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Effect of Physical Education Program on Physical Fitness of First Year College Girls From Pratibha College, Chinchwad

Anand B. Lunkad,
Pratibha College of Commerce and Computer Studies, Chinchwad, Pune-19,

Ekta A. Jadhav,
Saint Miras College of Girls, Pune-01

Abstract:

This study was aimed at studying the effect of Physical Education program on physical fitness of students from Pratibha College, Chinchwad. To assess the current status of physical fitness of college going girls, researchers used experimental method of pre and post test analysis. Physical education program was designed as per Savitribai Phule Pune University norms and implemented it on this sample. Sample was three hundred first year college going girls from Pratibha College, Chinchwad. This study revealed that physical fitness improved after careful application of this program in the college. Also for girl's students, it was helpful to improve overall health.

Key words – physical education program, Physical fitness

Introduction:

In today's competitive scenario the inactivity or sedentary lifestyle is a common problem in all age group, especially the young generation. It is very necessary to do some kind of physical activity in our day to day life. The benefits of regular, consistent physical activity are well documented. Physical activity plays an important role in the prevention of chronic diseases and conditions including cardiovascular disease, certain types of cancer, type II diabetes, and obesity. (Physical Activity and Health: A Report of the Surgeon General., 1996). It has been recommended that every day the school age children and the teenagers should accumulate at least 60 minutes of moderate to vigorous intensity physical activity to ensure healthy development (L. H. Williams, T.J.Hall and J.E. Rink, 2010) The public health recommendation: Hatona (1993, 1997) has proposed to accumulate 10,000 steps per day to confer health benefit or to be an inactive, which has been taken with the help of pedometer. (Tukor- Locke C, Bassett, 2004). So we can say that regular participation in physical activities is associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological and emotional benefits. As we look towards the college students usually they have very busy schedules and often place exercise at the bottom of their list of priorities. They are spending their entire day in sitting in the classes, meetings, studying in the library and completing assignments using a computer. Some of them are doing jobs and family commitments on the top of our educational responsibilities. And of course remaining time they are spending with their friends and family so very less time they are giving for physical activity (Thomas & Kotecki, 2007). There is evidence that in college level students boys are more active than girls. (Kim Miller). So it is very necessary to motivate the college girls to participate in any kind of Physical activity.

While performing physical activities we are facing lots of barriers such as lack of time and place, suitable facilities, lack of knowledge, enjoyment, self-motivation, self management skills i.e. set personal goals, monitor progress or rewards progress towards such goals, lack of encouragement, supports as well as attitude towards physical activity etc. Many of them feel uncomfortable or shy to go in GYM, fitness classes or on the ground for physical fitness. (L. H. Williams, T.J.Hall and J.E. Rink, 2010). So it is very necessary to work on these kinds of barriers.

The Sedentary persons can increase the Physical Activities in many ways. The Traditional, Structured approach described by the ACSM and others the specific recommendations regarding type,

5



frequency, intensity and duration of activity. Recommended activities typically included jogging, cycling, swimming, fitness classes, yoga, playing any game on ground, climbing, etc. than taking the elevators etc. But looking towards the barriers Suryanamaskar is the best solution for those individuals in which we do not need any kind of equipment, very less time and place is required. No need to go out of our home. (Physical Activity and Health- A report of the Surgeon General, 1996)

Statement of Problem and Significance of the study:

Now a days it is very necessary to do some kind of Physical Activity to be fit or healthy. Away from various kind of diseases but because of today's competitive atmosphere in each field, the young generation is lacking in Physical Fitness as well as they are facing many health problems. They are not able to give enough time for any kinds of Physical activities. It is necessary to motivate the young generation for any kind of Physical Activities such as Suryanamaskar is an Activity which is very helpful for all round development of the body. (Chhabra) because of these kinds of training programs they can live healthy lifestyle and be Physically, Mental and Socially Fit. As the researcher is working in the Pratibha College, Chinchwad, he found that the girls from Pratibha College, Chinchwad are not Physically fit as well as inactive. So the researcher wanted to see are they become Active or not? So the researcher selected cited problem of physical education program on Physical fitness of girls from Pratibha College, Chinchwad.

Objectives

1. To examine the current Physical Fitness level of girls from Pratibha College
2. To execute physical education program.
3. To measure and evaluate the effect of physical education program on the Physical fitness of college girls from Pratibha College, Chinchwad.

Hypothesis:

H₀: There will be no significant effect of physical education program on Physical Fitness of girls from Pratibha College, Chinchwad.

