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EFFECT OF HEALTH RELATED PHYSICAL FITNESS COMPONENTS AMONG SPORTS PERSON AND NON-SPORTS PERSON OF PRAYAGRAJ[p.p-41-46]

Mishra Shailesh Chandra*
*Research Scholar, Allahabad University, Prayagraj, (U.P), India.
Email:shailesh9111987@gmail.com

ABSTRACT
The main objective of the study was to the health related Physical Fitness components among Sports Person and Non-Sports Person. 48 female students studying in Allahabad University, Prayagraj were selected as subjects for the present study. 12 players from Basketball, 12 players from Kho-Kho they were considered as Sportsperson. Remaining 24 Non-Sports Persons selected randomly from the concerned university for this study having no sports background. The subject's age ranged from 17 to 26 years. The variables for study were Cardio-Vascular Endurance, Agility, and Muscular Endurance. Person mean difference method (t ratio) 't' test was used. The level of significance was set at 0.05 levels. Results of the study clearly indicate significant difference in selected health related physical fitness components among Sports Person and Non-Sports person.
Keywords: Health related Physical Fitness, Sports Person & Non-Sports Person.

INTRODUCTION

Physical fitness is an important part of our life in general, it is not only important for competitive sports but also for day to day life. Every Nation now a day is giving importance to physical fitness for its citizens, recognizing that physical fitness improves health and happiness. It also improves the muscular performance of the human being; it is the performance enhancer in competitive situations and also develops emotional stability, endurance, strength, agility, speed, flexibility and co-ordination. Therefore, regular physical activity stimulates growth and development of an individual. The five components of physical fitness are often use to measure the fitness level of an

individual they all together make up total fitness that can be defined by how well the body performs in each one of the components of physical fitness as a whole. These are:

Cardiovascular endurance is the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during sustained workloads. Examples would be jogging, cycling and swimming. The Cooper Run is used most often to test cardiovascular endurance. Muscular strength is the amount of force a muscle can produce. Examples would be the bench press, leg press or bicep curl. The push up test is most often used to test muscular strength. Muscular endurance is the ability of the muscles to perform continuous without fatiguing.

Examples would be cycling, step machines and elliptical machines. The sit up test is most often used to test muscular endurance. Flexibility is the ability of each joint to move through the available range of motion for a specific joint. Examples would be stretching individual muscles or the ability to perform certain functional movements such as the lunge. The sit and reach test are most often used to test flexibility. Body composition is the amount of fat mass compared to lean muscle mass, bone and organs. This can be measured using underwater weighing, Skinfold readings, and bioelectrical impedance. Underwater weighing is considered the "gold standard" for body fat measurement, however because of the size and expense of the equipment needed very few places are set up to do this kind of measurement.

OBJECTIVE OF THE STUDY

The main objective of the study was to the health related Physical Fitness components among Sports Person and Non-Sports Person.

DESIGN OF THE STUDY

48 female students studying in Allahabad University, Prayagraj were selected as subjects for the present study. 12 players from Basketball, 12 players from Kho-Kho they were considered as Sportsperson. Remaining 24 Non-Sports Persons selected randomly from the concerned university for this study having no sports background. The subject's age ranged from 17 to 26 years. The variables for study were Cardio-vascular Endurance, Agility, and Muscular Endurance. Person mean difference method (t ratio) 't' test was used. The level of significance was set at 0.05 levels.

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RESULTS & DISCUSSION

Mean difference method (t ratio) 't' test was used to Compare the selected Health related Physical Fitness components between Sports Person and Non-Sports Person. The level of significance was set at 0.05 levels.

Table No-1

Mean comparison of cardio-vascular endurance among the sports person and non-sports person

	Sports Person	Non-Sports Person	"t" ratio
Mean	1650	1150	30.079
SD	50.85476	50.85476	

Significant t 0.05 (46) = 2.000

The table-1 reveals the significant differences of Cardio-vascular endurance between sports person and non-sports person, as the calculated value of 't'= 30.079 is less than the tabulated t.05 (58) = 2.000

Fig. 1: Graphical representation of cardio-vascular endurance of sports person and non-sports person

