



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2016; 3(5): 382-385
© 2016 IJPESH
www.kheljournal.com
Received: 04-07-2016
Accepted: 05-08-2016

Dr. Rohit A Tambe
Physical Director, Arts,
Commerce, Science and
Computer Science College,
Ashwi, Tal-Sangamner, Dist-
Ahmednagar, Maharashtra,
India

Establishment of norms for 50mts dash test of higher secondary students of Maharashtra state

Dr. Rohit A Tambe

Abstract

To measure the physical fitness component that is stability and establishing norms of same test for students, age 16 and 17 years, studying in the Higher Secondary Schools of Maharashtra was represent the population. Random sampling, maximum 12,800 students (i.e., 6,400 boys and 6,400 girls) from all Education Divisions of Maharashtra state was attended for data collection. The research design followed, here, a survey-cum-normative research. To measure and Establishing norms for flexibility of the lower back of age ranging from 16-17 years, belonging to the state of Maharashtra, Sit and Rich test used as a tool. The results of the percentile norms presented the grade of raw scores in Stork stand test -item can be identified on the basis of Likert's Five Point scale.

Result reveals that the values of Sk (Skewness) and Ku (Kurtosis) of the distribution of subject's (16 Years) Sit and Rich were .579 (Boys), .383^{lk} (Boys), .049 (Girls), .211^{lk} (Girls) and subject's (17 Years) .128 (Boys), .160^{lk} (Boys), .165 (Girls), -.197^{lk} (Girls) respectively. It can, therefore, be said that the distribution of subject's scores in Stork stand test is positively skewed. It seems the distribution of Stork stand scores is nearly normal.

Keywords: Establishment, higher secondary students, Maharashtra state

Introduction

The twenty first century is witnessing a shocking upsurge in the prevalence of diabetes, obesity, metabolic syndromes and other lifestyle related diseases. Our day-to-day life, people have become very conscious about their fitness. The aspiration to look good is also encouraging people to use various forms of fitness techniques. Exercise is not just for Olympic hopefuls of supermodels. In fact, you're never too unfit, too young of too old to get started. Many investigators (Kuntzleman & Reiff, 1992; Sallis & McKenzie, 1991) [7, 10, 14] have reported that unfit or Low-fit, Under-grown and over-weight children exhibit early signs to coronary-artery disease including high Blood pressure and adverse Blood Lipid profiles. This has, in fact, compelled us to re-think about the real status of *Physical fitness* of going Higher secondary students.

Keeping in view improving declined status of public health, the world's leading institutions (American Academy of Physical Education, 1987, the American Academy of Pediatrics committee on sports Medicine and School Health, 1987) suggested that-

- Proper programme in physical education and its policy and cover 97% of the population for better public health.
- Appropriate physical activity in physical education can significantly reduce risk factors of stress related diseases.

Surprisingly, while going through the related literature and presently existed syllabus of secondary schools prepared by Maharashtra State Board of Secondary and higher Secondary has been noted that though the health and fitness are the major objectives of physical Education, there is on proper procedure available for assessing the physical fitness of the school children. It is revealed from the existing syllabus of that Physical fitness and motor fitness teaching, training and evaluation has been incorporated and treated as an integral part of the present syllabus of Physical Education subject for secondary classes. However, there are no standard norms available for the assessment and Physical fitness till the date. Therefore the researcher has concern professionals as well as authorities for its application and inclusion immediately.

Materials and Methods

Research Design

The research design followed a Survey Study considering the norms of Physical fitness and Motor fitness Test.

Correspondence

Dr. Rohit A Tambe
Physical Director, Arts,
Commerce, Science and
Computer Science College,
Ashwi, Tal-Sangamner, Dist-
Ahmednagar, Maharashtra,
India

Population and Sampling

All the Students, age 16 and 17 years, studying in the Higher Secondary Schools of Maharashtra was represent the population. Considering the stratified random sampling, maximum 12,800 students (i.e., 6,400 boys and 6,400 girls) from all Education Divisions of Maharashtra state were attended for data collection. To obtain a representative sample from all over Maharashtra state and to make the study more authentic and reliable the present investigator chalked out a list of higher secondary schools to locate the educational zone-wised.

Instrumentation

On the basis of AAHPERD’s recommendation (AAHPERD, 1980) [3] and results of earlier report (Pargonkar, 2002) [8, 11] following test-item of Physical Fitness test has been identified and variable-wise test items pertaining to the selected component of physical fitness were the instruments for data collection.

Components	Test Items
Speed	50mts dash

Test Description
50mts Dash Test

Purpose
To Measure Speed

Facilities and equipment
A Stopwatch, Running track or Marked area of 50m on Plane surface (flat and clear surface of at least 70 meters), Clapper

Procedure
The test involves running a single maximum sprint over 50 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary standing position (hands cannot touch the ground), with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions "set" then "go." The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and the participant should be encouraged to not slow down before crossing the finish line.

Instruction
Although the subject can take standing start prior to running

Scoring
Time take to cover 50 M distance is expressed in seconds.

