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## Physical fitness norms for girl students seeking admission to professional courses of physical education

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### Abstract

The purpose of the study was to construct the norms for students appearing for admission to the course of bachelor of physical education program at the School of Studies in Physical Education & Sports Sciences, Jiwaji University, Gwalior. Girls already admitted to B.P. Ed. Course in the last four year i.e. from 1995 to 1998 were chosen as subjects.

The norms were constructed by using hull scale. The norms were prepared for each items of physical fitness.

**Keywords:** Physical fitness, hull scale, AAPHER

### Introduction

Physical education is an educational process that has its aim for the improvement of human performance through the medium of physical activities selected to realize the outcomes. Physical education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimum health wellbeing, the attainment of knowledge and development of positive attitudes.

The AAPHER youth fitness test project represented in the first attempt by the physical education profession to establish national norms. The test battery was originally developed in 1957 by special committee of the AAPHER recreation council. The youth fitness test now consists of six items, for both boys and girls of age group 10-17 and college men and women.

The purpose of the study was to compute physical fitness norms for the entrance test for student seeking admission in Bachelor of Physical Education (One year) course at School of Studies in Physical Education and Sports Sciences Jiwaji University, Gwalior.

The subject for this study were only forty, reason being, participations of girls in physical education sports is very less & also their approach to this profession very low. This may be considered as limitation of the study.

### Procedure

In this chapter the selection of subject, selection of test items, procedure for administration of test items, and collection of data, the statistical treatment of data employed for standardizing the test items and for constructing the norms has been described.

### Selection of Subject

The subjects for this study were those female students who had appeared and were finally selected for the B.P. Ed course at School of Studies in Physical Education & Sports Sciences, Jiwaji University in the last four year i.e. 1995, 1996, 1997 & 1998. In total Forty Girls were selected as subjects.

### Selection of Test Items

Keeping in mind, the various components of physical fitness, administrative feasibility of tests and economy of time and cost involved in this research project, the following physical fitness test items were chosen:

- 1) **50 Meter Run:** To measure speed
- 2) **Shuttle Run:** To measure agility.

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- 3) **Standing Broad Jump:** To measure explosive strength of legs.
- 4) **Medicine Ball Throw:** To measure explosive strength of back and shoulder.
- 5) **600 Meter Run/Walk:** To measure endurance.

**Statistical Technique**

The hull scale was used to construct norms for each of the physical fitness test items for girls. In order to construct scales mean and standard deviations were used as statistical tool for analysing the data.

**Analysis of the Data and Result of the Study**

The mean and standard deviation have been calculated for each of the test item. The mean and standard deviations calculated separately for each event i.e. 50 mts run, standing broad jump, medicine ball throw, 600 mts run I walk and shuttle run are presented in Table -1 & 2

**Table 1:** Means & Standard Deviation of Each Physical Fitness Test Items

Test Item	Mean	Standard Deviation
50mtsrun	9.23	0.97
Shuttle run	11.49	0.73
Standing broad jump	1.78	0.24
Medicine ball throw	7.12	1.21
600 mts run/walk	2.42	0.28

The norms prepared using hull scale is presented in Table -2.

**Table 2:** Norms for Physical Fitness Test Items I.E. Standing Broad Jump, Shuttle Run, Medicine Ball Throw, 600 Mtrs Run/Walk & 50 Mtrs Run By Using Hull Scale

Points	50 Mts Run	Shuttle Run	Medicine Ball Throw	Standing Broad Jump	600 Mtrs. Run/Walk
0	12.62	14.03	2.91	1.11	3.40
5	12.28	13.78	3.33	1.18	3.30
10	11.94	13.52	3.75	1.24	3.20
15	11.60	13.27	4.17	1.31	3.10
20	11.26	13.01	4.59	1.38	3.00
25	10.92	12.76	5.01	1.44	2.91
30	10.58	12.51	5.43	1.51	2.81
35	10.24	12.25	5.85	1.58	2.71
40	9.90	12.00	6.27	1.64	2.61
45	9.56	11.74	6.69	1.71	2.51
50	9.23	11.49	7.12	1.78	2.42
55	8.89	11.23	7.54	1.84	2.32
60	8.55	10.97	7.96	1.91	2.22
65	8.21	10.71	8.31	1.97	2.12
70	7.87	10.45	8.81	2.04	2.02
75	7.53	10.19	9.23	2.11	1.93
80	7.19	9.93	9.66	2.18	1.83
85	6.85	9.67	10.08	2.25	1.73
90	6.51	9.41	10.50	2.32	1.63
95	6.17	9.15	10.87	2.39	1.55
100	5.83	8.89	11.35	2.46	1.44

**Summary**

Keeping in mind, the various components of physical fitness, administrative feasibility of tests and economy of time and cost involved in this research project, five physical fitness test items were chosen. The test was administered under the supervision of qualified person in order to minimize the error. The data was collected on subjects during their entrance test. The norms were constructed by using hull scale. The norms were prepared for boys for each items of physical fitness.

**Conclusions**

The scholar has computed hull scale for girls which may be modified of the few years depending upon the progress made by the physical education majors in these physical fitness items.

**Recommendations**

In the light of the conclusions drawn, the following recommendations have been made.

- 1. It is recommended that the similar study may be repeated by employing students of different grade.
- 2. The teacher of physical education and coaches should utilize the findings of this study in developing scientific programme of training and also for selecting potential sportsmen.
- 3. The present study may be repeated with subjects of age groups other than those employed in the study.
- 4. On the basis of prepared norms, the fitness level of students of different physical education professional institutions of the country may be compared.
- 5. This study may provide one of the criteria for selecting potential beginners in the games and sports.

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