

Physical Fitness Norms for Football Players-A Study

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Abstract: *The aim of this study was to prepare standards of physical fitness norms for football players of the age group of 13. Twenty students were selected from the total population of the Nagpur schools. All the students of the school were contacted and the purpose of the study was explained to them. All agreed to cooperate fully and it was ensured that the students would be made available to take the AAHPER Youth Fitness Test if required. From the records of the students admitted in the eighth standard of the school, the students who have already completed age 13. The selection of age groups of 13 was also based on the recommendation of the Physical Education Experts of football club Nagpur. The standards were prepared using percentages. The standards were prepared for each aspect of physical fitness.*

Keywords: football Players, Physical fitness, percentile scale, AAPHER