



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2019; 6(6): 19-20
© 2019 IJPESH
www.kheljournal.com
Received: 16-09-2019
Accepted: 18-10-2019

KR Vimala Devi
Research Scholar, KACPE,
Koviloor, Tamil Nadu India

Dr. G Ravindran
Research Scholar, KACPE,
Koviloor, Tamil Nadu India

Comparison of eurofit between novice and senior physical education professional student

KR Vimala Devi and Dr. G Ravindran

Abstract

The purpose of this study was to find out the comparison of eurofit between novice and senior physical education professional student. To achieve this study 30 subjects (BP. Ed-I-15, BP. Ed-II -15) were selected from Koviloor andavar college of physical education and sports science, Koviloor, Karaikudi. The subjects age ranged from 20 to 26 years. The subjects were explained the methods of administering eurofit fitness test. The obtained readings were comparison with the following statistical analysis used to comparison of eurofit between novice and senior physical education professional student. The collected data from the two groups were statistically analysed to check whether any significant difference was there. This was done by applying the analysis of variance. Whenever the 'F' ratio was found to be significant for mean. The level of significance was fixed at 0.05 level of confidence. Result: There was insignificant difference in eurofit between novice and senior physical education professional student except Cardio respiratory endurance.

Keywords: Eurofit, physical education students

Introduction

Physical education has, until recently, been considered almost exclusively as a profession providing programmes in educational institutions, but is now also an academic discipline with a growing knowledge base whose focus point is human movement. From an evolutionary perspective modern man's advanced technologically based culture has propelled him well ahead of his biologic adaptive capacity. Evidence indicates that organized physical activity programmes developed early in man's existence, first being used to teach physical skills necessary for survival. Subsequently, historic evidence of the role of organised physical activity programmes reveals that various culture have placed widely disparate value on the need for and purpose of physical education.

The Eurofit test battery is proposed as a common core z while it is adequate in itself as an appropriate battery for testing the physical fitness of children, in those countries where other tests have been developed for testing other aspects of physical fitness, such tests may be added to the Eurofit battery.

Methodology

The purpose of this study was to find out the comparison of eurofit between novice and senior physical education professional student. To achieve this study 30 subjects (BP. Ed-I-15, BP. Ed-II -15) were selected from Koviloor andavar college of physical education and sports science, Koviloor, Karaikudi. The subjects age ranged from 20 to 26 years. The subjects were explained the methods of administering eurofit fitness test. The obtained readings were comparison with the following statistical analysis used to comparison of eurofit between novice and senior physical education professional student. The collected data from the two groups were statistically analysed to check whether any significant difference was there. This was done by applying the analysis of covariance. Whenever the 'F' ratio was found to be significant for adjusted post test mean. The level of significance was fixed at 0.05 level of confidence.

Corresponding Author:
KR Vimala Devi
Research Scholar, KACPE,
Koviloor, Tamil Nadu India

Table 1: Analysis of Variance on Eurofit Fitness Variables of Novice and Senior Physical Education Professional Students

