find out the relationship between height and selected physical fitness components with level of significant set at 0.05 .

FINDINGS

TABLE -1: Descriptive Statistics of selected variables

	Mean	Std. Deviation	N
Height OAP	1.6620	.06302	50
8 Up and Go	5.0380	2.68566	50

Table -1 shows that the mean height of the selected subjects was 1.6620±.06302 and the mean performance in 8 foot up and go test was 5.0380±2.68566.

TABLE-2: Correlation of height with 8 foot up and go test

		Height OAP	8 Up and Go
Height OAP	Pearson Correlation	1	.101
	Sig. (2-tailed)		.483
	N	50	50

*Significant at 0.05 level of Significance, **Significant at 0.01 level of Significance

TABLE-2 clearly reveals that the height of the selected subjects had insignificant relationship with 8 foot up and go test of elderly population.

DISCUSSION OF FINDINGS

Analysis of the data revealed that the height had insignificant correlation with the 8 foot up and go test . As per the data collected the results were the mean height of the selected subjects was 1.6620±.06302 and the mean performance in 8 foot up and go test was 5.0380±2.68566. For finding the correlation among variables pearson correlation was formulated which reveales that the height of the selected subjects had insignificant relationship with 8 foot up and go test of the selected subjects. So as per conclusion we can say that The height of the selected subjects had insignificant relationship with the 8 foot up and go test which is for agility, speed and coordination for elderly people.

CONCLUSION

As per the statistical implementation and the findings of the study the following conclusions were drawn:-

1. The height of the selected subjects had insignificant relationship with the 8 foot up and go test.
2. The height does not had any relation with the performance in agility and speed test for elderly population.

REFERENCE

Rose D, Jones C, Lucchese N;predicting the probability of falls in community residing older adults using 8 foot up and go: A New measures of functional mobility. J Aging and physical activity, Oct 2002;10,4.

Jones C.J, Rikli R.E.,Measuring functional fitness of older adults, The Journal on Aging, March April 2002,pp.24-30.

Anna Rozanska-kirschkle, Piotr Kocur, Malgorzata Wilk, Piotr Dylewicz, The Fullerton Fitness Test as an index of fitness in the elderly, Medical Rehabilitation 2006;10(2): 9-16.

AAPHER (1965) AAPHER youth fitness test manual. Washington, DC. American Alliance for Physical Education and Recreation.

Chia M (2007) Fit to play: enabling play and physical activity in children. In: The power of movement enhancing children's cognitive, social & emotional and physical development through movement. Nonis K & Daswani S (eds) Pearson Education Asia, Singapore. pp:112-128.

Das P, Debnath P, Chatterjee P(2007) Compartive Study of Physical Fitness Components of junior footballers and sprinters of Kolkata. J. Sports & Sports Sci. 30(4), 35-42.

Hopkins WG and Walker NP (1988) The meanings of physical fitness. Preventive Med. 17,764–773.

Jan Percival, Lioyd Percival and Joe Taylor (1982) The complete guide to total fitness. A & C Black Publ. Ltd. pp:224.

Jan Percival, Lloyd Percival and Joe Taylor (1982) The complete guide to total fitness. A & C Black Publ. Ltd. pp: 224.

Jension CR and Hirst CC (1980) Measurement in physical education and athletic. Macmillan Publ. Inco. NY.

Johnson BL and Nelson JK (1988) Practical measurements for evaluation in physical education (3rd ed.). Surjeet Publ. pp:245-246.

Mal B (1982) Scoring ability in football. SNIPES J. p:22.

Saini R (1996) Comparative study of psychomotor components between the athletes of individual and team sports. Unpublished Master Thesis. P.U. Chandigarh.

Sidhu LS and Grewal R (1984) Effect of hard training on cardio-vascular system of Indian women hockey players. J. Sports Med. Phy. Fitness. 24(1), 34-40.

Singh A (1986) Normative study of physical fitness of Punjab University men students. Unpublished Doctoral Thesis, Punjab University, Chandigarh.

Sodhi HS and Sidhu LS (1984) Physique and selection of sportsmen – a Kinanthropometric study. Patiala Publ. House, Patiala.

Tanaka K, Nakamura Y and Sakai T (2004) Role of exercise science in maintaining overall quality of life in humans. Japan J. Phys. Educ. Hlth. Sport Sci. 49, 209-229.

Uppal AK (1980) Effect of 10-weeks participation in physical education programme on selected strength variables in women. SNIPES. 3(3), 31-34.