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EFFECT OF REGULAR PHYSICAL ACTIVITY TO ENHANCE PHYSICAL FITNESS AMONG ATHLETE AND NON-ATHLETE - AN EXPERIMENTAL STUDY.



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ABSTRACT:

Physical Fitness plays a key role in enhancing the performance of an Individual. Physical Fitness depends on the activity which an individual regularly practices. Different games require different physical fitness. Today many people suffer from diabetes and heart diseases this is caused due to inactive or sedentary lifestyle. Regular physical fitness program reduces coronary heart diseases and diabetes. Regular Physical activity enhances and maintains muscular strength, muscular endurance, and flexibility. The Purpose of the study is to identify how regular physical activity enhances physical fitness among athletes & Non- athletes. For the study, we have taken 60 subjects, from that 30 Sports Persons (athletes) who have taken part in zones, taluk, district, state, and national etc., and 30 Non-Sports Persons (non-athletes) are taken as Observation Group. Statistical Techniques like Mean, Standard Deviation, T-Test and Level of Significance at 0.05 was used for the study.

KEYWORDS: - Physical Fitness, Athletes and Non-Athletes.

INTRODUCTION:

Physical fitness is the most important components to tone human body for good looking, feeling good and to live long. Now a day's Obesity, Over Weight, Diabetes, and Cardiac Arrest are one of the major problems in our country. To avoid these problems to younger generation physical fitness is most important. If we involve younger generation into physical activity with the combination of proper nutrition we can avoid the above said problems.

The Health benefits of Physical Activity or Physical Fitness are very high like it increases the efficiency of heart and lung capacity, reduce cholesterol levels, increases muscle strength and reduces blood pressure.

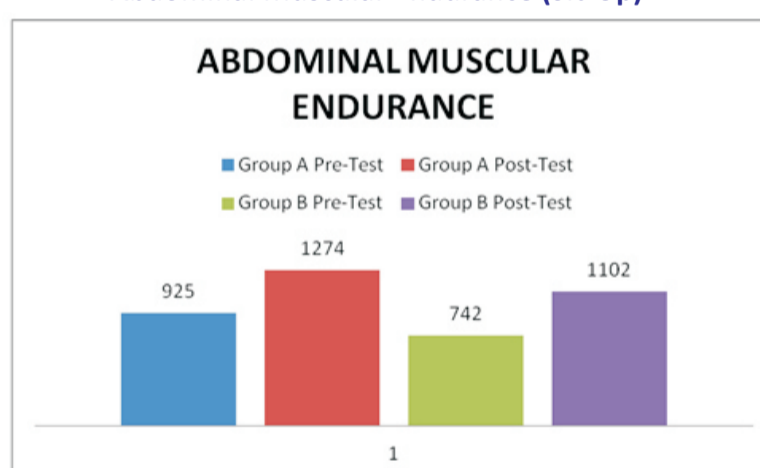
There are also psychological benefits if we involve in a regular physical activity like improving the quality of sleep, Increase mental sharpness, improves the ability to cope with stress.

METHODOLOGY

This Study was designed to compare the Level of Physical Fitness among athletes and Non-athletes. To achieve this purpose 60 Students, 30 athletes, and 30 Non-athletes from different sports and games from Army School, Bangalore was taken as subjects. The age-group was between 13-16 years high school boys. The experimental group was assigned regular physical activity for five days a week and one hour every day. Non-Athletes were taken as observation group and Athletes as the experimental group. The Groups were tested with the help of AAHPER youth physical fitness test. The Subjects were tested below-mentioned tests.

SI No.	Variables	Item Sit Up	Unit
1	Abdominal Muscular Endurance	Sit-Up	Numbers
2	Speed	30 mts Fly Start	Seconds
3	Explosive Power Leg	Standing Broad Jump	Meter
4	Respiratory Endurance	800mts Walk/Run	Minutes / Seconds
5	Agility	Shuttle Run	Seconds
6	Flexibility	Sit and Reach	Meter

Chart 1.
Abdominal Muscular Endurance (Sit-Up)



		Group	N	Mean	Standard Deviation	T-Test	Significance level
Sports Persons	Pre-Test	A	30	30.83	8.23	1.72	No
	Post-Test	A	30	42.47			
Non-Sports Persons	Pre-Test	B	30	24.73	8.49	2.54	No
	Post-Test	B	30	36.73			

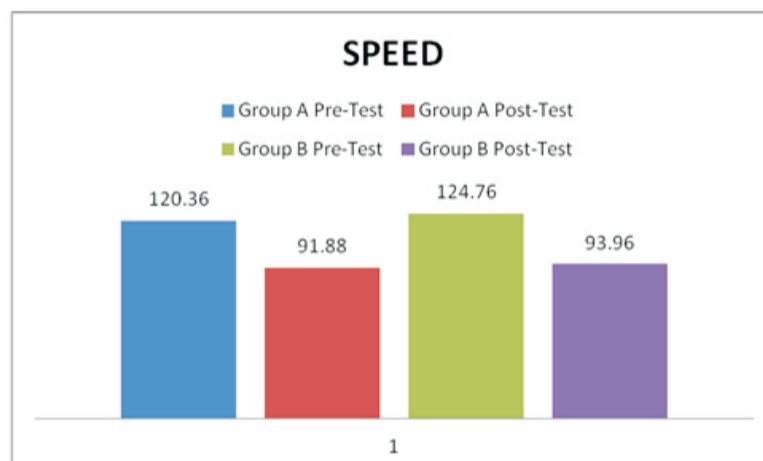
From Table- 1

It was found that the obtained t-test of Sit-ups was 1.72 and 2.54. There was no level of significance as the values were more than the 0.05 level.

