

## **Study on Health Related Physical Fitness of Schools Aged Boys of Srinagar (Garhwal)**

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### **Abstract**

The aim of the study was to compare the Different Schools aged boys of Srinagar Garhwal on Health Related Physical Fitness .For the purpose of the study total 62 school boys of Srinagar garhwal (31 each) as subjects were randomly selected from St.Theresa's school and Government Inter college Srinagar with the kind permission of schools authority. To compare the health related physical fitness components, all subjects were tested for Agility and flexibility. t- test was used for the analysis of data where insignificant difference was found between boys of St.Theresa's school and government Inter college Srinagar at 0.05 level of significance.

**KEYWORDS:-** Health related physical fitness , Agility & Flexibility.

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### **INTRODUCTION**

Physical fitness is a general state of health and well-being or specifically the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. It is a set of attributes or characteristics that people have or achieve that relates to the ability to perform physical activity. Physical fitness is a set of attributes that are either health- or skill-related. Health-related physical fitness is defined as fitness related to some aspect of health. This type of physical fitness is primarily influenced by an individual's exercise habits; thus, it is a dynamic state and may change. Physical characteristics that constitute health-related physical fitness include strength and endurance of skeletal muscles, joint flexibility, body composition, and cardio respiratory endurance.

Physical fitness or physical training as an important objective of the educational programme (Nixon and Jewett, 1969). Physical education and fitness activities are important for children's adults and every human being for proper growth and development. Regular fitness activities started in early childhood can enhance bone development and delay osteoporosis, reduce the risk of heart disease, challenge to the developing bodies of all school-aged children. A sound body and good health plays an important role in children daily to practice for the better health in the future. These statuses are gradually developed by practice and through proper guideline. The children came to a different environment and the good status, which are thought in the early stage grow gradually and become part of their daily life.

### **METHODOLOGY**

For the purpose of the study total 62 school boys of Srinagar garhwal (31 each) as subjects were randomly selected from St.Theresa's school and government Inter

college Srinagar with the kind permission of schools authority . To compare the health related physical fitness components, all subjects were tested for Agility and Flexibility. To assess on individual status on their components of health related physical fitness - Flexibility (Sit and reach test.) and Agility (10X4 Shuttle Run.) tests were used and for the purpose of statistical analysis ‘t’ test was used at 0.05 level of significance.

**RESULTS & DISCUSSION**

**TABLE – 1**

**Significant of difference between the means of St.Theresa’s school and government Inter college boys of Srinagar on Agility**

Group	mean	SD	t-ratio
St.Theresa’s	11.72	2.11	1.22
GIC	12.36	2.40	

$t'_{0.05(60)} = 2.00$

It is evident from the table – 1 that there is no significant differences exist among the St.Theresa’s and GIC in the agility, since the calculated ‘t’ value 1.22 was found to be less than tabulated ‘t’ value 2.00 required to be significant at 0.05 level.

Therefore there is no significant difference exist in agility of St.Theresa’s school and government Inter college boys.

**Table-2**

**Significant of difference between the means of St.Theresa’s School and government Inter college boys of Srinagar on Flexibility**

Group	Mean	SD	t-ratio
St.Theresa’s	10.20	4.32	.20
GIC	11.11	4.20	

$t'_{0.05(60)} = 2.00$

It is evident from the table – 2 that there is no significant differences exist among the St.Theresa’s and GIC on the flexibility, since the calculated ‘t’ value 0.20 was found to be less than tabulated ‘t’ value 2.0 required to be significant at 0.05 level. Therefore there is no significant difference exist in flexibility of St.Theresa’s and Government college school boys on that particular variable.

The analysis of data by using the ‘t’ test shows that the students of both schools St.Theresa’s and Government college school boys on that particular variable had insignificant difference on the Flexibility and Agility variables where as my study is also similar to Gaurav Vishaw, Singh Sukhdev, Singh Mandeep and Rathi Bharti (2011). Were compared that the arm and shoulder girdle flexibility and agility of college-level baseball pitchers and non-pitchers and found insignificant difference on agility variable and flexibility while Pena, Tan and Malina (2003). Studied the Urban-rural contrasts in the physical fitness of school children in Oaxaca, Mexico and found significant difference between rural and urban females on flexibility variables.

This may be attributed to the fact that geographical condition similar food habits almost same in the different types of schools students of Garhwal region.

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