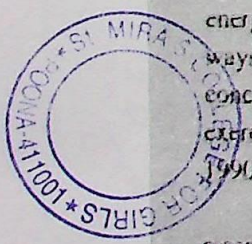
Reviews from related Literature:

Physical activity may influence the physical health of girls in two ways. First, it can cause of disease during childhood and youth. Evidence suggests a positive relationship between activity and a host of factors affecting girls' physical health, including diabetes, blood pressure, ability to use fat for energy. Second, physical activity could reduce the risk of chronic disease life. (Physical activity can be an important feature of a weight control program for girls, 1997)

Physical activity has long been acknowledged as an important part of a healthy life. Recent scientific evidence has linked regular physical activity to a wide range of physical health benefits. Research has demonstrated protective effects of varying strength between activity and risk for several chronic diseases, including coronary heart disease, hypertension, dependent diabetes mellitus, osteoporosis, and colon cancer. (Gutin, 2004) In fact, investigation is that 12% of the total number of annual deaths in the United States is attributable to a lack of physical activity. (Malina, 1991)

Physical activity is typically defined as any bodily movement produced by skeletal muscles that requires energy expenditure above the basal level. (R. Bailey). Physical activity can be categorized in many ways, including type, intensity, and purpose or context. Physical activity is the broad concept around which more specific activities can be arranged. Physical activity, performed as exercise, can also be understood within the context of leisure, recreation and active living. (Bailey, 1990)

One of the most compelling findings from this study was that they are so consistent with research on the predictors of physical activity. These findings indicated males were more active than females.





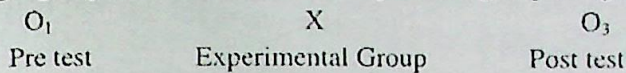
vigorously active than females, while females were more likely to be moderately active. (Sabo, 2004)
 This result was consistent with many other studies demonstrating that males tend to be more physically active than females.

Method of the Study:

To study the effect of physical education program, researchers adopted Experimental research method.

Design of the Study:

Researcher will used Single group Pre test-Post test non equivalent group design.



Variables for the study

Independent Variable: Physical education program. This program consisted of creating environment for Physical fitness, and testing of physical fitness with duration of 12 months.

Dependent Variable: Physical Fitness Components. Physical Fitness was a composite score of Endurance, Strength, and Flexibility.

Population and Sample of the Study

Population of the study was 300 First Year college Girls from Pratibha College, Chinchwad. Sample for this Study was all 300 First Year college Girls from Pratibha College, Chinchwad. (100 % of population)

Tools of data Collections

Physical Fitness test- Flexibility measured by sit and reach test, Endurance measured by 12 min run and walk test. Strength measured by sit ups test.

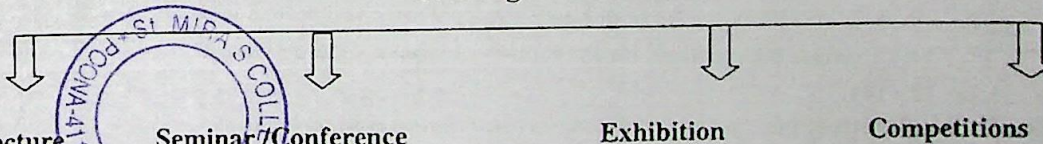
Method of Analysis

Quantitative data

- > **Mean** - Mean is the arithmetic average of a Physical Fitness scores.
- > **Standard deviation** - The standard deviation is the square root of the variance of Physical Fitness score.
- > **t test**- The *Paired Samples t Test* compares two means that are from the same individual, object, or related units. (Pre test- post test).

Procedure of the Study: Preparing Physical Education program

↓
 Creating an Environment



It is an experimental research which will be conducted with the purpose to evaluate the effect of twelve months (once in a week) physical education program on girls from Pratibha College, Chinchwad. The researcher conducted the pre-test on whole sample; this was followed by the implementation of twelve month physical education program. After the completion of physical education program the post-test was conducted. The researcher took pre-test - post test non equivalent group design which includes Physical Fitness test. After collecting the data it was analyzed statistically to see the effect of twelve months physical education program on girls from Pratibha College, Chinchwad.

Data Analysis

Table no. 1 Fitness test data of the year 2015-16 (N=316)

	Sit/ Reach	Marks	VJ	Marks	Sit ups	Marks
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		7	20.3	20	16.68	6
Avg.	13.03		4.38		3.40	
SD	4.09					

Table no. 1 showed fitness test data for the year 2015-16 of all first year girls' students. (N=316) reach mean was 13.03 inch having SD=4.09. Average marks of this sample were 7. (Out of 20) This denoted that flexibility of all students were below average. Vertical Jump test mean was 20.3 having SD=4.38. Average marks of this test were 20. (Out of 20) This denoted that leg power was out of average. Sit ups test mean was 16.68 having SD=3.4. Average marks for this was 6. (Out of 20) This denoted that strength of core was below average.

Table no. 2 Fitness test data of the year 2016-17 (N=326)

	Sit/ Reach	Marks	Sit ups	Marks	12 min r/w	Marks
Avg.	16	16	20	2	1678	04
SD	3		6		228	

Table no. 2 showed fitness test data for the year 2016-17 of all first year girls' students. (N=326) reach mean was 16 cm having SD=3.88. Average marks of this sample were 16. (Out of 20) This denoted that flexibility of all students were above average. 12 minutes run and walk test mean was 1678 having SD=228. Average marks of this test were 04. (Out of 20) This denoted that endurance was below average. Sit ups test mean was 20 having SD=6. Average marks for this was 02. (Out of 20) This denoted that strength of core was very poor.

Conclusion:

This study revealed that physical fitness improved after careful application of physical program in the college. Also for girl's students, it was helpful to improve overall health.

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