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Effect of exercise on physical fitness components among physical education students

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Abstract

The main purpose of the study was to examine the effects of exercise (DV) on physical fitness components among physical education students on best knee sit ups variable (IV). The study was being conducted on 200 physical education students from different centers/schools and academies of Kashmir. In the pre-post design study the students acted as their own control. Simple random sampling was used for collection of data. The data was analyzed using student's t-test. The level of significance was fixed at 0.05.

It was found that the pre and post intervention mean score of Bend knee sit up was 24.15 ± 6.17 and 29.10 ± 5.76 respectively. T ratio was found to be 2.63 for bent knees sit ups, which was significant at .05 level. Therefore the null hypothesis that there will not be significant differences between pre and post intervention bent knee sit ups was rejected.

Keywords: exercise, physical fitness, physical education students

Introduction

Every individual is blessed with a body which is involved both in physical mental functions. These functions collectively determine the character of an individual. They also effect his her behavior and actions. In a nutshell, they keep a person happy, energetic, content or make him sad lazy in active or dissatisfied. An energetic person, for example can do mental and physical activities fast whereas inactive can't. The capacity, thus depends upon the multiple factors that determine a particular individual. Therefore to develop and to improve one's health and fitness physical education is essential.

Physical fitness is the capacity to keenly, effectively, with interest and pleasure. Moreover, his recovery must be faster and quicker. Physical fitness is very important today. We say a person is fit means a person is fit physically as well as mentally fit. If a person is fit in actual sense then a person is can perform each and every task efficiently. Suppose if a work is needed to be done this work can be done by both healthy and unhealthy person but the difference lies in timing as the work may be done by healthy person in less time but same work may be done by unhealthy person in more time.

Physical fitness helps a person to fight with diseases and physically fit person may get recovered easily and quickly. While a person who is not physically fit will suffer from serious problems even by small illness. There are sometimes those situations where only physical fitness can be helpful. Though there are many physical fitness variables that can be used to determine overall strength but bent knee sit ups are important for determining the core muscle strength.

Objective of the study

To study the effect of physical exercise on bent knee sit ups ability among physical education students of different college students in Kashmir

Material and Method

A sample of total 200 students was selected as a subject for present study. The variable selected in this study was. Only one trail was given. To analysis the data Mean, Standard deviation and t value was used at significance level of 0.05.

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The subject is asked to lay down on ground on back side with knees bend, feet on the floor & heels not more than 12 inches from the buttocks. The angle at the knees should less than 90° angles the hands of the subject is on the back of the neck with the figures clasped & has to place the elbows squarely. On the mat the mat the subject's feet are to be held by assistant to

keep them in touch with surface. The subject is asked to tighten the abdomen muscles & bring the head and elbows forward as he or she sit – ups. Finally, to touch the to the knees the entire above process constitutes one sit up. The subject is asked to return to the starting position & to do sit ups again.

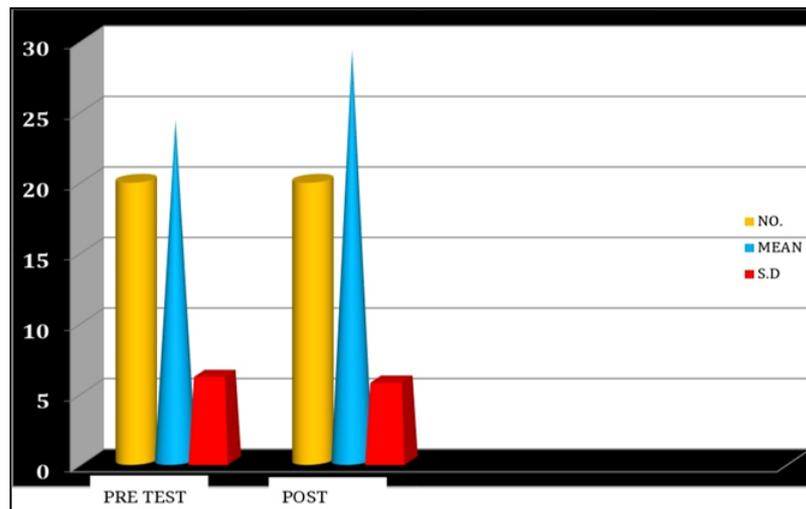


Fig 1: Shows the number of students, Mean, and S.D of bent Knee sit ups of physical education students.

Results and Discussion

Table 1: Shows effect of Physical exercise on Bend knee sit ups of physical Education students.

	Students No	Mean	S.D	S.ED	T-Value
Pre	200	24.15	6.17	1.8	2.63*
Post	200	29.10	5.76		

*Significant at .05 level

From the table-1, it is observed that that the Mean Value for Pre intervention Bend Knees Sit-Ups was 24.15 ± 6.17 , and Post intervention value was 29.10 ± 5.76 and S.Ed (1.8) Tt Value was 2.63* which is significant at 0.05 level of confidence. Thus the null hypothesis was rejected.

Discussion and finding

The present study deals with the effects of exercise on physical fitness components among physical education students of different colleges in Kashmir and bandipora district and one variable was selected i.e. Bend knees sit ups Association of physical fitness components and health-related quality of life in women with systemic lupus erythematosus with mild disease activity

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Conclusion

In the light of finding it was concluded that there can be significant effect of exercise on bent knee sit ups ability among male physical education students of of age group from 22-28 in different colleges in bandipora.

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