

Comparative study of some physiological variables and physical fitness of swimmers, athletes and sedentary people

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■ ABSTRACT

Physical fitness is the quality of the whole body in terms of its state of adaptation to physical activity. Physical fitness implies more than one task and is usually meant to include not only the activities of everyday life but also emergencies in which a person is un-expectedly called up to perform activities demanding unusual, un-expenditure of strength energy and adoptive ability under extremely unfavourable situations. The main purpose of the study was to find out some physiological variables and physical fitness components of swimmers, athletes and sedentary people. 20 swimmers, 20 athletes and 20 sedentary people from Amravati district were selected as subjects. Only male subjects were selected. The age groups of the subjects were above 40 years. Some physiological variables (exhale capacity, haemoglobin percentage and pulse rate) were measured in this study. For measuring motor fitness Indiana motor fitness test was used. For the present study 20 subjects from each group were selected as subjects.

■ **Key Words** : Physiological variables, Physical fitness, Sedentary people

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