

Development of physical fitness through the training of mallakhamb skills

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■ ABSTRACT

The purpose of the study was to find out the development of physical fitness of school children through the training of mallakhamb skills. To achieve the purpose of the study, 60 male students were selected from Laxman Gyanpith School, Amdavad and their age ranged between 10 years to 15 years. The selected subjects were divided into two equal groups of 30 subjects in each. One was treated as experimental group and the second one was the control group. The experimental group was asked to practice basic skills of mallakhamb of five days in a week for duration of eight weeks and no training for control group. The pre-tested and post-test were conducted for the both groups. AAPERD test was used for the measurement of physical fitness variable and seat and reach for flexibility. The difference between the pre-test and post-test means of each group was calculated by applying 't' test. It was concluded that skills training of mallakhamb had significant improvement in the variable of physical fitness of experimental group than control group.

■ Key Words : Physical fitness, Flexibility, Mallakhamb skills

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Physical fitness, as a term, refers to the total dynamic physiological state of individual. There are number of physical fitness components e.g. speed, strength, endurance, flexibility, power, agility and maintenance of body weight (Hakey, 1973).

Developing an individual physical fitness is one of the major objectives of the process of physical education. Physical fitness is one the potential characteristics of every human being. Physically fit citizens are the major asset for a strong nation and hence, the physical fitness of the youth should be a national concern. Children's physical fitness is of interest to educate us as it improves health and prevent diseases (Prakash, 2000).

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.

Physical fitness is a trunk of a tree that supports many branches which represent all the activities and make life worth living; intellectual life, spiritual life, occupation, love and social

activities. It is one's richest possession; it can't be purchased but can be earned through a daily routine of physical exercise.

Mallakhamb is a natural form of exercise. The strength, stamina, power of a body is improved by performing Mallakhamb. It is a full body development sport and a natural way to develop our body. This game is a mother discipline which builds an ideal physical body structure. The strength, stamina etc. required for the sports like football, swimming, Hockey, tennis etc. can be improved by performing Mallakhamb.

Training denotes the process of preparing one for same task. Training is a systematic athletic activities of long duration progressively and individually graded aiming at modeling. The human physiology and functions are to meet the demanding task.

■ METHODOLOGY

Subject :

The study was conducted on 60 male students of