



# REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631 (UIF)

UGC APPROVED JOURNAL NO. 48514

VOLUME - 8 | ISSUE - 9 | JUNE - 2019



---

---

## A COMPARATIVE STUDY OF VITAL CAPACITY OF SPORT MAN AND NON SPORTSMAN

Miss. Vijayalaxmi C. Mugaloli<sup>1</sup> and Dr. Srinivas<sup>2</sup>

<sup>1</sup>Research scholar , Dos in physical Education and sports sciences A.W. University Vijayapura.

<sup>2</sup>Research Guide , Dos in physical Education and sports sciences A.W. University Vijayapura.

### ABSTRACT:

The purpose of the study was to compare vital capacity of sportsman and non-sportsman student of S.N.K.K D.ed college Indi. The Study was conducted on fifty students. They were selected randomly from the college. The vital capacity was measured by using spirometer. The 't' test was used at 0.05 level of significance. There was significant difference between the sportsman and non-sportsman. On the basis of finding the result of the study vital capacity of sportsman was better than the non-sportsman.



**KEYWORDS:** A Comparative Study of Vital Capacity of Sport man and Non Sportsmen.

### INTRODUCTION

The history of human being witness to the fact as man was busy in this day to day routine work in absence of modern means of life. They do have the problem faced by the today's man. The development in the field of technology has provided numerous comforts to the modern men compared to it. Science applied to sports has enabled modern youth to develop physical and physiological capacities beyond anything earlier imagined. One of the important, remarkable, beautiful, valuable and priceless thing that god has created particularly on the earth in human life. Therefore

it is necessary to protect and maintain human life in order to achieve higher goals and objectives and live a happy and meaningful life. To develop health and fitness and to lengthen life, the scientists and researchers have devoted their lives to invention of medicine that protect life from various diseases and health related equipments that measure that physical, physiological and physiological parameters of individual will to discover new things in this fields are highly remarkable and admirable in the history of men and civilization.

Vital capacity is the maximum

amount of air a person can expel from the lungs after a maximum inspiration. It is equal to the inspiratory reserve volume plus the tidal volume plus the expiratory reserve volume. A person vital capacity can be a wet or regular spirometer. In combination with other physiological measurements, the vital capacity can help make a diagnosis of underlying lung disease. The unit that is used to determine this vital capacity is in the millilitre (ml). A normal adult has a vital capacity from three to five litres.

### METHODOLOGY

The purpose of this study was to

compare the vital capacity of sports man and non sports man students. The subjects were fifty female students of S.N.K.K D.ed College Indi.

Si.No.	subject	Number of subjects	total
1	Sportsman	25	50
2	Non-sportsman	25	

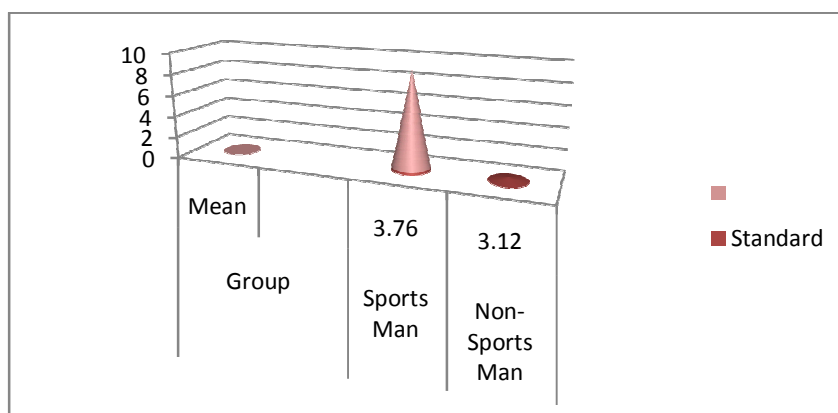
The age of the students from 17 to 25 years. Vital capacity measured in litres and instrument used wet spirometer. Data was collected in the morning session. Total three trials were given to subject and best score was taken for the study. 't' Test was used. The level of significance was set at 0.05 level of confidence.

## RESULT AND DISCUSSION

**Table 1: Comparison of the means of vital capacity of sportsman and Non-sportsman**

Group	Mean	Standard Deviation	't' Ratio
Sports Man	3.76	0.2084	8.78
Non-Sportsman	3.12	0.3013	

't' value to be needed at 0.05 level of confidence with 48 degree of freedom is 1.677



It was inferred from table-1 that there was significant difference found in the vital capacity of sportsman and non-sportsman student. 't' value needed for significance is 1.677 and as the obtained value is more than the needed value i.e 8.78 Non-sportsman has less mean value (3.12) in vital capacity comparison to sportsman mean value (3.76). The result proves that there was significant difference found in vital capacity between sportsman and non-sportsman students. The sportsman students always involved in the physical activity and sports so, compare to the vital capacity of sportsman is better than the non-sportsman students.

## CONCLUSION

On the basis of findings of the study that significance difference was found in vital capacity between sportsman and non-sportsman students.

## REFERENCES

1. Gill Jagtor Singh; A comparative study of physical fitness and self concept of college students; NIS scientific journal; Vol-2 No.2 1988; 21-23.
2. Bernard G, Paule B.etal. (May 2000) Effect of exercise intensity on cardio vascular fitness, total body composition, and visceral adiposity of obese adolescents. American journal of clinical nutrition. Vol.75 no.5, 818-826.
3. Clark, H.H and Clark, d.h. (1975). Research process in physical education Englewoodcliffs, New Jersey: prenticehall, inc.
4. Nieman and Facsm "Fitness and sports medicine: A health related Approach (3rd edition).