

Research Paper :

The effect of movement education on physical and mental fitness of school children

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ABSTRACT

The purpose of the study was to investigate the effect of movement education on physical and mental fitness of school children. Subjects for the study were 15 male students studying in a class 4th of H.P. University, Model School, Shimla. The physical fitness was measured by the selected tests of muscular strength, muscular endurance and cardio-vascular endurance and the mental fitness asses by general awareness test. After 15 days of movement education training programme, the post test of the same physical and mental fitness were conducted. The gathered data were analyzed by using 't' test. The findings of the study indicated that the movement education programme seems to be appropriate for the development of mental and physical fitness of school children.

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Fit people, fit nation is a slogan which emphasizes that the fit citizens are nation's best assets and weak one's are its liabilities. It is the responsibility of every government to promote physical and mental fitness of its citizens because it is the basic requirement to do the daily tasks efficiently (Clarke *et al.*, 1987). Children's physical and mental fitness is of interest to educate us as it improves health and prevents diseases. Movement education is one of the new concepts in the present scenario because it explores the technique to develop the basic skills, self and body involvement in the learning experience. This concept already exists in most of the developed countries.

The purpose of the study was to investigate the effect of movement education on physical and mental fitness of school children.

METHODOLOGY

The subjects were 15 male students studying in a class 4th H.P. University, Model School, Shimla. The school principal was requested through a common circular to render their help to the investigator. The requirement of the research study was explained to the school principal in detail besides explaining to all the subjects in the presence of the school physical education teacher. The physical education teacher exerted the subjects to co-operate in the study even though they might have to work

hard to their utmost limits of capacity in the interest of this study and enhancing their own performance. For selecting the subjects the name of all the subjects were taken from the records of their respective schools and the 15 subjects were selected randomly from the list. All the subjects voluntarily agreed to co-operate in the testing procedure explained to them. They responded favourably and extended all possible co-operations for conducting of tests.

On the first day of the test, all the subjects were assembled and each test item was demonstrated and its requirements and purpose was explained. The subjects were given sufficient time for warming up before conducting of the pre test. For physical fitness the four test items: Pull-ups (AAHPERD, 1976), Sit-ups Bent Knee (Johnson, 1967), 6-minute run/walk test (Custer and Chaloupka, 1977), 50 -Yard dash (AAHPERD, 1976) were conducted. The mental fitness of the students was evaluated by giving them a test in which general and simple question of different areas were asked. This area included Math's, Computer, Transportation, Communication and knowledge about surroundings. The students were evaluated out of 50.

Criterion measures:

The physical and mental fitness tests were conducted