Variables	Categories	Mean \pm SD	Source of Variance	Sum of Squares	Df	Mean Squares	F ratio
BMI	Novice Physical Education Students	23.22 \pm 3.86	Between the Group	0.86	1	0.86	0.059
	Senior Physical Education Students	22.88 \pm 3.76	With in the Group	407.78	28	14.56	
Single Leg Balance	Novice Physical Education Students	0.73 \pm 0.79	Between the Group	0.53	1	0.53	0.59
	Senior Physical Education Students	1 \pm 1.06	With in the Group	24.93	28	0.89	
Speed Limb Movement	Novice Physical Education Students	16.17 \pm 1.80	Between the Group	0.06	1	0.06	0.01
	Senior Physical Education Students	16.08 \pm 1.78	With in the Group	90.15	28	3.22	
Flexibility	Novice Physical Education Students	9.13 \pm 4.35	Between the Group	45.63	1	45.63	3.51
	Senior Physical Education Students	11.6 \pm 2.64	With in the Group	363.32	28	12.97	
Leg Explosive Power	Novice Physical Education Students	2.22 \pm 0.24	Between the Group	0.07	1	0.07	1.38
	Senior Physical Education Students	2.12 \pm 0.21	With in the Group	1.52	28	0.05	
Arm Strength	Novice Physical Education Students	112.06 \pm 1.38	Between the Group	0.83	1	0.83	0.87
	Senior Physical Education Students	112.4 \pm 8.03	With in the Group	930.54	28	33.23	
Trunk Strength	Novice Physical Education Students	20.46 \pm 4.92	Between the Group	61.63	1	61.63	3.96
	Senior Physical Education Students	23.33 \pm 2.60	With in the Group	435.06	28	15.53	
Muscular Strength and Endurance	Novice Physical Education Students	33.21 \pm 15.49	Between the Group	2.16	1	2.16	0.01
	Senior Physical Education Students	33.74 \pm 13.56	With in the Group	5941.17	28	212.18	
Agility	Novice Physical Education Students	17.08 \pm 0.92	Between the Group	1.98	1	1.98	1.44
	Senior Physical Education Students	17.59 \pm 1.37	With in the Group	38.61	28	1.37	
Cardio Respiratory Endurance	Novice Physical Education Students	56.33 \pm 6.33	Between the Group	340.04	1	340.04	10.81*
	Senior Physical Education Students	63.06 \pm 4.77	With in the Group	880.26	28	31.43	

Significant at 0.05 level.

Conclusions

Based on the analysis of this study the following were the result.

1. The results on body mass index showed that insignificant among novice and senior physical education professional students.
2. The results on single leg balance showed that insignificant among novice and senior physical education professional students.
3. The results on speed of limb movement showed that insignificant among novice and senior physical education professional students.
4. The results on flexibility showed that insignificant among novice and senior physical education professional students.
5. The results on leg explosive power showed that insignificant among novice and senior physical education professional students.
6. The results on arm strength showed that insignificant among novice and senior physical education professional students.
7. The results on trunk strength showed that insignificant among novice and senior physical education professional students.
8. The results on muscular endurance/ functional strength showed that insignificant among novice and senior physical education professional students.
9. The results on agility showed that insignificant among novice and senior physical education professional students.
10. The results on cardio respiratory endurance showed that significant among novice and senior physical education professional students.

Reference

1. Tomkinson GR, Carver KD, Atkinson F, Daniell ND, Lewis LK, Fitzgerald JS *et al.* European normative values for physical fitness in children and adolescents aged 9-17 years: results from 2 779 165 Eurofit performances representing 30 countries. *Br J Sports Med.* 2017; 30:ii: bjsports-2017-098253. doi: 10.1136/bjsports-

2017-098253.

2. Van de Glind I, Bunn C, Gray CM, Hunt K, Andersen E, Jelsma J *et al.* The intervention process in the European Fans in Training (Euro FIT) trial: a mixed method protocol for evaluation. *Trials.* 2017; 18(1):356. doi: 10.1186/s13063-017-2095-0.
3. Van Nassau F, van der Ploeg HP, Abrahamsen F, Andersen E, Anderson AS, Bosmans JE *et al.* Study protocol of European Fans in Training (Euro FIT): a four-country randomised controlled trial of a lifestyle program for men delivered in elite football clubs. *BMC Public Health.* 2016; 16:598. doi: 10.1186/s12889-016-3255-y.
4. Dobosz J, Mayorga-Vega D, Viciana J. Percentile Values of Physical Fitness Levels among Polish Children Aged 7 to 19 Years--a Population-Based Study. *Cent Eur J Public Health.* 2015; 23(4):340-51.
5. Vancampfort D, Sienaert P, Wyckaert S, De Hert M, Stubbs B, Rosenbaum S *et al.* Test-retest reliability, feasibility and clinical correlates of the Eurofit test battery in people with bipolar disorder. *Psychiatry Res.* 2015; 228(3):620-5. doi: 10.1016/j.psychres.2015.05.042. Epub 2015 Jun 11.