University Grants Commission, New Delhi Recognized Journal No. 41311
ISSN: Print: 2347-5021 www.research-chronicler.com ISSN: Online: 2347-503X

Role of Physical Education on Selected Health Related Fitness Characters

Dr. A. Sankar

Director of Physical Education, Kongu Arts and Science College, Erode, (T.N.) India

Dr. N. Senthil Kumar

Director of Physical Education, Kongu Engineering College, Perundurai, (T. N.) India

Abstract

A high-quality Physical Education program enables students to develop motor skills, understand movement concepts, participate in regular physical activity, maintains healthy fitness levels and develops responsible personal and social behavior. A total of 80 students from two different schools of which 40 students of a particular school were students engaged in regular Physical Education classes which involved physical activity and 40 students from a particular school were students are not involved in Physical Education classes were selected as subjects. Their age was ranged from 14 to 16 years. The results of the study showed that students who involved in Physical Education classes had good Cardio-Vascular Endurance, Agility, Speed, Arm Strength and Leg Explosive Power when compared to those students who have not involved in Physical Education classes. The results indicated the importance of physical Education classes in daily time table to improve physical and mental health of an individual.

Key Words: Physical Education; Motor Characters; Health; Physiological Characters.

Introduction

Physical Education is an education through physical activities. Physical education can be defined as a curricular area offered in schools that provides students with instruction on physical activity, health related fitness, physical competence, and cognitive understanding about physical activity, thereby enabling students to adopt healthy and physically active lifestyles. A high-quality physical education program enables students to develop motor skills, understand movement concepts, participate in regular physical activity, maintain healthy fitness levels, develop responsible personal and social behavior, and value physical activity.

Methodology

The purpose of the present study was to know the effect of physical education classes on health related fitness characters. In order to accomplish the stated purpose a total of 80 students from two different schools of which 40 students of a particular school were students engaged in regular Physical Education classes which involved physical activity and 40 students from a particular school were students are not involved in Physical Education classes were selected as subjects. Their age was ranged from 14 to 16 years. The variables selected for the present study are Cardio-Vascular Endurance, Agility, Speed, Arm Strength and Leg Explosive Power. Cardio-Vascular Endurance was assessed by Cooper‘s 12 Minute Run/Walk Test, Agility by 4 x 10 mts Shuttle run, Speed

by 50mtsrun, Arm Strength by push - ups and leg explosive power was assessed by standing broad jump. The data thus Collected was subjected to t-test to check the significance. The level of significance was set to 0.05.

Analysis of the data and result

The independent‘ test for Cardio- Vascular Endurance, Agility, Speed, Arm Strength and Leg Explosive Power have been analyzed and presented in the table 1.

TABLE 1.

Mean, Standard Deviation and Obtained Independent „t‟ Value of

Cardio-Vascular Endurance, Agility, Speed, Arm Strength and Leg Explosive Power of Physically Active students (N=40) and Physically Inactive students (N=40).

Sl. No.	Variables	Group	Mean	Standard Division	t - Value
1.	Cardio Vascular endurance	Physically Active	1751.20	120.95	3.47*
		Physically inactive	1652.00	134.36	
2.	Agility	Physically Active	13.42	1.03	14.016*
		Physically inactive	16.39	0.86	
3.	Speed	Physically Active	7.63	0.22	12.781*
		Physically inactive	8.39	0.30	
4.	Arm Strength	Physically Active	26.97	1.51	12.059*
		Physically inactive	18.82	1.56	
5.	Leg Explosive power	Physically Active	1.32	0.16	3.163*
		Physically inactive	1.23	0.07	

*** Significant at α=0.05**

It could be noted from the table 1 that physically active students showed significant difference in their Cardio-Vascular Endurance, Agility, Speed, Arm Strength and Leg Explosive Power when compared to Physically Inactive students.

DISCUSSION AND CONCLUSION

As in table 1 that the obtained _t‘ ratio for Cardio-Vascular Endurance, Agility, Speed, Arm Strength and Leg Explosive Power are 3.47 14.016, 12.781, 12.059 and 3.163 respectively. Obtained t - values were found significant as they were greater than the table value at 0.05 level of confidence. This showed the effect of physical education classes on selected health related fitness characters. The study revealed the positive effect of physical activities which are involved in physical education classes such as running, chasing, jumping, hoping and many more physical activities in improving the selected physiological and motor characters such as Cardio-Vascular Endurance, Agility, Speed, Arm Strength and Leg Explosive Power of students. Hence physical education with certain form of physical activities and sports should be a part of a curriculum and should take a prominent role in regular time table in order to improve physical and mental health of students which intern brings the good academic achievements.

REFERENCES:

Baumgartner, A and Andrews Jackson. (1987). *Measurement for Evaluation in Physical Education and Exercise Sciences.* 3rd. Dubugue, IOWA; W.M.C. Brown Publishers.

Jonson Barry.L and Nelson Jack. K. (1988). Practical Measurement for Evaluation in Physical Education. Third Edn. Surgeethpublicaltions.

Lacy, Alanc, Hastad, Douglas N. (1989). Measurement and Evaluation, Strategies. Vol:2.No:3.

Salaj. S., Markovic, G. (2011). ―Specificity of Jumping, Sprinting, and Quick Change-of-Direction Motor Abilities.‖ Journal of Strength & Conditioning Research. May;25(5):1249-55.