

EFFECT OF CONDITIONING ON SELECTED PHYSICAL FITNESS COMPONENTS ON TEACHER TRAINEE

(Received on: 22 Oct 2014, Reviewed on: 30 Jan 2015 and Accepted on: 02 Feb 2015)

Dr. Kallol Chatterjee, Asst. Professor,
P.G.G.I.P.E, Banipur North 24 Pgs, W.B.

Dr. Deba Prasad Sahu, Assistant Professor
Mahishadal Girls' College, Purba Medinipur, W.B.

Mr. Biswabandhu Nayek, Guest Lecturer,
Sree Chaitanya College of Commerce, W.B



Abstract

The purpose of the study was to investigate the effect of conditioning on selected Physical Fitness components on physical education students. In 30 male B. P. Ed students from P.G.G.I.P.E. Banipur North 24 pgs, West Bengal were selected as the subjects for this study. The age of the subjects range between 22-25 years. 50 Yards Dash, Shuttle run, Standing Broad Jump, Bent Knee Sit Ups, 600 Yards run and Walk tests were considered as the variables of the study. Student 't' test was applied to calculate the collected data at 0.05 level of significance. The result showed that there was significant different in Physical Fitness components of 50 Yards Dash and 600 Yards run and Walk tests and the result also showed that there was no significant different in Physical Fitness components of Shuttle run, Standing Broad Jump, Bent Knee Sit Ups.

Keywords: Conditioning, Physical Fitness components and Physical Education Students.

Introduction

Fitness for living in the house or on the farm or at office or factory or in work places or in any service implies freedom from disease, enough strength, endurance and other abilities to meet the demands of daily living. Doing physical activity everyday contributes to optimum health and quality of life. Life styles can be changed to improve health and fitness through daily exercises. Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It also improves mental health, helps prevent depression, helps to promote or maintain positive self-esteem, and can even augment an individual's sex appeal or body image, which is also found to be linked with higher levels of self-esteem. Childhood obesity is a growing global concern and physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the "miracle" or "wonder" drug—alluding to the wide variety of proven benefits that it provides.

Physical exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system. Developing research has demonstrated that many of the benefits of exercise are mediated through the role of skeletal muscle as an endocrine organ. That is, contracting muscles release multiple substances known as myosin's which promote the growth of new tissue, tissue repair, and multiple anti-inflammatory functions, which in turn reduce the risk of developing various inflammatory diseases.

Physical education complements education in virtue and knowledge. Moreover, both virtue and knowledge reside in the body. Without the body there would be neither virtue nor knowledge. Those who understand this are rare. People stress either knowledge or morality. Knowledge is certainly valuable, for it distinguishes man from animals.

Physical education not only strengthens the body but also enhances our knowledge. There is a saying: Civilize the mind and make savage the body. This is an apt saying. In order to civilize the mind one must first make savage the body. If the body is made savage, then the civilized mind will follow. Knowledge consists in knowing the things in the world, and in discerning their laws. In this matter we must rely on our body, because direct observation depends on the ears and eyes, and reflection depends on the brain. The ears and eyes, as well as the brain, may be considered parts of the body. When the body is perfect, then knowledge is also perfect. Hence one can say that knowledge is acquired indirectly through physical education. Physical education stands on physical exercise, and different conditioning program. The effect of that type of program can develop physically, mentally; socially that means overall development of human beings.

Methodology

For the purpose of the study 30 male Physical Education Trainee students aged between 21-26 years were selected from P.G.G.I.P.E Banipur. To understand the effect of conditioning the selected Physical fitness component was measured with the help of different test.

1 Speed was measured by asking the students to run as fast as they can up to 50 yards (45.72 meter) and the result were recorded to the nearest 1/100th seconds,

2 4×10yds shuttle run test was administered to measure agility and the results were recorder to the nearest1/100th seconds,

3. Standing Broad Jump test was administered to measure explosive leg strength of the leg and the results were recorded in feet and inches.

4. Abdominal strength and endurance was measured through Bend knee sit up test for one minute and the number of legal sit up was considered as a result.

5. 600 yard Run Walk test was administered to measured cardio vascular endurance. The subjects were asked to run and walk for a distance of 600 yards with full effort and the time was recorded in second.

To compute all the results Students't' test was employed to find out Significance at0.05 level of significance.