Methods of Establishing Norms
The procedure of standardization and development of norms of ‘Physical Fitness Test’ and ‘Motor Fitness Test’ was followed by three stages (Bhattacharyya, 1977, Furst, 1970 and Bera, 1993) [6, 9, 5]

1. Preparatory Stage involves formation of test-items, determination of content validity, first try-out to get a ‘preliminary form’ of developing Norms.
2. Middle Stage considers the evaluation of ‘Item-difficulty’ and ‘Item-discrimination’.

3. Final Stage includes establishment of final norms, test’s reliability and validity.

Statistical Techniques Used

The data were analyzed using the following statistical technique:

- The reliability of the Preliminary form of the test was determined by spilt-half method of correlation.
- Content validity was determined by analyzing the opinions of the various experts in the area of education and physical education.
- Item-Analysis and Factor Analysis of the test were done on the basis of the principles as stated by Bhattachryya *et al.*, (1977) [6].
- Before establishing the norms, the distribution of performance scores of each item of Health Related physical fitness and Motor Fitness test were assessed with respect to a normal probability curve. Here, normality of the scores was evaluated on the basis of the values of Skewness (SK), Kurtosis (Ku) and their standard errors along with the percentage of distribution within the range of three standard deviations.
- After testing the normality of the item-wise performance scores of the subjects, the data were processed for calculation of percentile norms.
- The item-wise normative data were graded on the basis of the principles of Likert’s Five point scale.
- In general, descriptive statistics was applied wherever deemed necessary (Bhattacharyya *et al.*, 1977) [6].

Results

A) Results of Selection of test-items

Following test-items constituted the preliminary form of the test on Motor Fitness

- 50m Dash Test

B) Results on Establishing Norms

It is a common procedure that establishing the norms of a test is possible only if the related data are representing a mostly normal probability curve. Therefore, the normality of distribution of scores as obtained from test item was statistically tested separately. Skewness (Sk) and Kurtosis (Ku) of distributed scores of the large sample were calculated. After finding out the nature of distribution and on the basis of the characteristics of probability curve, the percentile norms of test item were determined.

Table 1: Characteristics of Distribution of Scores Obtained by the Subjects in 50m Dash test (Boys)

Statistical Measures	Distribution Characteristics of Test 50m Dash	
	16 Yrs.	17 Yrs.
Mean	9.0198	8.7537
Std. Error of Mean	.01944	.01599
Median	8.9000	8.7000
Mode	9.21	8.47
Std. Deviation	1.05372	.86944
Skewness (Sk)	.579	.128
Std. Error of Skewness (sk)	.045	.045
Kurtosis (Ku)	.383 ^{lk}	.160 ^{lk}
Std. Error of Kurtosis (ku)	.090	.090

Table 2: Characteristics of Distribution of Scores Obtained by the Subjects in 50m Dash test (Girls)

Statistical Measures	Distribution Characteristics of Test 50m Dash	
	16 Yrs.	17 Yrs.
Mean	10.5757	10.7951
Std. Error of Mean	.02611	.02708
Median	10.5400	10.7200
Mode	9.95	10.78
Std. Deviation	1.42414	1.47212
Skewness (Sk)	.049	.165
Std. Error of Skewness (sk)	.045	.045
Kurtosis (Ku)	.211 ^{lk}	-.197 ^{lk}
Std. Error of Kurtosis (ku)	.090	.090

Result on the norms of 50m Dash test

- Result reveals that the values of Sk (Skewness) and Ku (Kurtosis) of the distribution of subject’s (16 Years) 50m Dash were .579 (Boys), .383^{lk} (Boys), .049 (Girls), .211^{lk} (Girls) and subject’s (17 Years) .128 (Boys), .160^{lk} (Boys), .165 (Girls), -.197^{lk} (Girls) respectively. It can, therefore, be said that the distribution of subject’s scores in Stork Stand is positively skewed. It seems the distribution of Stork Stand scores is nearly normal.
- The result of percentile norms indicates that the P99 and P1 values of the 50m Dash were “12.0522& above” and “7.4500& below” for 16 years boys and for 17years boys “10.9000 & above” and “7.3100 & below” and for 16 years girls “13.7800& above” and “8.2150 & Below” and

“14.2576 & above” and “8.5080 & Below” respectively for 17 years girls.

Results on Reliability & Validity of Test

The item-wise Split-half reliability coefficients of items viz. 0.89 respectively.

The ‘item-sum’ correlation showed that the ‘Test’ retained its internal criterion validity, however, the researcher could not examine the external criterion validity because no parallel standardized test is available. However, the coefficients of internal validity of test-items were 0.79. It is important to note here that the Test ensured *face validity* as the items were endorsed the experts after a thorough review.

