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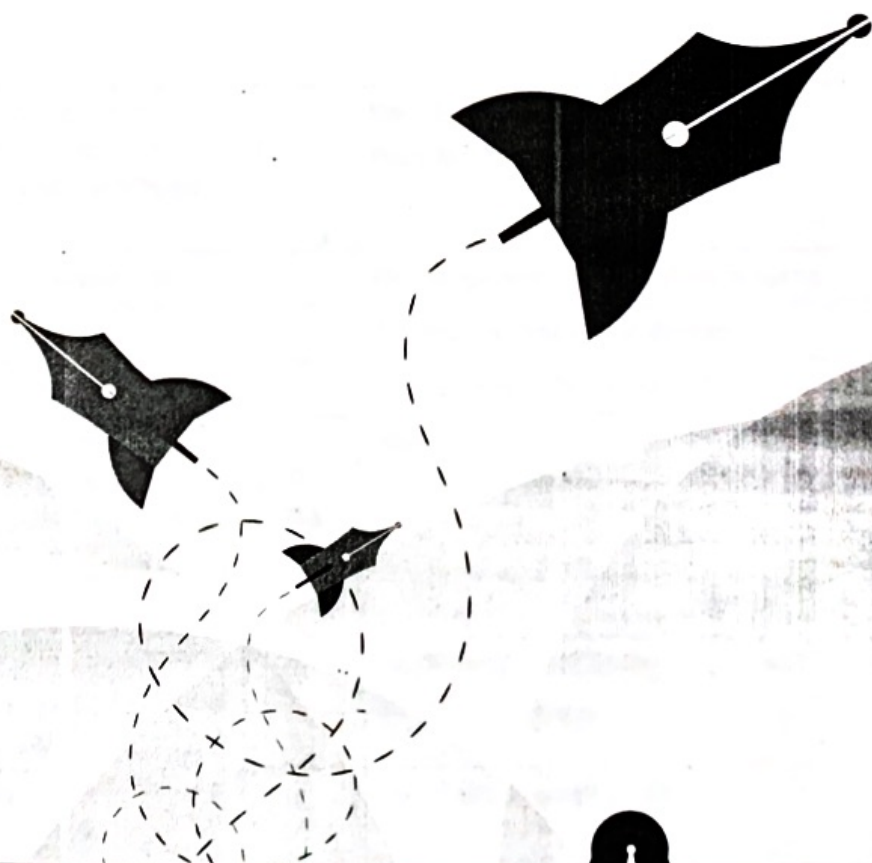
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EFFECTS OF EXERCISE TRAINING PROGRAM ON PHYSICAL FITNESS COMPONENTS OF SELECTIVE GIRLS

□ Dr. Venkat S. Mane*

ABSTRACT

Physical education is one phase of the total educational processes and is utilize activities derives that are in o, neuromuscular, intellectual order to develop a personal organically emotionally. Physical fitness comprises two related concepts;-general fitness. When loons and looking for a comprehensive definition of fitness that covers all situations and all life and sport in totality. The concepts of healthy and exercise cannot be overlooked for they are so closely related to it. Good health provides a solid foundation on which fitness provides one of the most important key to health and living one's life of the fullest movement alertness of mind and emotion adjustment provides the framer work of fitness.

The study carried out with three steps: 1) Pre-test 2) Training Period 3) Post Test and got good results.

Keywords: *Fitness components, training program*

Introduction

Physical education is one phase of the total educational processes and is utilize activities derives that are in o, neuromuscular, intellectual order to develop a personal organically emotionally. Thus outcomes are realized when ever physical education in such place as the play ground gymnasium track and swimming pool out of the many outcomes physical education visualized by professional leaders. Physical fitness comprises two related concepts; general fitness (a task-oriented definition).

On based on the ability to perform specific aspects of sport or occupations. Physical fitness is generally achieved through correct nutrition exercise and enough rest. The fitness plays an essential role in all aspect of health because they are inextricably related. Good health provides a solid foundation on which fitness provides one of the most important key to health and living one's life of the fullest movement alertness of mind and emotion adjustment provides the framer work of fitness. Fitness is product of exercise and training has been shown through research to process

*Director of Physical Education & Sports, Digambarrao Bindu Arts, Commerce & Science College, Bhokar Dist. Nanded. (M.S)

2. There would be significant effect of exercise on physical fitness components among college level girls with respect to flexibility/ Forward Bend.

