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A comparative study of physical fitness components among sportsmen and non - sportsmen students in Sirsa district of Haryana

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Abstract

In the present study an attempt has been made to compare physical fitness components namely agility, flexibility and Endurance between sportsmen and non-sportsmen students belonging to Sirsa District of Haryana. The study was carried out on 50 female students, 25 sportsmen and 25 non-sportsmen female person of Sirsa. The data was collected in different coaching camps. The age of the selected subjects ranged from 19 + 24 years. Shuttle Run test, forward bend and reach test and 600 meter run/walk 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 difference between sportsmen and non-sportsmen students of different selected physical fitness components.

Keywords: Comparative, Agility, Flexibility, Endurance, Sirsa, Haryana.

1. Introduction

Physical fitness is one of the most important key to a healthy body. It is basis of creative artistic activity. Physical fitness means the condition of being physically healthy, especially exercises and proper nutrition. It is the reason, a state of general well-being marked by physical health and mental stability. Physical fitness is not just bending our body. It is about having cardio-vascular and overall muscular endurance, as well as a strong immunity system and most importantly, a satisfied state of young mind. The importance of physical fitness and exercise customize to the specific requirement of both young and old. Physical fitness has a very serious implications for the health and well-being of all individual. It is defined as the degree of task under specific ambit. Conditions, most authors define physical fitness as a capacity of carrying out every day activities without excessive fatigue and with enough energy in research for emergencies. There are many traits of physical fitness measurements which play on actins role to improve the importance of an individual in different games and sports, particularly speed, strength, endurance, reaction time, balance, agility and co-ordination etc.

Purpose

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

Methodology

The purpose of the present study was to compare agility, flexibility and endurance components between sportsmen and non-sportsmen students of Sirsa District of Haryana. To achieve the desire objective of the study only those player were Selected from Sirsa District in Haryana state who has attending camps organized by the colleges. Only three physical fitness components namely agility flexibility and Endurance was selected for the study. These data was collected by three physical fitness test i.e. shuttle run test, forward bend and reach tests and 600 meter run walk test. T test was used to compare these components of sportsmen and non-sports men students. The age of the students ranged from 19 to 24 years.

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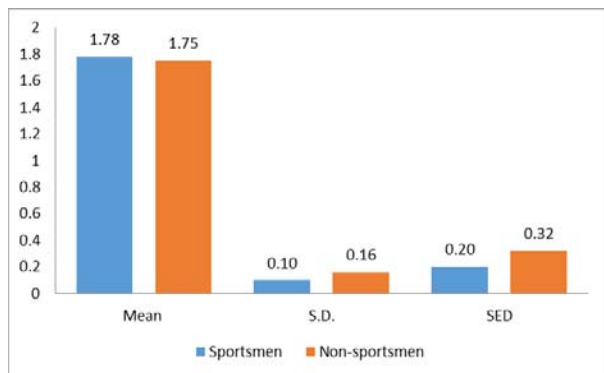
Result and Discussion

Table 1: Comparison of Agility between sportsmen and non-sports men students of Sirsa Districts in Haryana

Students	N	Mean	S.D.	SED	t
Sportsmen	25	1.78	0.10	0.20	0.84
Non-sportsmen	25	1.75	0.16	0.32	

Significant 0.05 level

As shown in the table -1 mean score of agility test of sports men and non-sports men students were 1.78 and 1.75 respectively and S.D. was 0.10 and 0.16 SED were 0.20 and 0.32 and 't' value was 0.84 for significant at 0.05 level. It means that sports men students have better than non-sportsmen students in shuttle run test for agility at different camps.



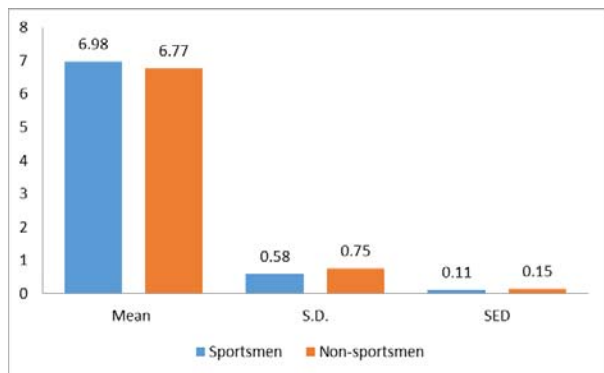
Graph -1

Table 2: Comparison of flexibility between sportsmen and non-sportsmen students of Sirsa District in Haryana

Students	N	Mean	S.D.	SED	t
Sportsmen	25	6.98	0.58	0.11	-1.01
Non-sportsmen	25	6.77	0.75	0.15	

Significant 0.05 level

As shown in the table 2 the mean score at forward bend and reach test of sportsmen and non-sportsmen were 6.98 and 6.77 respectively SD was 0.58 and 0.75 SED was 0.11 and 0.15 and 't' value was -1.01 at 0.05 level. IT means that sportsmen and non-sportsmen have much flexible in forward bend and reach test as compare to non-sports person students of Sirsa District.



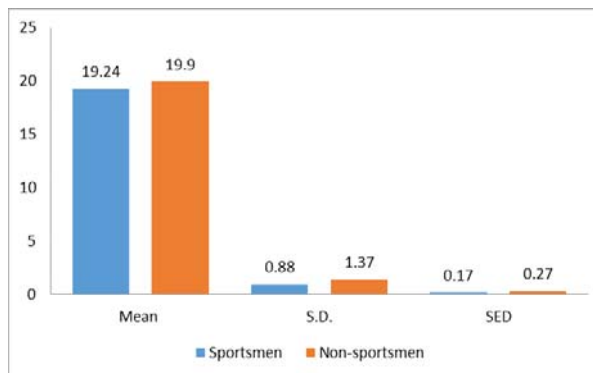
Graph -2

Table 3: Comparison of Endurance between sportsman and non-sportsmen students of Sirsa District in Haryana

Students	N	Mean	S.D.	SED	t
Sportsmen	25	19.24	0.88	0.17	2.21
Non-sportsmen	25	19.90	1.37	0.27	

Significant 0.05 level

As shown in the table 3 the mean score at 600 meter run/walk test of sportsmen and non-sportsmen students of Sirsa District were 19.24 and 19.90 respectively SD 0.88 and 1.37 SED was 0.17 and 0.27 and 't' value was 2.21 significant at 0.05 level. It means that sportsmen students have much speed than non-sportsmen students in 600 meter run/walk test as compare to non-sports men students.



Graph -3

Conclusion

It is evident from the study that sportsmen students having more agility, flexibility and Endurance than non-sportsmen students of Sirsa.

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