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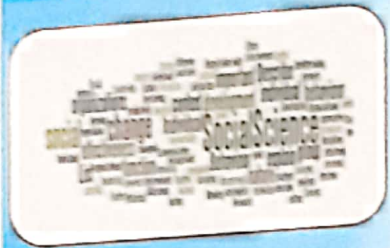
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Construction Of Physical Fitness Norms For 12 Mints Ran And Walk In High School Students Of Latur District

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Introduction: Physical education has been accepted by State Government is an integrated part of the general education system. It is also recognized that physical education plays no less an important part than education in academic subject in the coordinated development of the personality of the child to make him a physically fit, mentally acceptable citizen. In our country there has been spirit in youth activities since independence. Youth development programs under the state and privet auspices came into being. All these schemes like physical education the boys scouts and girls guides the national discipline scheme N.C.C. etc. make their distinct contribution towards the school found it difficult to administer of India constitute a committee in May 1959 under this Charmin ship of Pt. H.N. Kunzrud to. 1)Evaluate the respective merits and to define role of various scheme for physical education. 2)Recommend measure for the proper coordination of approves schemas in order to duplication and wastage of resources. 3)Examine ways and means of developing the most use full schemes and activities for the promotion of physical education recreation character building and discipline among students. There are many benefits students receive from high school physical education classes that contribute to students becoming responsible adults who are aware of the importance of a healthy lifestyle. High school students retain a higher level of knowledge related to overall health that help them make educated decisions regarding their own health, safety and well-being.

Statements of the Problem:

Construction of the Physical Fitness Norms for children is acquired importance as physical education is an important aspect of general education. Considering the importance and needs of the study the investigator has decided to "CONSTRUCTION OF PHYSICAL FITNESS NORMS FOR HIGH SCHOOL STUDENTS OF LATUR DISTRICT"

Need and Significance of the Study:

The present study will be a premier effort in establishing standards of evaluation of physical fitness in the school. Piece of research will help in analyzing the transaction of physical education curriculum in these schools and the learning outcome of the student till date no effort had been taken to standardize and establish Norms in the assessment of fitness. The study will help student, teachers, and even the parents to be aware of the level of students and fitness front. As the undertaken study takes into account the entire population the norms developed can be generalized for the performance of the entire school.

Students will be able to know their status of physical fitness. They will gear up to achieve high performance provided they know the targets, this study will help them understand that targets and keep them physically active and motivated.

The teachers will find it easy to evaluate the students. Thus, this evaluation will be scientific and standardized.

Objectives of the Study:

To measure physical fitness components of School going students of 9th and 10th standard.

To prepare Age wise norms of physical fitness components of School going students.

Assumption:

The student will take part actively and enthusiastically

It is assumed that students of school came from similar socioeconomic background.

Delimitation:

- The present study is limited for 9th & 10th std. students.
- The age group was restricted to 15 to 16 years.
- The present study is limited to Latur District Student only.

Limitation:

The daily routine of Students will not be in investigator's control.

The Economic and Social background of student behind the control.

Type of Research:

The descriptive method of survey (normative method of survey) as a mechanism by which the researcher has obtained the data.

Methodology of Research Design:

This is a normative study that has been carried out using a survey research method. The characteristic of survey research includes systematic collection, analysis, and interpretation of data. The present investigator administered the standard test for measuring physical fitness and ability skills as the aim of this study was to develop standards (Norms) related to physical fitness and abilities in 9th and 10th standers school going student of Latur district. The scholar was conducted the selected physical fitness test on selected population (students). After collecting a data, Scholar made the marks.

Sample:

The purposive sampling method^{1,2} was used to select the sample for the current study. The data collection was done for 9th and 10th standard details of data collections are presented in table 1. The data was collected from total of 250 boys and 250 girl's samples.

Table 1.1

Sr. No.	Standard	Boys	Girls
1	9 th	250	250
2	10 th	250	250

Population:

The girls and boys from 9th and 10th standards, from Latur district population for the current study. In this study researcher took a data from Latur district.

Reliability of Data:

The authenticity of information was assured by creating the reliability of the instrument, competency of the tester, test reliability.

Reliability of Instrument:

The instruments used in the study were obtained from standard companies that satisfy the needs of different research laboratories in India as well as abroad have been approved as specific and their measurement enough for the intent of the study. To establish the reliability of the instruments were reported with the measurements on each of the variables using the same instruments twice in identical circumstances.

Competency of Testers:

To guarantee that the researcher was well deeply involved in the methodology, the investigator had a number of practices to perform the test, session under the expert's guidance in the testing process. The competence of the tester was also measured jointly by test reliability.

Test's reliability:

The test retest approach was used to assess the accuracy of the test of Physical Fitness Elements. The experiments have been repeated over two days with an interval of one day between each day.

Tools used for the Study:

Table 1.2

Tools of the Study

Sr. No.	Name of test items and measurement unit	Tools used	Recommended measures
1.	12 minute Run & Walk Test	Measuring tape Stop watch	Cardiovascular Endurance

Statistical Tools:

The collated data was analyzed using the statistical Tools by SPSS software.

1. Mean
2. Standard Deviation
3. Percentile Norms

Procedure of Collection of Data:

Data collected by standard procedure. Researcher has prepared the test equipment as well as their sequence with the help of their school PET and volunteers. While conducting the test, the accompanying teachers and assistants (volunteers) were trained on the test. Researcher Give the information about the entire test of their syllabus of 9th and 10th std.. With the help of their school PET and volunteers all the test was demonstrated to all students. After that researcher conducted the test and collected the data.

