

Comparison of Physical Fitness between Intercollegiate Men Athletes and Non-Athletes

Dr. K. M. Valsaraj

Associate Professor and Head, Dept. of Physical Education,
Lucknow Christian College, Lucknow



ABSTRACT

The purpose of the study was to compare the general fitness between college men athletes and non-athletes. For this purpose, the following variables such as Speed, Endurance, Strength, Agility, Flexibility, and Explosive power were selected as variables. To achieve this purpose thirty college men students aged between 18-25 years were selected as subjects. The data were collected on each criterion variables by using standardized tests and they were tested for statistical significant by independent 't' test. It was found that there was significant difference on Speed, Strength, Agility, Flexibility, Endurance and Explosive power between college men athletes and non-athletes.

INTRODUCTION

Physical Fitness– A measure of the body's ability to function efficiently and effectively in work and leisure activities, resist hypokinetic diseases and to meet emergency situations. Physical fitness is a state of good health and well-being of an individual. It is also a state when the mind is at rest. Physical fitness is by and large achieved through correct nutrition, exercise and enough rest.

The physical education profession is entering one of the most exciting-dynamic eras individual the history. Traditionally the physical education profession has been viewed as providing services with in the educationally field specifically to be performed from the schools

with in the last 30 years the scope of physical education has expanded tremendously. Now a day's people are aware of physical fitness and they know the importance of physical education.

The physical education is one part of the education process. In physical fitness, it is very important for the youth people is knowing that slogan a sport for all, It is developed of physical, mental, emotional, social and spiritual thought the medium of physical activities. Physical education is an integral of total education process. The basis of the human existence is physical although the body houses the mind and the spirit. Man therefore, is an indivisible of "body, mind and spirit".

The word physical refers to perform the body and indicated bodily characteristics, such as a strength, speed, endurance, flexibility, agility, explosive power and performance. It seemingly contrasts the body with the mind. It refers to be performed from after process of education that develops the human body especially fitness and movement skills.

METHODOLOGY

Subjects

To achieve this purpose thirty college men students aged between 18-25 years were selected as subjects.

Variables

For this purpose, the following variables such as Speed, Endurance, Strength, Agility, Flexibility, and Explosive power were selected as variables.

DATA ANALYSIS

The data were collected on each criterion variables analyzed by using independent 't' test, if any, significant difference between athletes and non-athletes. The following table illustrated the statistical result of the comparative study of general fitness between college men athletes and non-athletes.

SUMMARY OF MEANS AND INDEPENDENT 't'-TEST ON SELECTED VARIABLES OF ATHLETES AND NON-ATHLETES

Criterion variables	Athletes	Non-athletes	't'-Test
Speed	6.79	7.19	17.54*
Endurance	2866.67	2633.3	3.04*
Strength	28	23	5.04*
Agility	9.58	11.66	4.12*
Flexibility	35.13	31.71	3.23*
Explosive Power	2.41	2.10	6.12*

*Significant at .05 level for 't'-test with df 28 is 2.04)

From the table the independent 't'-test values of Speed, Endurance, Strength, Agility, Flexibility, and Explosive power between the athletes and non-athletes were greater than the table value 2.04 with df 28 at .05 level of confidence, it is concluded that there was significant difference Speed, Endurance, Strength, Agility, Flexibility, and Explosive power between college men athletes and non-athletes. However, College men athletes had better performance in selected criterion variables when compared to the college men athletes.

CONCLUSIONS

Based on the results obtained by statistical analyses of the data the following conclusions were drawn.

1. There was significant difference found in Speed, Endurance, Strength, Agility, Flexibility and Explosive power between college men athletes and non-athletes.
2. It was found that the college men athletes have better fitness when compared to the college non-athletes.

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