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Effect of flexibility on secondary school children

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Abstract

Flexibility is important in fitness because it allows for better performance when playing sports or exercising, and in your day-to-day activities makes bending, walking, and lifting easier. In this lesson, you will learn how stretching and certain types of exercises can help improve flexibility. Flexibility is defined as the range of motion of your joints or the ability of your joints to move freely. It also refers to the mobility of your the joints. Range of motion is the distance and direction your joints can move, while mobility is the ability to move without restriction.

Keywords: Flexibility, lifting easier, muscular strength tasks, physical therapists

Introduction

Interest in flexibility training has its roots in the early 1900's due to increased orthopedic cases resulting from World War I. Public attention was heightened with the 1950's publication by Kraus and colleagues that American children were unable to successfully execute some flexibility and muscular strength tasks (Kraus & Hirsch land, 1954). Those who now proclaim the worth of proper flexibility training include coaches, personal trainers, fitness instructors, medical doctors, physical therapists, and health promotion specialists. The following review is designed to synthesize information, based on past and current flexibility research, for practitioners.

Stretches & Exercises Flexibility is important in fitness because it allows for better performance when playing sports or exercising, and in your day-to-day activities makes bending, walking, and lifting easier. In this lesson, you will learn how stretching and certain types of exercises can help improve flexibility

Statement of the problem

The purpose of the study is finding the experimental on 14 to 17 years players in high school students.

Limitation

- Sports training determined only Flexibility test.
- The socio economics conditions of the boys were not considered.
- The nutrition of girls was not considered.

Delimitation

- The study was delimited to the Secondary School Children
- The study was delimited to 20 control group and 20 experimental groups
- The study was further delimited to the age 14 to 17 years.

Objective

To study the significant difference between control and experimental group respect to flexibility

Methodology

Subject; To purpose of the study 20 students of experimental selected of random as subject of Secondary school children. Age 14 to 17.

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The six week physical training will be imparted on the selected sample subgroup of the research. Control group will not get any treatment whereas experimental group will make to expose the training session. The following methodology will be used to establish the nature of relationship between the performances of Secondary school children.

Variable

The independent variable used in this present study is resistance training. The criteria variable chose for the present were flexibility.

Training- protocol

Experimental group participated in the eight week training programmed. The experimental group pre and post-test Group trained one session a day two times a week for eight in the morning 6am to 8am and evening 4pm to 6pm. During every session the workout lasted approximately for 120 minutes inclusive of warming up training and warm down process while the control group was not exposed to any exports their regular training programs.

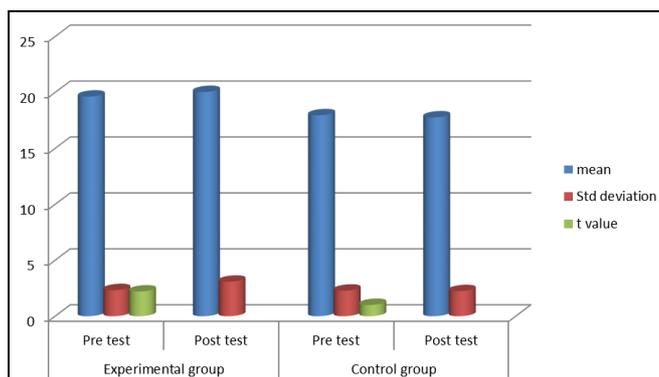
Table 1.1 showing the pre-test and post-test performance of Flexibility in High school children.

Group	Test	mean	Std deviation	t value
Experimental group	Pre test	19.63	2.33	2.205
	Post test	20.04	3.08	
Control group	Pre test	17.96	2.28	1.005
	Post test	17.77	2.24	

The level of significant is 0.05

Table No 1.1 Shows that the experimental group’s mean performance value of Flexibility of pre-test is 19.63 and the post-test is 20.04 the post-test Flexibility performance is less than pre-test Flexibility performance and also the t value is more than the table value. Hence it indicates significant development of Flexibility.

Whereas the control groups mean of Flexibility performance of pre and post-test values are 17.96 and 17.77 respectively. The t value is less than the table value. Hence the pre and post-test values indicate insignificant.



1.1 (a) The above figure clearly indicates that the 8 weeks Flexibility in performance is drastically improvement is the Flexibility.

Conclusion

The purpose of this study was to find out the “EFFECT OF FLEXIBILITY ON SECONDARY SCHOOL CHILDREN” To achieve this purpose 6 weeks Exercises training was given to selected female subjects. To know the Effect of flexibility training on the physical fitness performance Level of the

Flexibility was used for pre-test and post-test of the subjects. The result shows that 6 weeks flexibility exercises training develop Flexibility. On the basis of the results it was concluded that 6 weeks of flexibility exercises training significantly improved the Flexibility performance of subjects.

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