



EFFECT OF SIX WEEK CONDITIONING PROGRAM ON SELECTED PHYSICAL FITNESS VARIABLES OF SCHOOL STUDENTS

Dr. Anshu Rani, Assistant Professor

Mr. Noor Ahmad, MPED Scholar

Dept. of Physical Education, Institute of Professional Studies, Gwalior (M.P.)



ABSTRACT

Conditioning refers to the series of activities by which one attempts to improve a given physiological function, which may or not be for the purpose of bettering a skilled performance. Conditioning is a process by which the physical fitness qualities are improved. Conditioning refers to those practices which enables an athlete to remain in his/her shape and helps the athlete in executing efficient performance and healthful living. The purpose of present study was to find out the impact of Six week conditioning program on the selected physical fitness variables of school students. For this purpose 30 male subjects were selected for the study from Agarwal Public School, Indore (M.P.) with the help of random sampling. The age of all subjects was ranging from 16-19 years. Pre data was taken by assessing all variables and After 6 weeks conditioning program, all the variables were again tested, the gathered data was analyzed through SPSS and pair't test was used and level of significance was set at 0.05. After analyzing it was found that 6 weeks conditioning program has given a positive impact on the selected physical fitness variables of school students.

Keywords: Sports, Fitness, Performance and Healthy Life.

INTRODUCTION

Physical fitness is a factor, which normalizes function, prevents or relieves and strengthens the body's vital forces. Quick reactions in the processing of information's as well as maximum constriction and observance of a variety of control physiological and psychological abilities with an optimum amount of motor recreation physical coordination and visual observance. Sport is all form of physical activities which through casual or organized participation aim to use maintain or improve physical fitness and provide entertainment to participants. Sports are most often played just for fun or for the simple fact that people need exercise to stay in good physical condition. The objectives of recreational sports are health and recreation. Physical fitness is a complex phenomenon consisting of various factors such as speed, strength, flexibility, endurance and coordinative ability. Physical education trends have developed recently to incorporate a greater variety of activities. Conditioning is the training process the athlete goes through to become physically fit. The conditioning program includes running, hopping, jumping and stretching exercise callisthenic type. Conditioning refers to the series of activities by which one attempts to improve a given physiological function, which may or not be for the purpose of bettering a skilled performance. Conditioning is a process by which the physical fitness qualities are improved. Conditioning refers to those practices which enables an athlete to remain in his/her shape and helps the athlete in executing efficient performance and healthful living.

METHODOLOGY

Total Thirty [N=30] male subjects were selected for the study from Agarwal Public School, Indore (M.P.) with the help of random sampling. The age of all subjects was ranging from 16-19 years. Six week conditioning Program (Independent Variable) and Flexibility, Endurance and Speed were selected as Dependent Variable. In addition to participation in practical instructional class the subject were regularly participated in conditioning program of forty minutes in the morning at 6:00 am to 6:40 am in the school sports complex, conditioning session was six day per week. All the subjects were enquired about their medical history and they were also requested to report any other conditions, which may cause them any kind of problem in exercise. One group pre test –post test research design was used for



the study. After pre test training was given and then followed by post test. The data was collected for each variable by administering their respective tests. To ensure that the data collected was reliable, sufficient numbers of trials were given to all subjects. The gathered data was analyzed through SPSS and pair ‘t’ test was used and level of significance was set at 0.05.

RESULTS

The results of the study after analysing the pre and post data of 6 weeks conditioning program on selected physical fitness variables of school students are shown in the below given tables.

**TABLE NO. 1
 COMPARISON OF SPEED OF THE STUDENTS**

| Test | Mean | S.D. | M. D. | S. E. | t' ratio |
|------|------|------|-------|-------|----------|
| Pre | 6.48 | .30 | 0.12 | 0.06 | 2.62* |
| Post | 6.30 | .24 | | | |

*Significant at 0.05% level of significance, $t_{(29)(0.05)} = 2.05$

Table no.1 shows that there is significant difference in pre and post speed results of students as the obtained “t” value 2.62 is significantly higher than the tabulated “t” value 2.05 at the 0.05 level of significance.

