

COMPARISON OF HEALTH RELATED PHYSICAL FITNESS LEVEL OF THE STUDENTS FROM DIFFERENT COURSES

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Abstract

The purpose of this study was to study the health related physical fitness level of the students from different courses run by the college in order to plan further fitness activity for them. This study was carried out by a descriptive survey method. Total 80 students (college girls) from Science, Commerce, Arts and BBA (CA) courses were selected by random sampling technique. The selected health related components were Cardiovascular Endurance, Muscular Strength & Muscular Endurance. The Physical Fitness Level was decided by the Physical Fitness test. Data was collected through 12 Min. Run & Walk and Bent knee Sit Ups test. Students from all different courses differ in Physical Fitness. Students from all different courses differ in Physical Fitness. Students of Commerce faculty seem more active in Cardiovascular Endurance, Muscular Strength & Endurance than all other courses.

Keywords: Cardiovascular Endurance, Muscular Strength, Muscular Endurance.

Introduction

Physical Fitness

Physical fitness is one of the core preconditions of health. Physical fitness has been defined as the capacity of a person to carry out the daily activities without undue fatigue. Physical fitness is considered as a measure of the body's ability to function efficiently and effectively during work and leisure activities.

Physical Fitness is the ability of the body to carry out day to day activities with little fatigue and with little energy for emergencies. It is also defined as "Physical Fitness is the capacity to carry out, reasonably well, various forms of physical activities, without being unduly tired and includes quality important to the individual health and well-being." The ability of your heart, blood vessels, lungs and muscle to carry out daily tasks and occasional, unexpected physical challenges with a minimum of fatigue and discomfort.

Physical fitness improves the functioning of the heart and lungs by increasing the availability of oxygen to all tissues and organs in the body system. Physical Fitness promotes the development of good posture, proportionate figure, and thereby positive body image and physical appearance. Physical Fitness decreases the risk of cardio-vascular disease; (like Heart attack, Asthma etc.). Physical Fitness reduces and controls undesirable body fat. When the individual does exercise, takes a proper diet that also fulfills nutritional requirements, it helps maintain ideal body weight. Physical Fitness increases the energy level of a person. Physical Fitness improves the mood by reducing depression and anxiety. Physical Fitness postpones fatigue and reduces recovery time after vigorous activity. Physical Fitness helps people to meet challenges of life, makes them self-confident and delays the aging process. Being physically fit is important for all the age groups. To live a better life to the fullest and enjoy all the opportunities, one tries to be physically fit. Physical fitness is essential for each and every individual at all stages of life. To achieve fitness, various modes and methods are available. Before adopting such methods, warming up before activities and cooling down after activities are essential to minimize any risk of injuries of any individual.

Health Related Physical Fitness Components

- **Cardiovascular endurance:** It is the ability to take in, deliver and exert oxygen for physical work. Cardio-respiratory endurance reflects the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity. To improve your cardio-respiratory endurance, try activities that keep your heart rate elevated at a safe level for a sustained length of time such as walking, running, jogging, swimming, bicycling etc. The activity you choose need not be strenuous enough to improve your cardio-respiratory endurance. Start slowly with an activity you enjoy, and gradually work up to a more intense pace.

- **Muscular strength:** It is the ability of the muscle to act against resistance or to overcome resistance. Muscular Strength is the amount of force applied on muscle or muscle groups, is able to exert for one maximal effort (contraction). The key to making your muscles stronger is working them against resistance, whether that is from weights or gravity. If you want to gain muscle strength, try exercises such as lifting weights (under proper supervision).

- **Muscular endurance:** The ability of muscle to continue to perform without fatigue. Muscular endurance is the application of repeated muscular force. Muscular Endurance is the ability of a muscle or muscle group to exert force against a submaximal load for a given length of time (or number of repetition) before fatiguing to the point of failure.

Exercising at least four times a week increases your metabolic rate which reduces the risk of cardiovascular disease in the future. Having an enthusiastic and active lifestyle overhauls your personality. It lets you perform physical activities without being tired or restless. It also ensures that you are mentally fit and stress-free. Many students find themselves in new routines that do not normally include Physical Fitness activity. College's Physical Education teachers always take initiative to keep the students fit and help them to maintain their fitness level. If a teacher wants to decide the physical Fitness program for students, he must first understand the physical fitness level of the students.

The purpose of this study was to study the health related physical fitness level of the students from different courses run by the college in order to plan further fitness activity for them.

Method

This study was carried out by a descriptive survey method. (Gay.L., 2000) Total 80 students (college girls) from Science, Commerce, Arts and BBA (CA) courses were selected by random sampling technique (20 from each course). The selected health related components were Cardiovascular Endurance, Muscular Strength & Muscular Endurance. The Physical Fitness Level was decided by a Physical Fitness test. Data was collected through 12 Min. Run & Walk and Bent knee Sit Ups test.

