

The role of nutrition in physical fitness and talent development among students of physical education

■ P.W. RANE

Received : 27.09.2012; Revised : 14.02.2013; Accepted : 15.03.2013

■ ABSTRACT

The study was carried out by selecting 120 boys of B.P. Ed. from B. K. Patil College of Physical Education, Malkapur, Dist. Buldana (M.S.) for three consecutive academic years from 2008-2011. Nutritional status was assessed by computing BMI (Body Mass Index) using height and weight parameters. Physical fitness was assessed by the performance of respondents in track and field events viz., 100 m, 800 m and 1500 m track events and long jump, high jump and shot put as field events. Nutritional status of student respondents using BMI as recommended by WHO revealed that about 13.33 per cent of the respondents were below (<20) normal. 85.00 per cent were in normal (20-23) and about 1.66 per cent only were overweight. The Spearman's correlation co-efficient was computed to see the relation between BMI and sport events such as track events and field events. The results revealed that, there was a positive correlation between all events except 100m run and BMI. Talent identification using frequency and percentage showed 28.33 per cent in 100 m, 48.33 per cent in 800 m and 70.83 per cent in 1500 m track events. While talented students in field events were as 62.50 per cent in long jump, 54.16 per cent in high jump and 76.66 per cent in shot put. The study proved that the nutrition has played a vital role in performance of track and field events for identification of talent.

■ Key Words : Nutrition, Physical fitness, BMI

■ How to cite this paper : Rane, P.W. (2013). The role of nutrition in physical fitness and talent development among students of physical education. *Internat. J. Phy. Edu.*, 6 (1) : 17-20.

Author for correspondence :

P.W. RANE

Department of Physical Education,
B.K. Patil College of Physical
Education, Malkapur, BULDANA
(M.S.) INDIA
Email: pravinrane60@gmail.com

B.K. Patil College of Physical Education, Malkapuri in Buldana district is under the jurisdiction of Sant Gadage Baba Amaraovati Univerrsty, Amaraovati. This college is offering one year degree course of B.P. Ed. in Physical Education. The students undergo vigorous physical activities through sports and games. During this process, the real talent of the students in sports and games performance is evaluated in academic year. They have to score a minimum 40 per cent to get through these courses. The main purpose of offering these courses is to identify the talents as well as to cultivate the healthy life styles among the future generation. As it is found that, in the modern society, inactivity or low level of physical activity combined with changes in eating habits are believed to be the main reasons for the increased prevalence of overweight/

obesity among adolescents, because physical activity is an important component in weight control and also associated with other major health benefits, its role in youth health is fundamental. Health, nutrition and physical development go hand in hand.

Nutritional anthropometry is concerned with the measurement of variations of the physical dimension and the gross composition of the human body at different age levels and degrees of nutrition. Body composition is an important indicator of health status in children and adolescents (Immink *et al.*, 1992; Rolland-Cahera, 1995; Malina *et al.*, 1998). Some useful information about the relationships between body composition and physical fitness in children from developed countries have been published (Malina, 1975; Beunen *et al.*,