



A Comparative Study of Physical Fitness of Trained and Untrained Students

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Abstract:

There are 1,440 minutes in every day. Schedule 30 of them for physical activity! Regular exercise is a critical part of staying healthy. People who are active live longer and feel better. Exercise can help you maintain a healthy weight. It can delay or prevent diabetes, some cancers and heart problems. Most adults need at least 30 minutes of moderate physical activity at least five days per week. Examples include walking briskly, mowing the lawn, dancing, swimming for recreation or bicycling. Stretching and weight training can also strengthen your body and improve your fitness level. The key is to find the right exercise for you. If it is fun, you are more likely to stay motivated. You may want to walk with a friend, join a class or plan a group bike ride. If you've been inactive for awhile, use a sensible approach and start out slowly.

Keywords: *Physical Fitness, Speed, Muscular Power, Muscular Power, Tolerance*

1. Introduction

Physical fitness is the unique gift of the god, for the human mankind. Physical fitness cannot be bought from the market or by paying any cost of money. Good healthy people are the best property for the nation. The mile stone of the progress; of the nation depend upon the health and wealth of the citizens of the nation. For these reason it is very necessary to develop the physical fit person as fit citizen of the country.

Sound ideas always develop only in a sound mind and for this sound mind created by the physical exercise. It is very necessary physical fitness to know about the present era of the youth thinking and action about the physical fitness. Joyful life and aim of the life with the selected vision presentation of the physical fitness is necessary. If we have not good kind of health and physical fitness; we cannot live life with enjoy and better understanding. From the research it is conclude that physical fitness is one of the great necessary components of human life which provide the required energy to strengthen from fatigue.

Physically fitness releases the tiredness of the person and prepares to fight with tolerance. Physically fit person can make the process of respiration effective and make the heart powerful. For that's reason; one can explain or behave his/her mental powers in better and improved manner.

From the scientific research review it is conclude that regular exercise support to the great healthy life. It is also comes to know that the sitting style without doing any work style life is the responsible for the many human diseases. Many of the disease shown are shows that these are

the entered by the laziness of the human kind in the general life. Statistics of the National Health shows that most of the complaints in the hospital development of the fat, heaviness and tiredness noted by the physicians.

Physical Fitness develops by the regular and necessary exercise with pleasant life. Perfect desirable pleasant life is the high level physical fitness. Dull physical fitness and bad habits of life; both are the dangerous for the health and daily life of the human kind.

Every Nation has to come with this kind of the human problem. Every Nation has to start health and awareness programme for the physical programme. "Competency For Life" is the basic and important thing and should be generalized as National maxims for any kind of sports and competition.

2. Objectives of the Study

1. To study the physical fitness of trained and untrained students of higher secondary school.
2. To study the physical fitness of trained students with reference to higher secondary school.
3. To study the physical fitness of untrained students with reference to higher secondary school.
4. To study the physical fitness of trained and non trained students of higher secondary school with reference to variable of pull-ups, bandy sit up, shuttle run, standing broad jump, 50 yard run and 1.5 mile run/walk.
5. To study the correlation between variable of pull-ups, bandy sit up, shuttle run, standing broad jump, 50 yard run and 1.5 mile run/walk of trained- group of school students.

3. Population

In this present research Population of the study was selected randomly from the school group of Mehsana Taluka from Mehsana District of Gujarat region.

4. Sample of the Research

In sampling study's conclusions derived from the population by just watching a few units or few individuals of the population. So it is necessary to examine the question of the degree of reliance which can be placed on the sample estimates. The sample for the study was selected by using random sampling method from the school group of Mehsana Taluka from Mehsana District of Gujarat region. There are two type of group selected for the study purpose are given as total 200 students were selected among them 100 students were trained student's group and 100 students as untrained group.

5. Delimitations of the Study

Present study is delimited for the following limitation.

Present study is delimited for the school students of higher secondary school of Sardar Patel High School, Deesa for the age group of 14-17 years Male students only.

6. Hypothesis

1. There will be no significant difference between mean score of trained and untrained and untrained group of school students on pull-ups on AAHPERD youth physical fitness test.
2. There will be no significant difference between mean score of trained and untrained and untrained group of school students on Bandny Sit-ups on AAHPERD youth physical fitness test.
3. There will be no significant difference between mean score of trained and untrained and untrained group of school students on Shuttle Run on AAHPERD youth physical fitness test.

4. There will be no significant difference between mean score of trained and untrained and untrained group of school students on Standing Broad Jump on AAHPERD youth physical fitness test.
5. There will be no significant difference between mean score of trained and untrained and untrained group of school students on 50 Yard Run on AAHPERD youth physical fitness test.
6. There will be no significant difference between mean score of trained and untrained and untrained group of school students on 1.5 mile run/walk on AAHPERD youth physical fitness test.
7. There will be no significant difference between mean score of trained and untrained and untrained group of school students on total sample on AAHPERD youth physical fitness test.

7. Operational Definitions of the Terms

Operational definitions for the present study are given as under.

7.1 Physical Fitness

Physical Fitness means ability to overcome the unexpected condition and the power to do work with pleasantly and to live the life fatigue and enjoy the life in free time without any hesitation.

7.2 Speed

Necessary preliminary demonstrations work in multidimensional within the short duration of time.

7.3 Muscular Power

Muscle power of the body that becomes active towards any kind of the resistance.

7.3 Activeness

Control Situation of situation and direction of body with speed frequently.

7.4 Tolerance

Doing activities with feel of power with desirable qualities in sports without any situation of fatigue is called tolerance.

7.5 Trained

Those who are practice daily the exercise of the sports with following rules of the sports in indoor games or outdoor games regularly as well as practice the exercise and participates in various competition of sports and gets regular training of physical fitness are called trained students.

7.6 Untrained

Those who are not practice daily the exercise of the sports with following rules of the sports in indoor games or outdoor games regularly as well as not practice the exercise and participates in various competition of sports and not gets regular training of physical fitness are called untrained students.

8. Major Findings of the Study

Major findings of the research are given as follows.

- Significant difference was found between mean score of trained and untrained and untrained group of school students on pull-ups on AAHPERD youth physical fitness test, trained group was significantly higher than the untrained groups on pull-ups.
- No Significant difference was found between mean score of trained and untrained and untrained group of school students on bandy sit-ups on AAHPERD youth physical fitness test, trained group was not significantly higher than the untrained groups on bandy sit-ups.
- No Significant difference was found between mean score of trained and untrained and untrained group of school students on shuttle run on AAHPERD youth physical fitness test, trained group was not significantly higher than the untrained groups on shuttle run.
- Significant difference was found between mean score of trained and untrained and untrained group of school students on standing broad jump on AAHPERD youth physical fitness test, trained group was significantly higher than the untrained groups on standing broad jump.
- No Significant difference was found between mean score of trained and untrained and untrained group of school students on 50 yard run on AAHPERD youth physical fitness test, trained group was not significantly higher than the untrained groups on 50 yard run.
- No Significant difference was found between mean score of trained and untrained and untrained group of school students on 1.5 yard run/walk on AAHPERD youth physical fitness test, trained group was not significantly higher than the untrained groups on 1.5 yard/walk.
- Significant difference was found between mean score of trained and untrained and untrained group of school students on total test on AAHPERD youth physical fitness test, trained group was significantly higher than the untrained groups on total test.

9. Conclusion

From the above discussion, it is found that there are significant difference between mean score of trained and untrained students on the Youth Physical Fitness test on the activities of pull-ups, standing broad jump and total test. From the study it is found that trained student are found significantly higher than untrained groups on pull-ups, standing broad jump and total test.

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