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Effects of physical activities and conditioning on flexibility

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Abstract
The purpose of this study was conducted to investigate the effect of participation in physical activities and conditioning programme on flexibility. For the purpose of this study (n=30) female subjects has been selected from G.C.G. College, Patiala (Punjab). The subjects were enrolled in B.A. part i, ii and iii with the subject of physical education. Random sampling technique was used to select the subjects. The age of the subjects ranged between 19 to 25 years. To measure the effects of exercise and conditioning on flexibility shoulder flexibility test, sit and reach test and spine flexibility test were used to collect the data. Pre- test and post were conducted. T" test was applied to determine the significant difference among the subjects. The level of significance was set at 0.05. The results were found statistically significant between pre-test and post- test of the subjects.

Keywords: Conditioning, Flexibility, physiological, flexibility

1. Introduction
Physical fitness is "a set of attributes that people have or achieve that relates to their ability to perform physical activity or a physiological state. It is clearly distinguished from physical activity and exercise, which are different types of behaviour. Health-related physical fitness consists of the components of physical fitness that have a relationship with health. These components are favourably or unfavourably affected by physical activity habits and are related to the health status. Health-related fitness has been characterized by an ability to perform daily activities by traits and capacities that are associated with a low risk for the development of chronic diseases and premature death.

Physical fitness is the most observable and achievable condition in which the individual is truly supposed to be functioning efficiently and effectively.

Fitness play an important role in a normal individual as well as in an individual who is there participating in some kind of sports events. There are different kinds of sports and games which are performed all over world some are related to each other but some are entirely different. So to perform different kind of sports event physical fitness is an essential component which should be possessed by a player, individual has lacked his physical fitness due many new inventions and now is totally dependent upon various machines for his daily works, yes it is true that it saves time but at last these has some sort of adverse effects on physical fitness and wellbeing of an individual. To improve physical fitness of a player sports training plays a very important role, as the techniques which are given in sports training to a player improves their sports performance.

Flexibility is one of the major components of overall physical fitness. Flexibility refers to range of motion available in a join. It is the ability to move the body joints freely through full range of motion. A flexible person can easily bend, twist or lounge to any direction by means of flexion and extension of muscles without causing any damaged to the bones, muscles or ligaments surrounding the joints. Flexibility begins to decline noticeably with age. However, it can be maintained by exercise workouts involving stretching, bending, twisting, turning, relaxing etc.

2. Methodology
For the present study thirty female students of sports background were selected from the G.C.G. College, Patiala (Punjab). The subjects were enrolled in B.A. with the subject of

physical education. Their age ranged between 19 to 25 years. All the subjects were resided in the hostels of the college. They had regular schedule of training in physical education and conditioning as per the programme of the college and this was same for all the subjects. The programme consisted of 45 minute conditioning in the morning which involved endurance, running, free hand exercises and general strengthening exercises and regular practical classes in basketball, kho-kho, volleyball and track and field events. Subjects participated in the above mentioned programme five days a week, i.e., Monday to Friday. On Saturday the subjects participated in the games of their own choice and Sunday was holiday for all.

The subjects were administered the following flexibility test.

1. Sit and reach test.
2. Shoulder flexibility test.
3. Spine flexibility test.

The tests were administrated to the students after they were admitted to the B.A. and before they had not started participating in the regular programme of physical education and conditioning. Before collecting pre-test scores the subjects were proper oriented to the correct procedure of performing the tests. After twelve weeks of regular participation in physical education and conditioning program, the tests were again repeated on all the subjects to collect pre-test scores. T – test was employed for determining the significant differences between pre-test and pot-test. The level of significance was set at 0.05 level of confidence.

3. Findings and conclusion

The statistic analysis of data collected on selected flexibility tests is shown in the table below:

Tests	Mean		Mean Difference	MD	"t" ratio
Shoulder Flexibility Test	16.19	16.56	0.37	0.12	3.06
Spine Flexibility Test	17.71	16.25	0.34	0.14	2.32
Sit & Reach Test	6.38	6.82	0.44	0.17	2.62

*Significant at .05 level of confidence.

The analysis of data in the table above reveals that there exists a significant difference between the mean scores of pre-test and the post-test scores of the subjects in the selected flexibility tests.

4. Conclusion

The purpose of the present study was to find out the effect of regular physical activities and conditioning on flexibility. After analyzing the data it was concluded that regular participation in a programme of physical activities and conditioning of twelve week duration affectively improves flexibility of the trunk, shoulder and spine flexibility test, respectively.

5. References

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