

# A Study of Selected Physical Fitness Components on Youth of Aurangabad

**Rajendra Jadhav<sup>1</sup> and Dr. Sale Bhikulal Bansilal<sup>2</sup>**

PhD Scholar, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra, India<sup>1</sup>

Asst. Prof., Shri Bhadrinarayan Barwale College, Jalna, Maharashtra, India<sup>2</sup>

**Abstract:** *This take a look at is investigated the teenagers of Aurangabad pace overall performance for his or her reaction velocity with the assist of 50 backyard sprint, young people of Aurangabad patience for their cardiac ability with the assist of 12 m. Run/stroll tool and youngsters of Aurangabad arm power for their power with the assist of medicine ball throw device. In this gift examination became to examine the speed, endurance and arm electricity of teens of Aurangabad. The examination carried out on 30 boys and 30 women sample whose age group is eighteen to 22 years and whose college students of various university of Aurangabad. In this examination the 50 yard sprint tool, 12 m. Run/walk and medicinal drug ball throw used as a take a look at tool for speed, staying power and arm electricity. In this exam mean and standard deviation is implemented for the examiner rating with hypotheses and children of Aurangabad rankings. This look at is used for all the ones who's operating as a coach, participant and who studied for physical fitness.*

**Keywords:** Speed, Endurance, Arm Strength, Youth Of Aurangabad, 50 Yard Dash, 12m. Run/Walk And Medicine Ball Throw.

## REFERENCES

- [1]. Research Methodology Methods and Techniques C.R Kothari, New Age International Publisher.
- [2]. Research and Aptitude, KVS Madan, Pearson Publications.
- [3]. Statistical Methods Dr.S.P Gupta, Sultan Chand and Sons Publication.
- [4]. Test Measurement and Evaluation, Devinder kansal,SSS Publication New Delhi.
- [5]. Scientific Principle of Sports Training Dr. Ejaz Siddiqui Bhagvati Publishers, New Delhi