

Comparative study of selected physical fitness components among b.p.ed. And b. Ed. Students

DR. PRAVINDRA KUMAR (Assistant Professor)
Department- Physical Education
S.M.P. GOVT. GIRLS P.G. COLLEGE
MEERUT (U.P.)

Introduction

The health related physical fitness which is considered as key component in an individual's life is develop and protected through participation in various Physical activities. This Physical activity may be by means of direct involvement in various kinds of activities or else through leading active and quality life style. The quality life of individual is measured not by the length of life alone but mainly on how an individual is possessed with better vigor and health to save him and the society. Physical fitness is a term, which has different meaning for different people. For a simple man to have a good physique (appearance) is a symbol of physical fitness. For a doctor proper functioning of various important systems of our body is physical fitness. Actually physical fitness of an individual may be explained as the capacity to do the routine activities without getting undue fatigue, to meet emergencies, to face stress situations and still have more energy to do some more work with better recovery process.

Nixon

Physical fitness refers to the organic capacity of the individual to perform the normal task of daily living without undue fatigue having reserves of strength and energy available to meet any emergency demands suddenly placed up on him. Sports and physical activities have been an integral part of human life. Science in caption is universally accepted that sports and games act as tools for achieving the fitness goal. Physical Education program effects positively on physical fitness and body composition have been considered as a vital factor with the physical fitness competes which contribute to the athletic and the performance body composition is the perforation lean body mass.

In this study, an attempt is made to find out the effect of physical education program on body composition variables of B. P. Ed. and B. Ed. Students. Physical fitness is the start which characterize a reasonable act to perform at its optimum level is one of the most important relationship before B. Ed. students. Physical fitness to the human body with fine turning is an engine that enable us to perform upto our potential fitness can be described as a condition that help us for buffer look, pleasant feel and do best. More efficiently it is the ability to perform daily task vigorously and ability with the energy left out for enjoying lesser time activity and meeting emergency demand. Physical fitness involves performance of the heart and lungs and the muscles of the body and science what we do and our body also effect what are can do and our mind fitness influence to same athletes. Such mental alertness and emotional stability. Regular Physical activities is required for an individual to develop and mansion physical fitness regularity regression. Total body involvement specificity to learner, warming up, limberingdown rest and sleep. Regular physical activity is required for an individual to develop and maintain physical fitness is biological necessity.

Objective of the study

Purpose of the study was to compare physical fitness variable But knee sit-ups, standing broad jump, shuttle run among B. P. Ed students and B. Ed students in campus level (university level).

Methodology

100 student each of B. P. Ed and B. Ed at university level were selected randomly. All the students were tested for the Physical fitness test. Physical fitness variable were measured by using AAhpere youth fitness battery.

Conclusion

Fitness on the health and physical activities of B. P. Ed. and B. Ed. Students were studied. But B. P. Ed. students were found with sound health in all activities in comparison with B. Ed. Students. Achievement motivation may only be applicable in a setting where a person knows his performance will be evaluated by himself and/or other in terms of some standards or criteria of excellence and that the outcome of his performance will be either favorable (success) or unfavorable (failure). Individuals who exhibit a high need for achievement are optimistic, conscientious and ambitious and show more frequent patterns of delayed gratification and long time involvement. Highly motivated individuals attach more importance to pursuit of excellence in performance than to prestige while the reverse is true for those low in motivation (McClelland, 1953). An understanding of the nature of achievement motivation is helpful in understanding kinds in general as well as individually in terms of what they do, how well they do, and how long they continue in sports.

Mokashi (1986) maintained there was little research in achievement motivation in sports, even though many psychologists, maintained that achievement motivation was an important factor in sports which definitely affected the performance of a player. The urge to be physically and mentally fit in sports in general in a particular activity is affected by many factors such as intelligence and achievement motivation. There is a need for physical fitness and optimal health for everyone. The regular exercise plays a critical role in modern society. Even though exercise has become less necessary in the normal word of many adults, the need for regular exercise has not been decreased. Though we do not have to flee from saber toothed tigers or fight wild animals for our food, our bodies still respond with the fight or flight response. The body is ready for activity, but the activity never comes. As a result many people lack physical fitness and suffer from hypo kinetic disease, or diseases associated with inactivity.

References:-

Benadryl s eidola and Mathew Reick 1974. Physical Education an overview. Ontario Addison Wesley publishing co. page 45

Clarke, h. Harrison. Application of measurement cliff N.J. principal Model. L.L.C. 1976.

Aggarwal S. C. and Aggarwal V. (2009). A study of teacher in Relation to their Sub. Satisfaction. Journal of teacher Education and Research Study (2) P.P. (58-64).

Gardneer Bastain, C. Larry. "Physical Fitness Motivation and Athletes" Int. Journal of Sports Psyschology,12: 204- 215, 1981.

Asmuseen, E., and M. Nelsen, Cardiac Output during Muscular work and its Regulation, Physiol. Rev., 35: 778. (1955).

Blomqvist, G., and J. Stenberg. The ECG Response to Submaximal and Maximal Exercise during Acute Hypoxia, in G. Blomqvist: The Frank Lead Exercise Electrocardiogram, Acta Med. Scand., 178 (Suppl. 440) : 82. (1965).

Albright, et. Al., “American College of Sports Medicine Position Standard Exercise and Type 2 Diabetes”, Medical and Science in Sports and Exercise, 32: 7 (July 2000).