Discussion on Sit Ups

The Study shows that there was Significant Improvement in Sit-ups performance. It may be due to the regular sit-ups increase the abdominal strength and abdominal flexibility have increased. Hence there was a Significant Improvement in Abdominal Muscular Endurance.

**Chart 2.
Speed (30 mts Fly Start).**



		Group	N	Mean	Standard Deviation	t-test	Significant Level
Sports Persons	Pre-Test	A	30	4.01	0.67	1.99	No
	Post-Test	A	30	3.06			
Non-Sports Persons	Pre-Test	B	30	4.16	0.73	1.49	No
	Post-Test	B	30	3.13			

From Table- 2

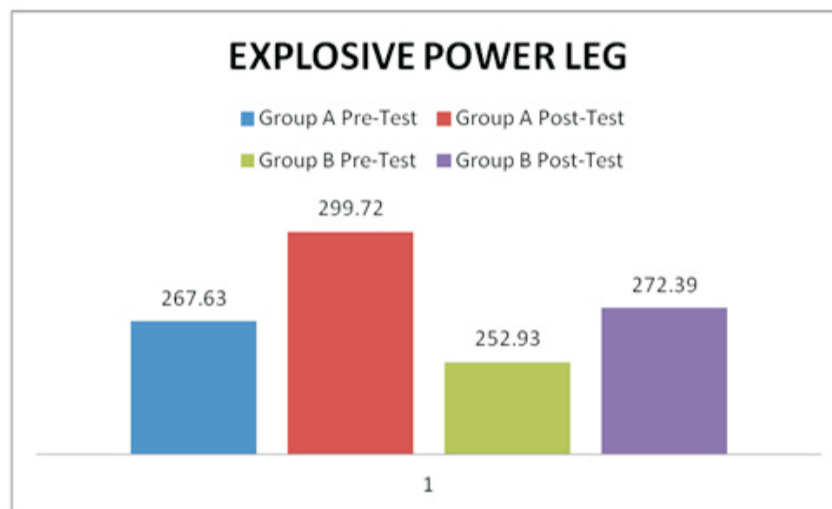
It was found that the obtained t-test of Speed was 1.99 and 1.49. There was no level of significance as the values were more than the 0.05 level.

Discussion on Speed

The Study shows that there was Significant Improvement in Speed levels (minimum seconds). It

may be due to the regular speed training and stretching. Hence, there was a Significant Improvement.

Chart 3.
Explosive Power Leg (Standing Broad Jump).



		Group	N	Mean	Standard Deviation	T-Test	Significance Level
Sports Persons	Pre-Test	A	30	8.92	0.76	0.008	Yes
	Post-Test	A	30	9.99			
Non-Sports Persons	Pre-Test	B	30	8.43	0.46	0.084	No
	Post-Test	B	30	9.08			

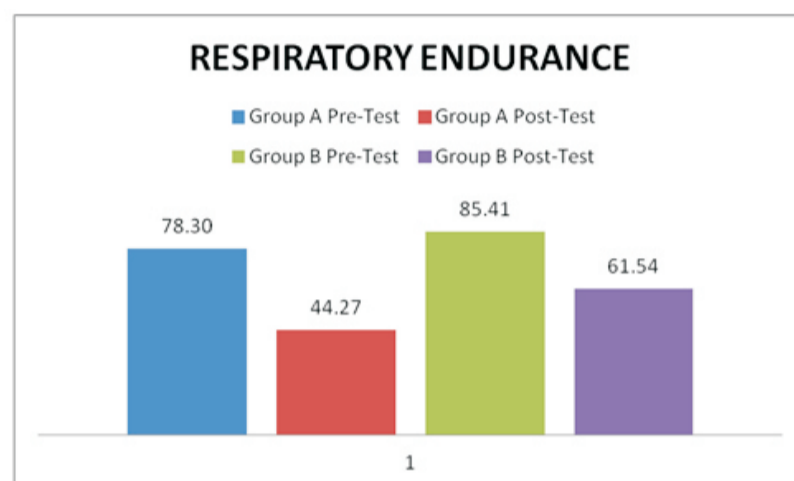
From Table- 3

It was found that the obtained t-test of Standing Broad Jump was 0.008 and 0.084. The level of significance was there among Sports Persons, but there was no level of significance among Non-Sports Persons as the values were more than the 0.05 level.

Discussion on Standing Broad Jump

The Study shows that there was Significant Improvement in Standing Broad Jump. It is due to the regular Physical Activity which would have increased the explosive strength of Leg. Hence, there was a Significant Improvement in Explosive Power Leg.

