

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

I. INTRODUCTION

In today's mechanical age, every person is trying to maintain his physical fitness. It is the strength and ability of a person to do work, which he can easily complete by using a little strength without any hindrance. The meaning of physical fitness or ability is very wide, so it is very difficult to define it, but it can be clearly said that it provides us the ability to keep our body in proper condition and to work hard for a longer time. Fitness is a state which helps us to do every work in our daily life effectively and with the remaining energy we can entertain ourselves in our free time. Fitness helps in tolerating anger and relieving stress. It is a sign of good health. It varies in every person, because it is influenced by ancestral habits, exercise, age and gender. Therefore, fitness is the ability or capacity of a person by which he lives a good and balanced life. It includes the balance of mind, body and soul. Therefore it is the condition or characteristic of being physically and mentally healthy. Physical fitness is paramount because it is the source of all other human powers, qualities or emotions. Keeping the body healthy, strong, disease-free, agile and fit should be the priority of every person. That is why a mother also pays more attention to the physical nutrition of her child right from birth. Achieving the meaning and success of life is possible only when we are physically healthy, strong and capable. Our mental, intellectual, spiritual and moral abilities operate accordingly. Therefore, every human being, especially a student, should give priority to his health. They should follow discipline in life for the multifaceted development of their personality. Football is not only a physical sport, but it is also a mental and social sport, which teaches people discipline, teamwork and the spirit of struggle. Football is a team sport, in which there are two teams, each team has 11 players. The objective of the game is to score a goal by hitting the ball into the goalpost of the opposing team. This game is not as easy as it looks. It requires fast speed, excellent physical fitness and strategy. The most special thing about football is that a player cannot win the match alone, he has to play together with all the players of his team.

The importance of physical fitness for Football Players

Physical fitness improves the efficiency of various systems of the body. These increase the efficiency and capacity of a person. A physically healthy person is able to do more work than before.

- To slow down the process of aging and make a person lives longer.
- To increase the disease prevention capacity and help in the proper development of the body.
- To correct the posture of a person.
- To improve mental health and consciousness and increase mental capacity.

- To help in relieving stress and pressure.
- To remove diseases related to heart and lungs.
- To increase the productivity and quality of work.
- To motivate a person to adopt a positive attitude.
- To improve the shape and structure of the body and protect the body from obesity or obese.

Objective:

- To study the importance of physical fitness for Football players
- To examine the physical fitness of Football players
- To establish norms for fitness of Football players

Hypothesis:

Constructed norms are suitable for physical fitness of Football players

II. METHODOLOGY

Considering the above criteria, the AAHPER Youth Fitness Test was selected for the purpose of developing standards for the various components of physical fitness covered in this research paper, the administrative feasibility of the tests, and the time and cost savings. The research test included the following test items.

Sr. no	Tests	Tested Items
1	Pull-ups	Muscular Strength
2	Bent Knee sit ups	Muscular Endurance
3	shuttle Run	Speed and Agility
4	Standing Broad Jump	Explosive strength
5	50 M. Dash	Speed of Lower Extremities and Explosive Strength
6	600 M. Run/walk	Cardio- vascular Endurance

Statistical Techniques:

The present study used a percentile scale to create standards for each physical fitness test item for children. Mean and standard deviation were used as statistical tools to analyze the data to create the scale.

Data Analysis

The mean and standard deviation have been calculated for each test item. The means and standard deviations calculated separately for each event such as 50 m run, standing broad jump, 600 m run and shuttle run are presented in Tables -1 and 2.

Table 1: Analysis of Physical Fitness Test Items

Tested Item	Mean	SD
Pull-ups	3.95	2.163
Bent Knee sit ups	12.09	6.094
shuttle Run	14.07	1.676
Standing Broad Jump	143.43	15.313
50 M. Dash	9.37	1.159
600 M. Run/walk	206.29	30.683

Table 2: Test Items by using percentile Scale

Points	50 Mts Run	Pull ups	Bent Knee Sit-ups	Standing Broad Jump	Shuttle Run	600 Mtrs. Run/Walk
0						
1	7.24	0	0	100	10.80	140
5	7.71	0	1	120	11.36	159
10	8.00	1	2	122	12.02	170
15	8.24	2	5	123	12.40	175
20	8.36	2	8	130	12.49	180
25	8.56	2	9	140	12.90	185
30	8.74	2	10	145	13.56	190
35	8.90	2	10	150	13.65	190
40	9.02	3	11	152	13.84	195
45	9.17	3	12	153	14.05	199
50	9.28	4	12	153	14.25	204
55	9.47	4	14	154	15.06	210
60	9.56	4	14	154	15.10	214
65	9.63	5	15	156	15.20	220
70	9.78	5	15	158	15.52	222
75	9.89	5	16	162	16.05	226
80	10.12	6	16	164	16.10	230
85	10.35	6	18	170	16.19	240
90	10.89	6	19	174	16.80	246
95	11.53	8	22	180	17.00	256
100	14.00	10	30	195	18.56	297

III. CONCLUSION & FINDINGS

In this research paper, five physical fitness test items were selected considering various factors such as physical fitness, administrative feasibility of the tests and saving time and cost. The test was conducted under the supervision of a qualified person to reduce errors. Data was collected on the subjects during their fitness test. Criteria were formulated using a percentile scale. Criteria were formulated for football players for each physical fitness item. The standard scale developed in the study can be used to assess the physical fitness of football players. This researcher has calculated a percentile scale for football players that can be changed after a few years depending on the progress made by the physical fitness program in these physical fitness aspects.

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