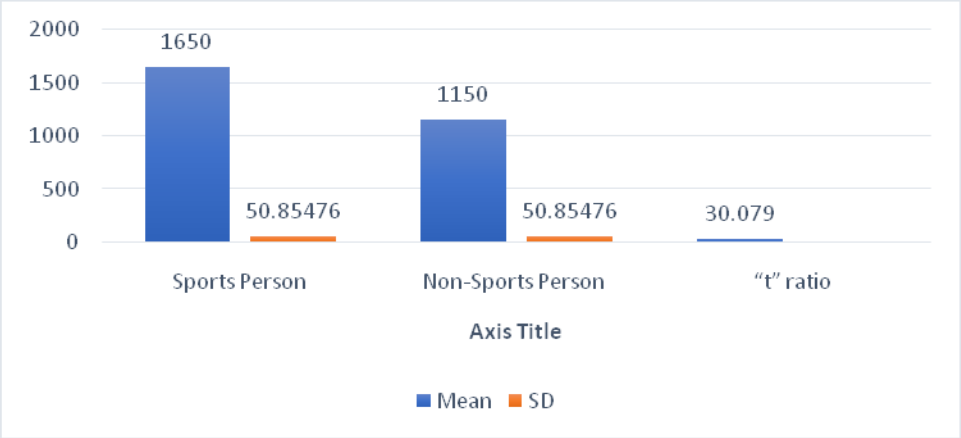

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Table No-2

Mean comparison of agility among sports person and non-sports person

	Sports Person	Non-Sports Person	"t"
Mean	12.500	15.500	22.847
SD	.50855	.50855	

Significant t 0.05 (46) = 2.000

The table-2 reveals the insignificant differences of agility between the sports person and non-sports person, as the calculated value of 't'= 22.847 was less than the tabulated t.05 (58) = 2.000.

Fig. 2: Graphical representation of agility among sports person and Non-sports person

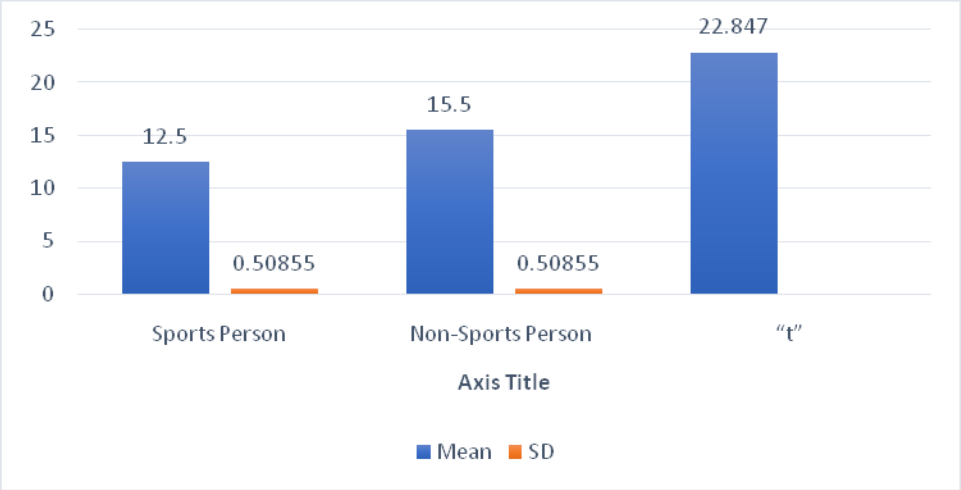

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Table No-3

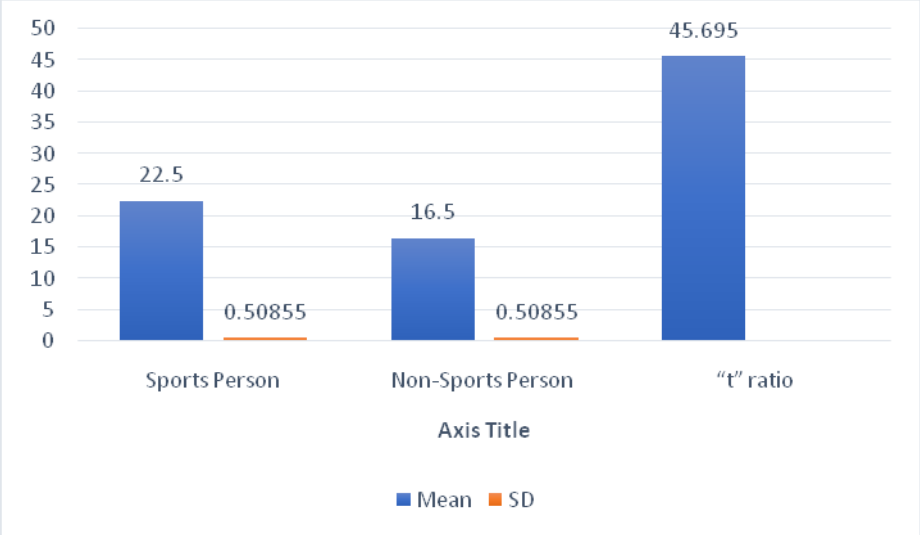
Mean comparison of muscular endurance among the sports person and Non-Sports person

	Sports Person	Non-Sports Person	"t" ratio
Mean	22.500	16.500	45.695
SD	.50855	.50855	

Significant t 0.05 (58) = 2.000

The table-3 reveals that there is a significant difference of muscular endurance between the sports person and non-sports person, as the calculated value of 't'= 45.695 was less than the tabulated t.05 (46) = 2.000

Fig. 3: Graphical representation of muscular endurance between sports person and Non-Sports person



CONCLUSIONS

The findings of the study revealed that there were significant difference of Cardio-vascular Endurance, Agility, and Muscular Endurance between sports person and non-sports person of the concerned university.

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