

An Analytical Study On Status Of Health Related Physical Fitness Among Children On Goa

Satyavan Harmalkar
Research Scholar,
Kayalseema University

Introduction

Physical fitness being the prime factor of consideration for the physical educationist and sports coaches around the world as it is essential for the participation of health fitness physical activities and in highly skill sporting activity. As person with optimum and sufficient level of physical fitness can participate in the physical activities and vice versa, by participation in the physical activities one can improve the status of physical fitness is an unforthomable phenomenon. It would be better to delimit the discussion to the meaning of physical fitness and the components of physical fitness.

Physical fitness is the ability to carry out task with vigor and alertness without undue fatigue and with ample energy to enjoy leisure time pursuit and to meet unusual situation and unforeseen emergencies.

Objectivity Of Study

The purpose of the study was the measure the various individual components of the health related physical fitness of the children 9 to 12 age in school.

The components of health related physical fitness are cordi-respiratory endurance, muscular endurance, muscular strength, body composition and flexibility. This components in ideal proposition make an individual healthy and hence the present comparative study consent rates on vary young children health related physical fitness. The present children are the future citizens of the nation and since the strength of the nation depends of health of citizens of the nation children should be monitored in the health status.

Methodology

As the research study was aimed to conduct study among school 9 to 12 age children on their health related physical fitness. Mainly subject was included in the study basing on the very self acquainted physical educator teacher personally to the scholar. Since there is lot of physical Co-operation needed during research study. The age group of the students was between nine to twelve years.

The health related physical fitness comprises on different components like Body composition (lean body weights), cardio respiratory endurance, muscular endurance and muscular strength. The procedure for the measurement of the above individual components are as follows.

1) BODY COMPOSITION

The percentage of the lean body weight to total body weight was calculated . To find out the body lean weight of children the regression education proposed by Behrike and Wilmore was used.

2) CARDIO – RESPIRATORY ENDURANCE

This component of the Health Related Physical Fitness was measured for each child by measuring the mile run/ walk timing taken to the nearest one tenth of the second.

3) FLEXIBILITY

This component of Health Related Physical Fitness for each child by measuring the range achieved in flex on at the hip joint, while setting on the floor, with outstretched legs. The sit and reach measure was used for this purpose.

4) MUSCULAR ENDURANCE

This components of the health related physical fitness was measured through sot up test. The procedure as laid down in the reference hook was followed to conduct and measure the sit up test performance.

5) MUSCULAR STRENGTH

This component of the Health Related Physical fitness was measured through the pull up test. As describe in the reference book the pull up test was conducted to measure the strength of the arms and shoulders during the pull up movement of the subject.

Result And Finding

- 1) The children show significantly different among themselves on the Body but present and in then Body composition values.
- 2) Some school children shoe significantly higher cardio- respiratory, endurance then the other.
- 3) Some school children show significantly higher strength endurance than other.
- 4) Some school children are significantly different among themselves on their strength of their upper body major muscle.
- 5) Some school children are significantly higher strength endurance than the other.
- 6) Some school children show significantly higher flexibility at the hip joint than other school children.

Conclusion

Body composition (percent body fat) cardio respiratory endurance strength endurance strength and flexibility.

- 1) Some children showed significantly higher percent body but when compared to other school children. Some children showed significantly less body fat and this portion is less than there commended percent body fat for the children on average. Whereas the percent body but for the children on average. Where as the percent Body but possessed by the school children is quite allowing and proper measured are to be taken.
- 2) Some children showed significantly lower cardio respiratory endurance levels, when compared to the other children, But some children showed no significant difference in their cardio respiratory endurance level.
Poor respiratory endurance of the some children along with their high percentage of me body fat should be considered seriously.
3. in connection to me strength endurance component of the Health related physical fitness, some children shows significantly high value when compared to other some children showed significantly high status in strength endurance when compared to the other children.
4. When required to the strength component of Health related physical fitness, some children showed significantly high value when compared to other children. Some children also showed significantly high strength when compared to other children. Some children showed less strength than the other of the research study.
5. some children showed significantly high flexibility when compared to the other children. But made is no difference in one flexibility one children.

6. in all the Health related physical fitness component compared in the research study, children showed comparatively less value when compared to the other children of the research study.

Recommendation

The following important recommendation are proposed by one scholar after analyzing one conclusion.

1. Health related physical fitness is also important in children, efforts must be there to increase the different components of the Health related physical fitness along with the sports and games participation. The sufficient physical exercises are necessary for these children and it should be made man factory for school administrators to adopt these programs as compulsory and this extent once must be government involvement on supervisory authority.
2. There must be appointment of well trained fitness individual or physical education teachers even for the primary school students to improve their health related physical fitness. Special programs of fitness must be devised and implemented for school children apart from games and sports activities.
3. There must be orientation classes even to the parents of children so that the parents will realize the scientific basis of the health related physical fitness before the major damage occurs to the nation.
4. Extensive research studies must be concluded in similar lines or more elaborate manner to develop Health related physical fitness norms.
5. Similar studies may be conducted among the various children group keeping in view of their economic status geographical differences, genetical variations etc.

Reference

1. Villa- Caballero L, Caballero- Solanovet. Al Obesity and socioeconomic status in children of Tijuana, AM J Prev mel. 2006 Mar, 30(3) PO 197- 203.
2. Borry L Johnson and Jack K Nelson, practical measurement for evaluation in physical education, Surjeet Publications?, Delhi P-74.
3. Bethol H. Rona, RJ et at. Variation in physical fitness between e thick group in nine year olds, International Journal of Epidemiology, 1999, 28/27 O.P 281-286.