Statistical Analysis

Table No 1 Courses wise statistic of 12 Min. Run & Walk test

	BBA (CA)	Commerce	Arts	Science
Mean	1515	1640	1610	1570

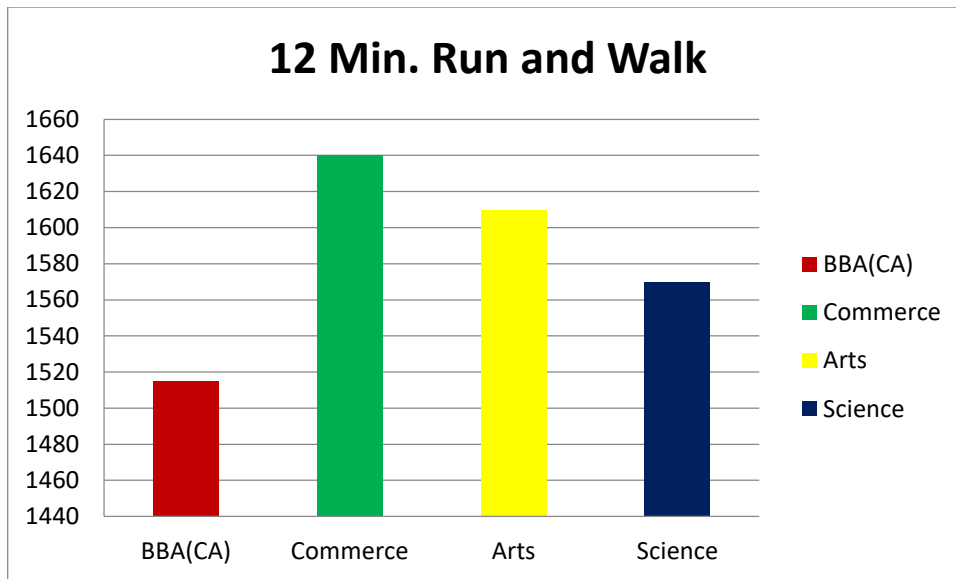


Table 1 shows that there were a total 80 students (20 from each course) participating in this study. In the present study, 12 min. Run and Walk test was conducted to check the Cardiovascular Endurance of the students. From the statistical analysis, it is clear that the students of BBA (CA), Commerce, Arts and Science perform an average running of 1515, 1640, 1610 and 1570 meter distance respectively.

Table 2 Courses wise statistic of Bent Knee Sit Ups test

	BBA (CA)	Commerce	Arts	Science
Mean	15.55	23.45	20.45	18.35

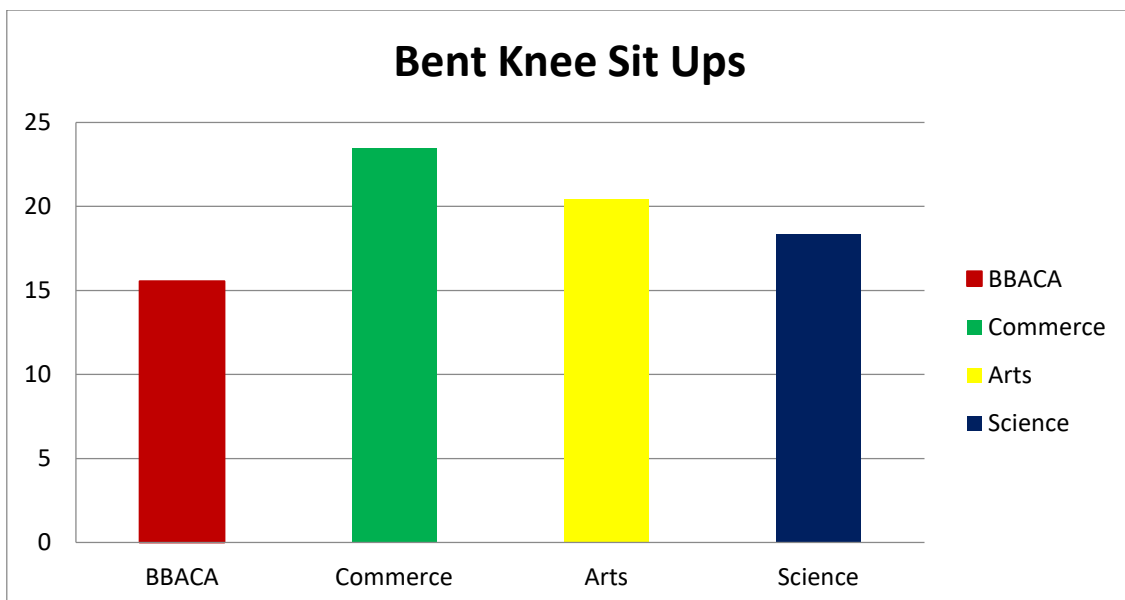


Table 2 shows that there were a total 80 students (20 from each course) participating in this study. In the present study, a bent knee sit ups test was conducted to check the Muscular Strength and Endurance of the students. From the statistical analysis, it is clear that the students of BBA (CA), Commerce, Arts and Science perform an average of 16, 23, 20 and 18 bent knee sit ups respectively.

Discussion

In collegiate physical fitness is compulsory to achieve better health and avoid all the health hazards which are major causes behind unhealthy lifestyles. A study conducted on a similar topic revealed that those who are indulged in regular physical fitness are found to be less prone towards health discomfort. This study was conducted to identify the health related physical fitness level of the students from different courses run by the college. The data collected on selected 80 students (college girls) from Science, Commerce, Arts and BBA (CA) courses were selected for this study (20 from each course). In this study, Commerce students were more physically fit when compared to Arts, Science and BBA (CA) Students. The results also revealed that statistical significance differences were found in Cardiovascular Endurance, Muscular Strength and Muscular Endurance components (Health Related Physical Fitness components). The students of commerce had performed well in all the selected health related physical fitness when compared to students Arts, Science and BBA (CA) courses. Students need to follow a well designed physical fitness program in order to make them more active and help them to keep fit, energetic and stress free.

Conclusions

Students from all different courses differ in Physical Fitness. Students of Commerce courses seem more active in Cardiovascular Endurance, Muscular Strength & Endurance than all other Arts, Science and BBA (CA) courses.

Acknowledgement

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