Chart 4.
Respiratory Endurance (800mts Walk/Run)



		Group	N	Mean	Standard Deviation	T-Test	Significance Level
Sports Persons	Pre-Test	A	30	2.61	0.80	2.779	No
	Post-Test	A	30	1.48			
Non-Sports Persons	Pre-Test	B	30	2.85	0.56	0.006	Yes
	Post-Test	B	30	2.05			

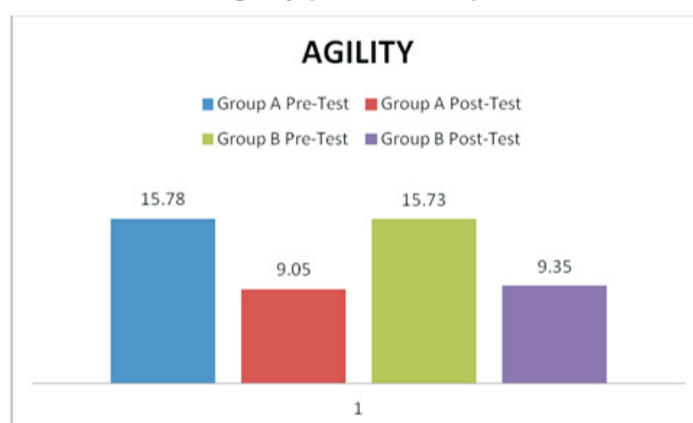
From Table- 4

It was found that the obtained t-test of 800mts Walk/Run was 2.779 and 0.006. The level of significance was there among Non-Sports Persons, but there was no level of significance among Sports Persons as the values were more than the 0.05 level.

Discussion on 800mts Walk/Run.

The Study shows that there was Significant Improvement in 800mts walk/run. It is due to the regular Physical Activity which would have strengthened the left vertical muscle. Hence, there was a Significant Improvement in Respiratory Endurance.

Chart 5.
Agility (Shuttle Run).



		Group	N	Mean	Standard Deviation	T-Test	Significance Level
Sports Persons	Pre-Test	A	30	0.53	0.16	4.82	No
	Post-Test	A	30	0.30			
Non-Sports Persons	Pre-Test	B	30	0.52	0.15	8.92	No
	Post-Test	B	30	0.31			

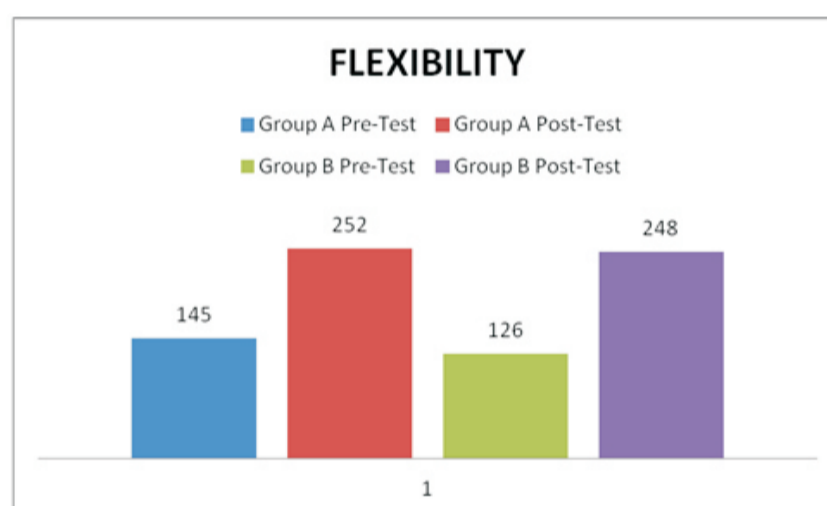
From Table- 5.

It was found that the obtained t-test of Shuttle Run was 4.82 and 8.92.

Discussion on Shuttle Run.

The Study shows that there was Significant Improvement in Shuttle Run. It is due to the regular Physical Activity with high no. of wooden blocks, marker cones, etc. Hence, there was a Significant Improvement in Agility.

Chart 6.
Flexibility (Sit and Reach)



		Group	N	Mean	Standard Deviation	T-Test	Significance Level
Sports Persons	Pre-Test	A	30	4.83	2.52	2.03	No
	Post-Test	A	30	8.40			
Non-Sports Persons	Pre-Test	B	30	4.20	2.88	1.67	No
	Post-Test	B	30	8.27			

From Table- 6.

It was found that the obtained t-test of Sit and Reach was 2.03 and 1.67. There was no level of significance as the values were more than the 0.05 level.

Discussion on Sit and Reach.

The Study shows that there was Significant Improvement in Sit and Reach. It is due to repeated stretching after regular Physical Activity which has increased relaxation of muscle and range of motion.

Hence, there was a Significant Improvement in Flexibility.

CONCLUSION:

We conclude that after twelve weeks study the performance of athlete and non-athlete has increased. The primary outcome of the study concludes there is a significant improvement in both athlete and non-athlete due to regular physical activity.

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