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## Survey on health related physical fitness components among middle aged police professionals

**AE Nelson Raj, Dr. P Anbalagan and G Nithya**

### Abstract

**Aim:** The purpose of this study was to find out the status of the health related physical fitness components among middle aged police Professionals.

**Methodology:** For the purpose of the study 100 subject were selected from Coimbatore. The subject's age group ranged from 35 to 45 years. After a detailed orientation the selected Physical Fitness Components test were conducted to all the subjects. With help of the Physical Education teachers and the other police officers, the investigator was able to collect the data from the police Professionals. The trails were given and name, age, and performance scores were recorded for each and every individual.

**Procedures:** The following variables were determined for the study: Muscular strength endurance, flexibility, Cardio respiratory endurance and body composition.

**Statistical Tool:** The descriptive statistics of mean and standard deviation was calculated to measure the status of health related physical fitness components of middle aged police Professionals.

**Conclusion:** The result of the study shows that there was significant changes of health related physical fitness components of middle aged police Professionals.

**Keywords:** Health related physical fitness components and police person

### 1. Introduction

Our physical fitness definition is very much oriented towards functional ability. We see it as the ability to meet physical challenges, whether related to work, sport, recreation, combat, or other life activities. A man's physical fitness must be seen in the context of the specific physical challenges he is likely to face. Thus the criteria for a physically fit fire fighter, policeman, or combat soldier are by necessity much more stringent than those for an elderly, frail man who is challenged by daily activities such as climbing stairs, taking out the trash or even getting up out of a chair.

A police force is a constituted body of Professionals empowered by the state to enforce the law, protect property, and limit civil disorder. Their powers include the legitimized use of force. The term is most commonly associated with police services of a state that are authorized to exercise the police power of that state within a defined legal or territorial area of responsibility. Police forces are often defined as being separate from military or other organizations involved in the defence of the state against foreign aggressors; however, gendarmerie are military units charged with civil policing. Law enforcement, however, constitutes only part of policing activity. Policing has included an array of activities in different situations, but the predominant ones are concerned with the preservation of order. In some societies, in the late 18th and early 19th centuries, these developed within the context of maintaining the class system and the protection of private property. Some parts of the world may suffer from the police force is usually a public sector service, meaning they usually get paid by the taxpayer. Alternative names for police force include constabulary, gendarmerie, police department, police service, crime prevention, protective services, law enforcement agency, civil guard or civic guard. Members may be referred to as police officers, troopers, sheriffs, constables, rangers, peace officers or civic/civil guards.

### 2. Methodology

The purpose of this study was to find out the status of the health related physical fitness components among middle aged police professionals.

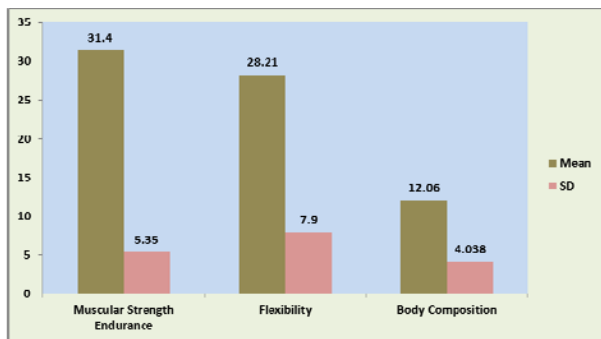
For the purpose the purpose of the study 100 subject were selected from Coimbatore. The subject’s age group ranged from 35 to 45 years. After a detailed orientation the selected Physical Fitness test were conducted to all the subjects. With help of the Physical Education teachers and the other police officers, the investigator was able to collect the data from the police person. The trails were given and name, age, and performance scores were recorded for each and every individual. The descriptive statistics of mean and standard deviation was calculated to measure the status of health related physical fitness components of middle aged police professionals. The result of the study shows that there was significant changes of health related physical fitness components of middle aged police professionals.

**Result**

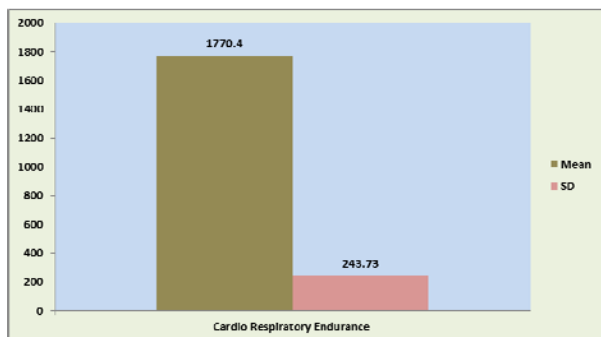
**Table I:** Mean and Standard Deviation Of Muscular Strength Endurance, Flexibility, Cardio Respiratory Endurance And Body Composition Among Middle Aged Police Professionals.

Variable	Mean	Standard Deviation
Muscular strength endurance	31.40	5.38
flexibility	28.21	7.90
Cardio respiratory endurance	1770.40	243.73
body composition	12.06	4.038

Table I shows the values of mean and standard deviation of Muscular Strength Endurance. Flexibility, Cardio Respiratory Endurance and Body Composition among middle aged police professionals. The mean and standard deviation value of Muscular Strength Endurance was 31.40 and 5.38, Flexibility was 28.21 and 7.90, Cardio Respiratory Endurance was 1770.40 and 243.73 and Body Composition was 12.06 and 4.038.



**Fig I:** Bar Diagram Shows That Mean and Standard Division of Muscular Strength Endurance, Flexibility and Body Composition among Middle Aged Police Professionals



**Fig II:** Bar Diagram Shows That Mean and Standard Division of Cardio Respiratory Endurance among Middle Aged Police Professionals

**Discussion on findings**

Physical fitness is the ability to function effectively throughout your workday, perform your usual other activities and still have enough energy left over to handle any extra stresses or emergencies which may arise. In its most general meaning, physical fitness is a general state of good physical health. Obtaining and maintaining physical fitness is a result of physical activity, proper diet and nutrition and of course proper rest for physical recovery. In its simplest terms, physical fitness is to the human body what fine-tuning is to an engine. It enables people to perform up to their potential. Regardless of age, fitness can be described as a condition that helps individuals look, feel and do their best. Thus, physical fitness trainers, describe it as the ability to perform daily tasks vigorously and alertly, with left over energy to enjoy leisure-time activities and meet emergency demands. Specifically true for senior citizens, physical fitness is the ability to endure, bear up, withstand stress and carry on in circumstances where an unfit person could not continue

The purpose of this study was to find out the status of the health related physical fitness components among middle aged police professionals. For the purpose the purpose of the study 100 subject were selected from Coimbatore. The subject’s age group ranged from 35 to 45 years. The researcher reviewed the available books, Journals, Magazines and research abstracts. The Researcher had discussions with his guide and experts in the field and the variables were selected to critically evaluate the various body types on health related physical fitness variables of police professionals for the study, Cardio respiratory endurance, Muscular endurance and strength, Flexibility and Body composition.

**Conclusions**

It was concluded that there was significant changes of health related physical fitness components of middle aged police professionals. It was concluded that the status of muscular strength endurance was mean 31.40 among middle aged police professionals. It was concluded that the status of flexibility was mean 28.21 among middle aged police professionals. It was concluded that the status of cardio respiratory endurance was mean 1770.40 among middle police professionals. It was concluded that the status of body composition was mean 12.06 among middle police professionals.

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