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## EFFECT OF SUMMER CAMP PROGRAMME ON VITAL CAPACITY OF CHILDREN

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### ABSTRACT:

*The fundamental objective of a great number of camps is to foster educational, athletic, or cultural growth. Children may have the opportunity to learn new skills in a supportive and risk-free setting if they attend a summer camp. A child's time spent at summer camp may have a significant and long-lasting influence on the child's psychological growth.*

**KEYWORDS:** *fundamental objective, a supportive and risk-free.*

### INTRODUCTION

It is possible to find summer camps that provide in-depth training in virtually any sport imaginable, as well as programmes that provide both high-quality training and competition in a wide variety of sports. Day camps and overnight camps are the two primary categories of summer camps. There are two distinct categories of overnight sports camps available in the United States. The more traditional ones give young people of both sexes the opportunity to learn and participate in a variety of sports. The length of a session ranges anywhere from three to eight weeks, and some camps offer more than one session. Traditional sports camp programmes are

designed to meet the requirements of less skilled athletes as well. This is accomplished by having all campers compete on teams selected according to their abilities. This ensures that every child has the opportunity to make a positive contribution to the success of their team during the various daily competitions. It has been more than a century since several of these camps first opened their doors. These camps often place an emphasis, through the channel of team sports, on the development of the child as a whole. This includes not just how the child is as an athlete, but also how the child is as a person, a bunkmate, a teammate, and a friend. For a more well-rounded experience, many of these camps also provide participation in a wide range of non-athletic activities.

The second kind of sports camp is the most common, and it is

characterised by an intense concentration on a single discipline. The primary objective of these camps is often to provide each camper with the opportunity to enhance their athletic abilities in order to boost their self-esteem and increase the likelihood that they will be selected for a team when they return to their home schools. By participating in this kind of intensive summer training, some campers are able to improve their chances of competing successfully at the national level. Even though the same activities are offered each week at these camps, some campers choose to participate in many sessions so that they can get the most out of their experience. Some camps that focus on a single sport provide lengthier sessions. As a result, many athletes are able to spend valuable additional time with the coach for whom they compete during the regular school year because many of the instructors at

these camps are also coaches for local teams (or the coach they hope to play for during the upcoming school year). These kind of camps are also an excellent method to learn about possible college scholarships in their sport.

The majority of the time, seasoned instructors and coaches are in charge of running both multi-sport and single-sport camps (who typically have summers off from their school responsibilities). In most cases, college athletes are hired to work as cabin staff, instructors, and counsellors. The most effective sports camps are those that are able to provide future athletes with mental and physical challenges, while simultaneously fostering the development of their social and leadership qualities. This is made feasible in part because many of the counsellors attended the same summer camp as campers themselves. As a result, there is a thriving "camp culture" that welcomes new campers into an extended camp family and establishes the high standards that incoming students are encouraged to accomplish. The top sports camps do a lot more for their campers than simply increase their abilities in sports like soccer, tennis, lacrosse, or wrestling. Instead, they help each child become a more skilled athlete, a more courteous competitor, a more committed team member, and a more self-assured person.

Different sports require different fitness components. Because the level of intensity of the workout changes continuously when playing a game, fitness training should be as realistic as feasible. Not only should training assist players build the specialised muscles required for game play, but it should also help them enhance their technical and tactical skills and keep them interested in the game. Every person places a high priority on their health and fitness in order to live a long and disease-free life, and the only way to maintain this level of awareness is to keep one's body in good shape. A person who has participated in an effective physical fitness programme is not only physically fit but also perfect on the mental, social, and spiritual fronts as well. In addition to this, engaging in an effective programme of physical fitness would improve the circulation of blood throughout the body, as well as the tone of the muscles, leading to an increase in the efficiency of the body's various tissues and organs, which would allow the body to function more effectively. A better personality is eventually one of the contributions that physical fitness gives to a person, which ultimately makes a person more socially accepted and recognised for his or her status in the society. Performance is just one of the ways that physical fitness can improve a person's life. Exercise has been shown to be effective in treating and preventing a wide variety of diseases and conditions, including high blood pressure, diabetes, hypertension, depression, stress, obesity, and back pain, among others. Every individual has some understanding of physical fitness, even if that person's idea of physical fitness is not very clear. Not only in this age, but also in those of the ancient ages, people were aware of how important it was to maintain a healthy level of physical fitness. There is a possibility that they did not participate in any organised programme to improve their physical condition. On the other hand, they maintained their physical fitness by taking part in sports such as running, jumping, and throwing. Not only did these activities help them maintain a healthy body, but they also made it possible for them to fulfil the obligations of their everyday lives.

