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## **A comparative study of physical fitness among sportsmen and non-sportsmen students in Bhiwani district of Haryana**

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### **Abstract**

In the present study, an attempt has been made to compare the physical fitness components namely speed, strength between sportsmen and Non-sportsmen student belonging to Bhiwani District of Haryana. The study was carried out on 50 female students 25 sportsmen and 25 non – sportsmen female person of Bhiwani. The data was collected by different coaching camps. The age of the selected subjects ranged from 18 to 25 years. 50 meter dash test, and standing broad jump test were used to measures the selected physical fitness components of the students in order to realize the data t-test was used to analyze the data and investigator observed the significant different between sportsmen and non-sportsmen students of different selected physical fitness components.

**Keywords:** Comparative, Speed, Strength, Bhiwani, Haryana.

### **1. Introduction**

The concept of fitness has a long and involved history. According to the literature on the subject it can be traced to the work done by Charles Darwin of the survival of the fitness. Always the word fitness suggests the ability of an animal or a human to work and play with a maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction.

Physical fitness is the capacity to do prolonged hard work and recover to same state of health is short duration of time. This is the result of the degree of strength, speed, endurance, agility, power and flexibility one possesses. These elements of physical fitness are useful for different games and sports physical fitness depends on several factors such as heredity, hygienic living nutrition and body man ewers of an individual. Amongst, these, manewers ever play activities differently.

The state of being fit or in condition is primary concern to any nation or people. Physical fitness as a term refers to the total dynamic physiological state of the individual, ranging on a continuum from optimal human performance to serve debilitations and death. There are a number of fitness components that need to be developed. These are agility flexibility, muscular endurance, cardiovascular and respiratory, endurance, strength, power, speed and the correct maintenance of body weight. It is possible for athletic to have a great deal of one component and very little of another. Also, when considering a wide range of sports certain components assume a considerable importance, for eg. The necessity for flexibility in gymnastics, the importance of strength in weight-lifting most sports of course, require a contribution from a number of components of fitness is varying degree.

### **Purpose of the Study**

A comparative study of physical fitness components among sportsmen and non-sportsmen students in Bhiwani District Haryana.

### **Methodology**

The purpose of the present study was to compare speed and strength component between sportsmen and non-sportsmen students of Bhiwani District of Haryana. To achieve the desire objective of the study only those player were selected from Bhiwani District in Haryana who was attending camps organize by the colleges. These data were collected by two physical fitness test i.e. 50 mt. dash and standing broad jump was use to compare these components of sportsmen and Non-sportsmen students. The age of the students ranged from 18 to 25 years.

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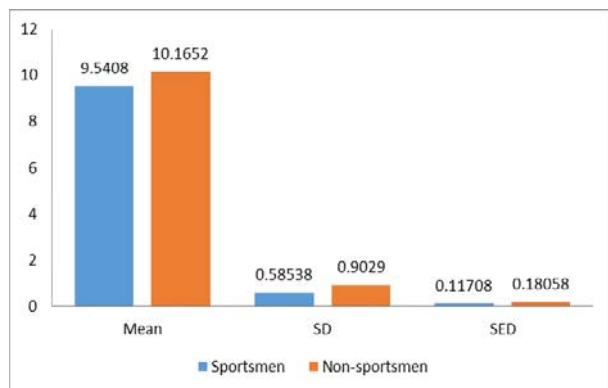
**Result and Discussion**

**Table 1:** Comparison of Speed between Sportsmen and Non-sportsmen students of Bhiwani district in Haryana

Students	No.	Mean	SD	SED	t
Sportsmen	25	9.54	0.58	0.11	3.126
Non-sportsmen	25	10.16	0.90	0.18	

Significance at 0.05 level

As shows in the table – 1 Mean score of 50mt. dash test of sportsmen and non-sportsmen students were 9.5408 and 10.1652 respectively and SD was 0.58538 and 0.90290 and SED was 0.11708 and 0.18058 and t-value was 3.126 for significant at 0.05 level. It means that sportsmen students have better then non-sportsmen students in speed test.



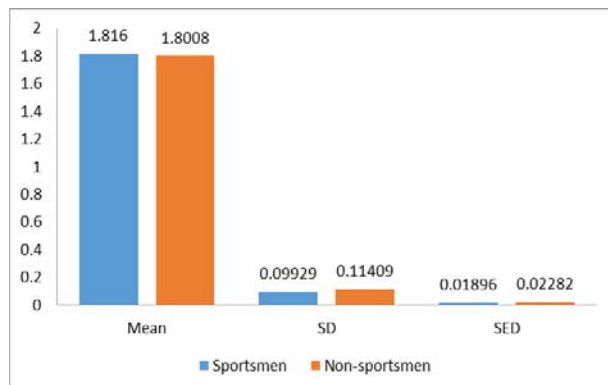
**Graph -1**

**Table 2:** Comparison of strength between sportsmen and non-sportsmen students of Bhiwani District of Haryana

Students	No.	Mean	SD	SED	t
Sportsmen	25	1.81	0.09	0.01	0.51
Non-sportsmen	25	1.80	0.11	0.02	

Significance at 0.05 level

As shown in the table – 2 mean score of 50mt dash test of sportsman and non – sportsmen students were 1.8160 and 1.8008 respectively and SD were 0.09929 and 0.11409 and SED were 0.01896 and 0.02282 and t value was 0.516 for significant at 0.05 level. It means that sportsmen students have better then non – sportsmen students in strength test.



**Graph- 2**

**Conclusion**

It is evident that sportsmen student having more speed and strength then non sportsmen student of Bhiwani District of Haryana.

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