

A Study of Selected Physical Fitness Components on Youth of Aurangabad

Rajendra Jadhav¹ and Dr. Sale Bhikulal Bansilal²

PhD Scholar, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra, India¹

Asst. Prof., Shri Bhadrinarayan Barwale College, Jalna, Maharashtra, India²

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.

I. INTRODUCTION

Physical health includes the overall performance of the coronary heart and lungs, and the muscular tissues of the body. And, considering what we do with our bodies additionally influences what we can do with our minds, fitness influences to some degree traits inclusive of mental alertness and emotional balance. Speed is the capability to transport quick across the ground or circulate limbs rapidly to seize or throw. Speed isn't always simply how speedy someone can run (or cycle, swim and so forth.), however is dependent on their acceleration (how quickly they could boost up from a stationary position), maximal velocity of motion, and also speed preservation (minimizing deceleration). Movement pace calls for desirable strength and energy, however additionally too much body weight and air resistance can act to slow the individual down. In addition to a high share of rapid twitch muscle fibers, it's far important to have green mechanics of movement to optimize the muscle strength for the most inexpensive motion technique. Endurance is the capability to maintain an activity for extended durations of time and typically refers to aerobic ability. Local muscle endurance is high-quality described because the capability to face up to muscular fatigue and describes how a given sort of contraction can be sustained, usually measured in phrases of the range of repetitions. Endurance is associated with the capability to carry out work over an prolonged time frame. Children, as an instance, can play actively for hours. We need persistence to perform repetitive activities of everyday living, which include stirring meals at the same time as cooking, using a blow dryer to dry our hair, or taking walks up steps. Recreational and process-associated responsibilities also regularly require a excessive stage of staying power. Endurance may be stricken by an individual muscle, a muscle group, or the full body. Total body persistence usually refers to cardiopulmonary endurance, reflecting the ability of the coronary heart to supply a steady deliver of oxygen to running muscle. Muscle endurance displays the ability to maintain repeated muscle contraction and is related to muscle strength. Muscular power may be defined as the potential to exert force so as to triumph over resistance. Besides the potential to provide force, extended energy is crucial in developing balance, decreasing the danger of injury and increasing bone density to call a few. There are few sports that rely on electricity alone for success. While the purest of weight-lifting sports like bench press or dead raise require maximal force at a low pace, all Olympic events depend upon the combination of power, speed and technique to deliver lifts which include the Clean and Jerk or Snatch.

II. METHODOLOGY

2.1 Objectives

1. To measure speed of youth of Aurangabad using 50 yard dash test as a tool.
2. To measure endurance of youth of Aurangabad using 12 m. run/walk test as a tool.
3. To measure arm strength of youth of Aurangabad using medicine ball throw test as a tool.

2.2 Hypothesis

1. The speed, endurance and arm strength of youth of Aurangabad boys and girls are good.
2. The speed, endurance and arm strength of youth of Aurangabad boys and girls are not good.

2.3 Selection of Sample

The sample consists of 60 youth of Aurangabad in these 30 boys and 30 girls of various college of Aurangabad students, whose age under 18 to 22 years. In this study convenience sampling method of non probability sampling is adopted.

2.4 Tool Used

50 yard dash, 12 m. Run/walk and medicine ball throw these three tools are used for examine youth of Aurangabad speed, endurance and arm strength. In each test gives three attempts to each individual for accuracy of data and acquiring qualified assistant for measuring the data.

2.5 Statistics Used

In this study we use mean of central tendency and standard deviation for the interpreted data or analyze the data with the help of hypothesis testing. After that we see the reject or accept the hypothesis and give the conclusion of the study. We calculate the separate mean and standard deviation for boys and girl but we conclude equivalent for the appropriate result.

III. RESULT AND CONCLUSION

Statistical result of comparison of boys and girl scores of the 50 yard dash, 12 m. Run/walk and medicine ball throw. Test scores of youth of Aurangabad mean and standard deviation show test wise individually.

Sr. No.	Test	Players	Mean	Std. Deviation
1	50 yard dash	30 boys	8.23	0.72
2	50 yard dash	30 girls	12.29	0.93
3	12m. Run/walk	30 boys	2299.36	498.32
4	12m. Run/walk	30 girls	1879	284.75
5	medicine ball throw	30 boys	498.5	179.70
6	medicine ball throw	30 girls	460	77.54

Table 1: Shows mean and S.D of youth of Aurangabad 50 yard dash, 12m. Run/walk and medicine ball throw test.

IV. CONCLUSION

1. The speed, endurance and arm strength of youth of Aurangabad of Marathwada region of boys and girls are good is significant.
2. The speed, endurance and arm strength of youth of Aurangabad of Marathwada region of boys and girls are not good is insignificant.

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