

A Comparative Study of Physical Fitness between Sportsmen and Non Sportsmen of Gidderbaha City of Punjab State

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Abstract

The present study was taken up to compare the levels of Physical fitness between Sportsmen and Non Sportsmen of Gidderbaha City of Punjab State. A Total number of 60 Subjects (30 Sportsmen and 30 Non Sportsmen) were selected randomly from two colleges of Gidderbaha City of Punjab State. The criterion measures adopted for this study were Flexibility and Speed. The data collection tools used in the study were 50 yard dash and Sit and Reach test. Data of Physical Fitness Components between Sportsmen and non-Sportsmen was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant. It was found that in Physical Fitness component like Speed, there was significant difference between Sportsmen and non-Sportsmen. But no significant difference was found in Flexibility between Sportsmen and non-Sportsmen. Mean scores showed that Sportsmen were better in Speed and Flexibility as compare to non-Sportsmen. Based on the results it was concluded that Sportsmen have better Physical Fitness as compare to Non Sportsmen.

KEYWORDS: Physical Fitness, Sportsmen, Non-Sportsmen.

Introduction

The Physical Fitness is the ability to perform daily tasks vigorously and alertly with energy left over for enjoying leisure time activities and meeting emergency demands Or Physical Fitness refers to theorganic capacity of the individual to perform the normal task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactory any emergency demands suddenly placed upon him". The present study was taken up to compare the levels of Physical fitness between Sportsmen and Non Sportsmen of Gidderbaha City of Punjab State.

Physical fitness components	Sportsmen				Non Sportsmen			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Flexibility	30	7.1033	4.28006	.78143	30	6.0700	3.85425	.70369
Speed	30	8.7960	.84628	.15451	30	10.4890	1.07611	.19647

Materials and Methods

A Total number of 60 Subjects (30 Sportsmen and 30 Non Sportsmen) were selected randomly from two colleges of Gidderbaha City of Punjab State. The criterion measures adopted for this study were Flexibility and Speed. The data collection tools used in the study was 50 yard dash and Sit and Reach test. Data of Physical Fitness Components between Sportsmen and non-Sportsmen was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant.

Results

Descriptive statistical of Speed and Flexibility between Sportsmen and Non Sportsmen.

Table No.2: Independent sample 't' test of Speed and Flexibility between Sportsmen and Non Sportsmen.

Components	't' value	df	Sig. (2-tailed)	Mean Difference
Flexibility	.983	58	.330	1.03333
Speed	-6.773	58	.000	-1.69300

Discussion of Findings

It was found that in Physical Fitness component like Speed, there was significant difference between Sportsmen and non-Sportsmen. But no significant difference was found in Flexibility between Sportsmen and non-Sportsmen. Mean scores showed that Sportsmen were better in Speed and Flexibility as compare to non-Sportsmen.

Conclusion

Based on the results it was concluded that Sportsmen have better Physical Fitness as compare to Non Sportsmen.

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