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Effect of eight week physical education and conditioning programmes on flexibility

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Abstract
The present study was conducted to find out the effect of eight week participation in physical education and conditioning programs on flexibility. For this purpose Twenty eight (28) male students aged between 16-20 years were taken from Punjab. 4 pre flexibility tests were implemented on subject and scores were obtained. After then subjects were given physical fitness and conditioning program training regularly for 8 weeks. After training their post flexibility test were conducted again. For determining the significant of differences between initial and final means 'T' test was employed. The level of significance chosen was 05. Analysis of data shows the significance of mean differences in flexibility after training. Hence we can say that the physical activity deeply affects the flexibility of any individual.

Keywords: physical education, conditioning programmes, flexibility, male students

Introduction
Flexibility is the one of the most important component of the physical fitness. In today's scenario each sports demands the flexibility. Without it the player cannot perform well. Flexibility can be defined as the ability of the human being to carry out movement with large amplitude and it depends to a high degree upon the various exterior influences and upon the state of one's organism. The flexibility of the human being for instance is rather low immediately after having got up from the bed, after looking of the muscles, after tiresome work and after psychic depression. It is increased after having worked up. The various stretching exercise can be helpful in improving flexibility.

Methodology
Selection of subject and pre flexibility test
Twenty eight (28) male students aged between 16-20 in sports background were taken from Punjab. All the subjects resided in the Punjab. At the starting all the students were very little familiar to the physical education programs. Before administering the initial test the subjects were proper oriented to the correct procedure of performing the tests. The following pre flexibility test were administrated on the students before starting their 8 week training session
1. Sit and reach test.
2. Standing robbing test.
3. Shoulder flexibility test.
4. Spine flexibility test

Program schedule for 8 weeks of physical education and conditioning activities
The Programmer consisted of 30 minute conditioning in the morning which involved endurance, running, free hand exercises and general strengthening exercises and regular 30 minute practical instruction classes in Kabbadi, Basketball, Volley ball, Kho kho, Hand ball, soft ball and track and field. Subjects participated in the above programmer five days a week, i.e., from Monday to Friday. On Saturdays the subjects participated in the friendly matches with others Sunday was holiday for all.

Administration of post flexibility test
After the eight weeks of physical education and conditioning activities. The subjects were tested with same flexibility tests that that was administration before 8 week physical education

training. For determining the significant of differences between initial and final means 'T' test was employed. The level of significance chosen was 05.

Findings and Discussion

The statistical analysis of data collected on selected flexibility tests is prepared in Table. 1.

Tests	Mean of score Pretest	Post test	Mean diff	DM	't' value
Shoulders flexibility test	16.19	16.56	0.37	0.12	3.08
Standing bobbing test	5.47	6.02	0.55	0.08	6.88
Spine flexibility test	16.71	17.25	0.34	0.14	2.43
Sit and reach test	6.38	6.82	0.44	0.17	2.59

Significant at .05 level of Confidence t- value needed with 27 degrees of freedom is 2.05.

Table 1 shows the significance of mean differences in flexibility after training. The analysis of data in Table 1 reveals that regular participation in physical education and conditioning programmers significantly tests, namely. Shoulder flexibility test, standing bobbing test, Spine flexibility test and sit and reach test.

Discussion

From the statistical analysis of data it obvious that 8 weeks participation in a programme of physical education and conditioning involving free hand exercises, endurance running, general strengthening exercises and practical instructions in Kabaddi, Basketball, Volley ball, Kho-Kho, hand ball, soft ball and track & field significantly improves performance in selected flexibility tests. Increased performance in flexibility tests may attribute to optimal stretching to which the muscles were subject while they participated in physical education and conditioning programmes.

Conclusion

Regular participation in a programme of physical education and conditioning of eight weeks duration effectively improves flexibility of the hip, trunk, shoulder and spine as measured by sit and reach test standing bobbing test, shoulders flexibility test and spine flexibility test, respectively.

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