1.15 Procedure of the Study:

The detailed procedure of above stages has been explicitly presented as follows:

1.16 Test Items:

The investigator, on the basis of several research reports, has considered following physical fitness test Table 3.1,

Table 1.3

Details of test 9th standard

Sr. no	Test	Criterion Measure
1	12 minute Run & Walk Test	Cardiovascular Endurance

Table 1.4

Details of test 10th standard

Sr. no	Test	Criterion Measure
1	12 minute Run & Walk Test	Cardiovascular Endurance

Administration of Test:

The direction about the process of test-administration researches has conducted tests.

Instrumentation:

Standard test were administered to measure the items of each physical fitness test and criterion measures, the investigator collected proper equipment's. However, these equipment's were thoroughly checked and their functional status has been verified to ensure accuracy in data collection. The checklist of the equipment's has been presented as follows:

Table 1.5

Checklist of the equipment's/ instruments

Sr. No.	Item	Quantity	Status
1	Electronic spilt stopwatch	5	Functional
2	Measuring tape	3	Usable
3	Measuring tape (Tailor)	4	Usable
4	Portable weighing machine	2	Usable
5	Pencils	15	Usable
6	Pens	18	Usable
7	Pads	8	Usable
8	Chalk Box	1	Usable
9	Score Sheets	800	Usable

12 Minute Run and Walk :

Purpose: The purpose of the timed distance run is to measure maximal function and endurance of the cardio-respiratory system.

Instruction:

Players are instructed to run as far as possible in 12 minutes. A signal, "ready, go," or a whistle is used to begin the test.

A loud signal such as a whistle or gun is used to stop the test. Participants continue to run or walk until they hear the signal to stop.

Equipment: A level floor or smooth surface ground, a stop watch, measuring tape, score cards or recording sheets, pencil, and whistle.

Scoring: The distance covered during the allotted time (12 min.) is recorded (to the nearest 0.5 meter) as the score.

Organizational Hints:

The distance of course should be measured so that the number of laps completed can be counted and easily multiplied by the course distance.
 Marking the course at 0.5-meter intervals enables the test participants or partners to easily calculate distances less than a full lap.
 On the signal to finish all runners stop and partners immediately run to the spot where their runner stopped and calculate laps run multiplied by the distance per lap, adding meters covered on the last lap.
 This distance recorded on the scorecard.
 Scoring : The Distance covered in 12 minutes measured in meters.

9th Standard Boys

Table 1.6
 The Descriptive Statistics of 12 m R/W

Statistics	Score
N Valid	250
Mean	1779.1080
Median	1711.0000
Mode	1629.00
Std. Deviation	242.90954
Skewness	.878
Kurtosis	-.002

From the table 4.1 it is clear that the Mean of 12 MIN Run and walk is 1779.1080. The standard deviation is 242.90954. The Skewness is 0.878.and kurtosis is -0.002. So from the scores of skewness and kurtosis it is known that the scores is normal.

12 Min. R/W

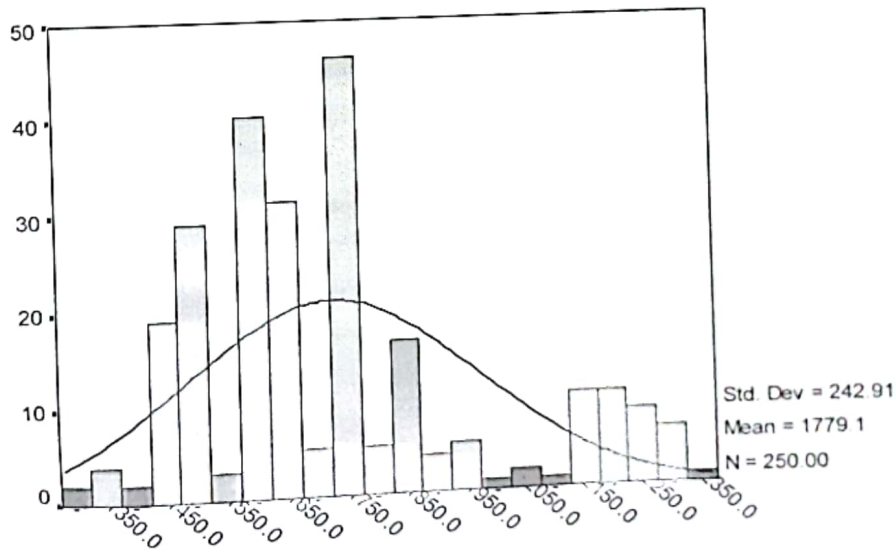


Fig.1.1

Histogram of the 12 m R/W test

Conclusion: The norms in physical fitness for 9th and 10th std Boys and Girl in Latur District were prepared which could be used for grading students in this aspects of required program of physical education in curriculum.

The fitness variable of students of 9th and 10th are measurable.
 These norms develop criteria's for testing the fitness of the students.
 The grading tale prepared is useful to differentiate the students.

Recommendation: Physical fitness test may be included in physical education syllabus to evaluate physical fitness of boys and girls in all junior colleges.

percentile norms may be used to evaluate the physical fitness of athletes and sportsmen as they cover a wider range.

A similar study can be conducted to assess and evaluate the physical fitness of the physical education teachers. Physical education teachers can be requested to give more practice in these physical fitness tests. This will improve their physical fitness. To study and to conduct the test, the parents of the team will also be interested. There, they themselves can conduct these tests and evaluate their ward. In good health one can do their work with accuracy and with perfection.

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