Delimitations:

- The subjects for the study were selected from the D.B.ACS College, Bhokar Dist. Nanded.
- The study was delimited to the girl students only.
- The age group of the subjects was in between 18-23 yrs.
- Experimental training and test was conducted within the campus of D.B.ACS College, Bhokar Dist. Nanded.
- The study was delimited also to the following selected physical fitness-components –
- Strength (hand grip)
- Flexibility
- Experimental training was given in the evening session. The study was conducted only on 20 girls student. The study was further delimited to three week training programs.

Limitations:

1. The effect of previous training was unknown.
2. The level of achievement of the subjects was unknown.
3. The socio-economic stature of subjects was unknown.
4. There was no control over diet of the subjects.
5. The environmental factors were not under the control of the researcher.
6. No motivational techniques were applied on the subjects during experiment.

7. The cast and religion of subjects have not been considered in this study.

METHODOLOGY:

This is an experimental research. The research work is been divided

Into three steps: 1) Pre-test 2) Training Period 3) Post Test.

First of all researcher selected 20 number of girls students from graduation . 1st year of D.B.ACS College, Bhokar Dist. Nanded. According to the above mentioned division of training, researcher took the pre test of the subjects. After the completion of pre-test, researcher started with the training programme of three weeks duration. The vertical jump of the students was taken with the help of "Sargent Jump" and speed test was taken with the help of "50m dash." The training programme was been designed by categorizing the different exercises in three weeks. All the selected exercises are mentioned below:-

PURPOSE OF STUDY:

The purpose of this study was to investigate the "effect of exercise training on selective component physical fitness college level girls." To fulfill this aim researcher choose 40 students of college level girls of D.B.ACS College, Bhokar Dist. Nanded were selected as subjects of the study.

SELECTION OF THE SUBJECT:

Total 40 students of college level girls of D.B.ACS College, Bhokar Dist. Nanded were selected as subjects of the study. Were divided into two groups consisting of 20 students each group .

Source of data: The subjects were selected from the college level girls in D.B.ACS College, Bhokar Dist. Nanded.

Sampling method: subjects were selected by using simple random sampling method.

Selective of variable: "Strength and flexibility were selected as variables for this study".

Selection of test: 1. Hand grip strength
2. Flexibility

ADMINISTRATION OF THE TEST

Pre test and post-test was applied on student to measure performance related to physical fitness components.

Test administration:

The instrument and hand should be dry, in order to ensure that the subject is asked to put

some magnesium chalk powder on the concerned hand. The tester the pointer of the dynamometer to zero and place the dynamometer in the subject hand asks the subject to squeeze the dynamometer sharply and steadily as much as possible making certain that no part of the arm touches the body. Three trails are allowed with each hand giving one rest between squeezes.

Scoring: The highest reading out of the three squeezes is recorded in pounds or kilograms. When right hand trails are considered the scoring gives right hand grip strength.

STATISTICAL ANALYSIS:

To analysis of data mean, standard deviation, Percentile and t-ratio were used to significant value of 0.05 levels.

TABLE 4.1 : Shows morphological characteristics of age, height, weight of girls

VERIABLES	MEAN	S.D
Age	21.5	1.0954
Height	5.163	0.3525
Weight	47.65	6.3936

TABLE 4.2 : Mean scores, standard deviation & t-values of girls students along with respect to strength

Variable	No.of students	Mean	S.D	M.D	S.E	T-value	T-ratio
Pre-test	20	22.95	3.9746	1	0.912	1.67	1.09NS
Post-test	20	23.95	4.1889				

N.S.

TABLE 4.3 : Mean scores, standard deviation & t-values of girls students along with respect to flexibility.

Variable	No of students	Mean	S.D	M.D	S.E	T-value	T-ratio
Pre-test	20	0.9	4.5596	2.05	0.9167	1.67	2.22*
Post-test	20	2.95	3.6397				

*Significant

DISCUSSION OF FINDINGS

The obtained t-ratio 1.53 was not significant 0.05 level indicates that there was no significant effect of hand grip college level girls, thus the research hypothesis was rejected. The obtained t-ratio 2.223 was significant (0.05) level indicate that there was a significant effect of flexibility of college level girls. The research hypothesis was accepted.

CONCLUSION

1. There would be no significant of effect of exercise on physical fitness components among college level girls with respect to Strength/ Hand grips.
2. There would be significant of effect of exercise on physical fitness components among college level girls with respect to flexibility/ Forward Bend.

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