Table 3: Grading Scale of Performance in the 50m Dash Test based on the Percentile Norms for 16 and 17 Years High School Boys and Girls of Maharashtra State

Age & Gender	Grades				
	Excellent (A)	Good (B)	Average (C)	Fair (D)	Poor (E)
16 (Boys)	8.26 & Below	8.27 to 8.89	8.90 to 9.94	9.95 to 12.04	12.05 & Above
17 (Boys)	8.17 & Below	8.18 to 8.69	8.70 to 9.44	9.45 to 10.89	10.90 & Above
16 (Girls)	9.62 & Below	9.63 to 10.53	10.54 to 11.49	11.50 to 12.46	12.47 & Above
17 (Girls)	9.77 & Below	9.78 to 10.71	10.72 to 11.78	11.79 to 12.83	12.84 & Above

Table 4: Split-Half reliability and validity of 50m Dash Test

Item Code	Name of Items	Items Measuring	Reliability Coefficient	Validity Coefficient
A1	50m Dash Test	Speed	0.89	0.79

*All the values are significant at the 0.01 level

Discussion of Results

Many state governments have prepared syllabus of physical education for improvement of Health Related Physical fitness and Motor fitness among the higher secondary school students, however, standard procedure for evaluation of fitness is beyond the reach of physical education teachers. It was, therefore, thought desirable to develop and standardize a test battery and establish norms to assess the physical fitness status of the high school student especially for the state of Maharashtra.

The present investigator has taken severe pain locate the sample throughout the state of Maharashtra and to get permission from the school to collect data. He accepted it as a challenge. He painstakingly made few groups of experts for data collection throughout the state. Finally, he was successful in collection the data required for this study.

The result revealed that the preliminary from of the test consisted of many test-items and all these items were found reliable and the reliability coefficients were accepted at the 0.01 level of confidence. Moreover, the preliminary form of the test was also found valid.

The hypothesis was further tested regarding the reliability and validity of the new formed test battery. The result revealed that

the hypothesis as formulated in the thesis has been retained statistically at 0.01 level. Thus, the test battery was found reliable and valid to measure the Student Health Related Physical fitness and Motor fitness.

Merely, establishing the norms does not have value until the norms are graded. In this study, the researcher has formulated the grades on the basis of Likert’s five point scale. Now the new test battery as developed and standardized in this study got a fully form to be administered to assess Health Related Physical fitness and Motor fitness of any Children in the age group 16 to 17 years belonging to the state of Maharashtra.

Conclusion

With limitations, the results of the present study helped to warrant the following conclusions:

1. The ‘MOTOR FITNESS’ component as developed and standardized in this investigation finally contains this test-item. It can objectively assess the Motor Fitness level of school boys (standard XI & XII) studying in secondary schools in Maharashtra with acceptable reliability and validity.
2. The norms developed in this study have adequate objectivity with statistical acceptability. The norms of the

test are gradable and can useful to discriminate the High School Student having an Excellent/ good/ average/ Fair/poor level of physical fitness.

References

1. Jackson AW, Baker AA. The relationship of the sit and reach test to criterion measures of hamstring and back flexibility in young females. *Research Quarterly for Exercise and Sport*. 1986; 57:183-186.
2. Jackson AW, Langford N. The criterion related validity of the sit and reach test: Replication and extension of previous findings. *Research Quarterly for Exercise and Sport*. 1989; 60:384-387.
3. AAHPERD. Health related fitness test. (Reston, V.A.: American Alliance of Health, Physical Education and Recreation and Dance), 1980, 5.
4. American Alliance of Health, Physical Education, Recreation. Youth fitness test manual. (Washington D. C.: The Association), 1962, 45-78.
5. Bera TK. A study of Physical performance in athletics and some of its affective psychological determinants in teacher trainees. Doctoral thesis in Physical Education, University of Kalyani, West Bengal, 1993.
6. Bhattacharyya DD, Bhattacharyya A. Edvaluation and statistics in education (Calcutta: Blacki India Employees Co-operative Industrial Society Ltd.), 1977, 64-74.
7. Kuntzleman CT, Reiff GG. The decline in American children's fitness levels. *Research Quarterly for Exercise and Sport*. 1992; 63:107-111.
8. Pargaonkar GV. Development of norms of Physical fitness and selected athletic events for school boys aged 13 to 16 years in greater Mumbai" (Minor research project for UGC, Pune), 2002.
9. Furst Ej. Constructing evaluation Instruments, (New York: Longmans Green & Co.), 1970, 50.
10. Kuntzleman CT, Reiff GG. The decline in American children's fitness levels. *Research Quarterly for Exercise and Sport*. 1992; 63:107-111.
11. Pargaonkar GV. Development of norms of Physical fitness and selected athletic events for school boys aged 13 to 16 years in greater Mumbai" (Minor research project for UGC, Pune), 2002.
12. Sree Devi R. Construction for norms for a motor fitness test for secondary school girls. Unpublished Master's Thesis, 1984, 111-141.
13. Singh RM. Physical fitness norms of Punjab high school boys. Unpublished Doctoral Thesis, Punjab University, 1986.
14. Sallis JE, Mckenzie TL. Physical education's role in public health. *Research Quartely for Exercise and Sport*. 1991; 62:124-137.
15. William Robins C. Alabama motor fitness and health related fitness norms for age 6-14." *Dissertation Abstracts International*. 1985; 46(1):01.