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Health related physical fitness among boys of Kandi and non Kandi areas in Punjab state

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ABSTRACT

Physically fit citizens are the emergent demand of a nation as the fitness of the citizens is an index of the prosperity of the country. The purpose of the study was to assess the health related physical fitness status of the boys of 13-14 years studying in 8th class at various government schools of Kandi and Non- Kandi areas of Punjab state. Random sampling technique was used to select the subjects. Total 1050 subjects were selected for the present study which includes Kandi area boys (N=525) Non-Kandi area boys (N=525). AAHPERD (1980) Health Related Physical Fitness Test Battery was applied for the collection of data. The Battery included four test items: (1) 9-Minute Run, (2) Sum of Skinfold Fat, (3) Modified Sit-Ups, (4) Sit and Reach. The Mean, SD, Mean difference, SEDM and't'-values were calculated to find out the significance of difference and direction of difference between Kandi and Non-Kandi area boys. The level of significance was set at 0.05. The results revealed significant differences on the variables i.e. 9-Minute Run and Sum of Skinfold Fat between boys of Kandi and Non- Kandi area. However, no significant differences have been observed on the variables i.e. Modified Sit-Ups and Sit and Reach between boys of Kandi and Non- Kandi areas of Punjab state regarding health related physical fitness.

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Fitness of man has always concern of everyone but the concept of fitness has been changing from time to time. The earliest human beings were mainly dependent upon their individual strength, vigour and vitality for survival and existence. They had to run and struggle in search for food, shelter and protection from hostile environment. But, with the growth of civilization, fitness was given new dimensions like physical fitness, health related fitness, motor fitness and wellness. Health related physical fitness consists of those components of physical fitness that have a relationship with good health. The components are commonly defined as body composition, cardio-vascular fitness, flexibility, and muscular strength and endurance. However, the degree of development of each varies with the type of physical activity. Health and physical fitness is important to everyone and should be stressed by physical educators and medical people alike (Tancred, 1987). Health-related fitness refers to the state of physical and physiological characteristics that define the risk levels for the premature development of diseases or morbid conditions presenting a relationship with a sedentary mode of life (Bouchard and Shephard, 1993). According to Russel (1985) health related physical fitness is the ability to perform strenuous physical activity with vigour and without excessive fatigue, and demonstration of physical activity traits and capacities that are consistent with minimal risk of developing hypokinetic diseases.

Fat causes poor performances in the area of cardio-respiratory endurance because it not only places an over load on the circulatory system and heart to pump more blood to a large vascular system, but fat also acts as dead weight in the body (thus offering extra resistance to movement) while contributing nothing to muscle contraction (Shaver, 1982). Obesity has long been recognised as an important aspect of human health and the AAHPERD (1980) has included body composition assessment in its health oriented physical fitness test. High percentage of body fat decreases the ability of cardio-respiratory system to supply oxygen to various parts of the body, thereby lowering one's cardio-respiratory endurance capacity. Clarke and Clarke (1975) revealed that one of the aims of exercise and training is to cause changes in body composition. The individual may employ weight lifting exercises to become stronger, in which he is seeking to enhance muscle hypertrophy, which seeks to increase the quantity of lean tissue. Whether or not the fat content reduction depends on the combination of energy expenditure and caloric restriction, it is entirely conceivable that a balance could be affected between the gain in lean weight through hypertrophy and the loss