Results and Finding

TABLE -1
WEEKLY TRAINING PROGRAM OF PHYSICAL EDUCATION
TRAINEE STUDENTS

DAY	PARTICULARS	TIME
Monday	Endurance type of activitys	45 min.
Tuesday	Strength type of activitys	45 min.
Wednesday	Speed and agility type of activitys	45 min.
Thursday	Endurance type of activitys	45 min.
Friday	Strength type of activitys	45 min.
Saturday	Flexability type of activitys	45 min.
Sunday	Rest	Rest

TABLE -2
COMPARISON OF TEACHER TRAINEE STUDENTS OF
PHYSICAL EDUCATION.

Variable	Pre-Test (Mean)	Post-Test (Mean)	Pre-Test (S.D)	Post-Test (S.D)	't' ratio
50 Yard dash	6.99	6.62	.50	.21	2.96*
600 Yard Run Walk	113.6	104.4	18.36	8.24	2.54*
Shuttle Run	10.47	10.26	.65	.51	1.31
Sit up	44.36	47.10	7.17	8.11	1.39
Standing Broad Jump	2.18	2.22	.16	.15	.80

Table value- $t_{0.05}(58) = 2.000$, *Significant at 0.05 level

Discussion of Finding

It is observed that there has been no significance difference of Shuttle Run, Bent knee Sit Up, Standing Broad Jump of the subjects. The result showed that mean of 4×10yds Shuttle Run in Post- test was better than Pre-test due to the reason that daily training schedule of the subjects did not contribute to much agile movements. In case of Bent Knee Sit Ups it was found that the result of Post- test were superior in

abdominal strength compare to Pre-test. The fact may be due to over looking on development of abdominal strength.

In case of Standing Broad Jump, result of Post- test had showed superior than the Pre-test due to their demand of skill developed in their training schedule and also during the play which has been reflected in the result.

It is also observed that there has been significance difference on 50 Yards Dash, 600 Yards Run and Walk test.

In case of speed and endurance the researcher found that Post- test had shown superior to the Pre-test. The fact may be due to the participation of subjects in regular games and sports for longer duration.

Conclusions

It was found that there is a significant difference in Speed while comparing Pre-test and Post-test. The speed of Post-test is much higher in comparison to speed of Pre-test.

It was found that there is a significant difference in Endurance component of the Pre-test and Post-test. The endurance of Post-test is much higher in comparison to endurance of Pre-test.

It was found that there is no significant difference in Shuttle Run of the Pre-test and Post-test. The Shuttle Run of Post-test is much higher in comparison to Shuttle Run of Pre-test

It was found that there is no significant difference in Sit Up of the Pre-test and Post-test. The Sit Up of Post-test is much higher in comparison to Sit Up of Pre-test

It was found that there is no significant difference in Standing Broad Jump of the Pre-test and Post-test. The Standing Broad Jump of Post-test is much higher in comparison to Standing Broad Jump of Pre-test.

Reference

- Fox, K.R. (1999). "The influence of physical activity on mental well-being". *Public Health Nutrition*, 2 (3a), 411-18.
- Hu, F.B., et al. (2004). "Adiposity as compared with physical activity in predicting mortality among women". *The New England Journal of Medicine*, 351 (26), 2694-2703.
- Corder, O.W and Pridmore, H "Effects of Physical Education on Psychomotor Development of Educable Mentally Retarded Boys" *Education and Training of the Mentally Retarded* (1966), 163-167.
- Oliver, J.N. "The Effect of Physical Conditioning Exercise and Activities on the Mental Characteristics of Educational Subnormal Boys" *British Journal Of Physiology* 1958.
- Rarick, G.L., Widdop, J.H. And Broadhead, Gd "Physical Fitness and Motor Performance of Educable Mentally Retarded Children" *Exceptional Children* 1970.
- Walter Kroll, "An Anthropometrical Study of Some Big Ten Varsity Wrestler" *Research Quarterly* 1954.
- Johnson Barry L., Nelson Jack K. "Practical Measurement for Evaluation in Physical Education" 2012.
- Verma J.Pakash "A Text Book On Sports Statistics"
- Deshpande Manali S. 2010 *History of The Indian Caste System And Its Impact On India Today* Socs 461, 462 Senior Project Social Sciences Department College Of Liberal Arts.
- Bharshandar, JR., Bharshankar RN., Deshpande VN., Kaore SB., Gosavi GB., "Effects of Yoga on Cardio Vascular System in Subjects above 40 Years", Department of Physiology, Govt., Medical College ,Nagpur (April 2003) p.p.-22-26
- Lippincott Williams & Wilkins (2006). "ACSM's Guidelines for Exercise Testing and Prescription"(7th ed.). Philadelphia.