The highest amount of air that a person is able to breathe in after having exhaled the most air possible is referred to as their vital capacity (VC). It is calculated by adding the volume of the tidal breath, the inspiratory reserve volume, and the expiratory reserve volume. It is roughly equivalent to what is known as Forced Vital Capacity (FVC).

The vital capacity of an individual can be determined by using either a wet or regular spirometer. The vital capacity is one of the physiological measurements that, when combined with those of other tests, can assist in the diagnosis of underlying lung illness. In addition, the vital capacity is used to determine the severity of respiratory muscle involvement in neuromuscular disease, and it can guide treatment decisions in Guillain-Barré syndrome and myasthenic crisis. In addition, the vital capacity is used to determine the severity of respiratory muscle involvement in neuromuscular disease.

## METHODOLOGY

The goal of the study is to determine the impact that attending a summer camp has on a number of children's physiological factors, namely those that relate to their vital capacity. Thirty (30)

youngsters participated in this study after being selected at random from the summer camp where they were attending. The ages of the participants ranged anywhere from 15 to 18 years old. In the investigation, either a wet or regular spirometer was utilised for the purpose of measuring the vital capacity of the children.

### ANALYSIS OF DATA

The findings of the paired t test, which was used to determine whether or not there were significant differences between the pre-test and post-test means of the two groups (experimental and control groups), are as follows for each of the groups that were chosen to participate in the study:

**Table No. 1**  
**Comparison of mean values of pre and post-test of Vital Capacity of Experimental Group**

Test	Mean	Standard Deviation	Mean Difference	Df	Standard Error	t-ratio
Pre-test	3.27	0.82				
			0.15	14	0.032	
Post-test	3.42	0.86				4.51*

\*Significant at 0.05 level of significance  $t'_{(0.05)(14)} = 2.05$

Table - 1 show that there is significant difference among pre-post-test of vital capacity of experimental group as calculated value t-ratio 4.51 is significantly higher than tabulated t-value 2.05. Thus, it is proved that eight (8) weeks of physical conditioning programme had positive effect on vital capacity. On the basis of above finding hypothesis is accepted.

### RESULTS

The goal of this research was to assess the impact that attending a summer camp has on children's physiological characteristics including their lung capacity and heart rate.

To make it easier to conduct this research, thirty students who were attending a summer camp at the LNPE Gwalior (M.P.) were selected at random as participants and split up into two equal groups, which were referred to as the experimental group and the control group. Before and after the end of the 45-day summer camp programme, participants were given a pre-test and post-test, respectively. In order to determine the impact of a summer camp programme that lasted for 45 days, a paired t-test was carried out. A value of 0.05 was chosen as the level of significance. Circuit training, constant running, and strengthening exercises involving the entire body were some of the activities that were included in the summer camp. The many forms of physical training were performed on a daily basis between the hours of 6:00 and 8:00 in the morning, with the exception of Sundays, when a rest day was scheduled. The total duration of the exercise programme was forty minutes. Following the completion of the 45-day long physical conditioning programme that was part of the summer camp, all of the data were collected, and the difference between the initial test and the final test was recorded for the statistical analysis. It has been shown that there was a considerable effect in terms of the essential capacity.

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