**TABLE NO. 2
 COMPARISON OF ENDURANCE OF THE STUDENTS**

| Test | Mean | S.D. | M. D. | S. E. | t' ratio |
|------|------|------|-------|-------|----------|
| Pre | 2.42 | .12 | 0..18 | 0.03 | 3.69* |
| Post | 2.30 | .11 | | | |

*Significant at 0.05% level of significance, $t_{(29)(0.05)} = 2.05$

Table no.2 shows that there is significant difference in pre and post endurance results of students as the obtained “t” value 3.69 is significantly higher than the tabulated “t” value 2.05 at the 0.05 level of significance.

**TABLE NO. 3
 COMPARISON OF FLEXIBILITY OF THE STUDENTS**

| Students | Mean | S.D. | M. D. | S. E. | t' ratio |
|----------|------|------|-------|-------|----------|
| Pre | 6.00 | 1.91 | 1.50 | .54 | 2.74* |
| Post | 7.50 | 2.19 | | | |

*Significant at 0.05% level of significance, $t_{(29)(0.05)} = 2.05$



Table no.3 shows that there is significant difference in pre and post flexibility results of students as the obtained “t” value 2.74 is significantly higher than the tabulated “t” value 2.05 at the 0.05 level of significance.

DISCUSSION OF FINDINGS

After going through the analysis of pre and post training data of all the selected physical fitness variables, results were found significant. Significant differences were found in pre and post values of all the variables i.e. Speed, Endurance and Flexibility. Thus null hypothesis may be rejected and it may be concluded that 6 weeks conditioning programme was effective on physical fitness variables of school students. In order to conclude it can be said that 6 weeks conditioning program on school students was found effective.

CONCLUSION

Conditioning is the training process the athlete goes through to become physically fit. A good conditioning programme leads to optimum development of all fitness variables and enables an athlete of any age group to perform in desired manner and keeps the athlete in best shape as per the requirement of the sports or event. Number of researches has shown that conditioning program can play a role in enhancing the performance and health status of students athletes. So within the limitations of the study it can be said that 6 weeks conditioning program was effective on selected physical fitness variables of school students and similar kind of training programme can be done on other age groups by employing a large sample of subjects and may also be conducted on females also.

REFERENCES

- Ball F.J. (1957) A Comparison of 4 Methods of Developing Physical fitness in Jun or High School Girls, Completed Research, Vol. 9,p.42.
- Charies Edward Chalouppaka (1972) The Physiological Effects of Two Maintenance Program following an 8 Weeks of Interval Training. Dissertation Abstracts International, Vol. 33 p. 14-84.
- Chung, Joanne WY et al.(2009) The Impact of Life-style on the Physical Fitness of Primary School Children, <http://www.ingentaconnect.com>, Retrieved on 15 April, 2019.
- Dobie (1935)The Effect of Conditioning Program on Selected Tennis Skill and the Cardio-Vascular efficiency of Women Research Quarterly ,p.39.
- Frank H. James (1966) The Effect of Four Conditioning Treatments on Skill Development and Cardiovascular Efficiency in selected Physical Education Activity Courses, Completed Research in Health Physical Education and Recreation 8, p.92.
- Ikeda N.(1962) A Comparison of Physical Fitness of Children in Iowa, USA and Tokyo Japan. Completed Research in Health, Physical Education and Recreation, 4, p.44.
- Singh R.M. (1986) Physical Fitness Norms of Punjab High School Boys, Unpublished Doctoral Thesis in Physical Education, Punjab University, Chandigarh, p.210.
- Stephen Thomas (1968) A Comparison of the Relationship between Running Speed and Agility, Completed Research in Health, Physical Education and Recreation,10,p.30.