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Effect of different drills exercise on endurance and agility of school level students

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Abstract

This study compares the study of effect of different drills exercise on endurance and agility of school level students selection of subjects for the present study 30 students (Boy's) were selected by using sample random sampling method from Bharatpur School and their age group 17-18 years. Selection of tests the data for the study were collection by administration of Harvard Step Test and Shuttle run. Tools of the study: - 1) Endurance measure through pulse-rate. A stop watch, 18-inch high bench, metronome or tape-recorder (Optional), Stethoscope (Optional). 2) The Agility of students measure two blocks of wood, five centimetres by ten centimetres and a stop watch, track, lime powder etc...

Training program was of 6 weeks. In each week 3 days training where given to the group and Sunday was given total rest. For warming up exercise to be taken are: jogging 10 minutes, Spot jumping-3 sets of 12 counts, for cooling down exercise to be taken are, slow stretching exercise of whole body, deep breathing for 3 minute 60 seconds rest after each repetition.

For data collection two tests was conducted as given below, administration of the test Pre-test & Post-test: After four weeks training programmed final test was conducted for the result collected pre-test and post-test data was further put for analysis.

Keywords: different drills exercise, endurance, agility, school students

Introduction

It is critical to participate in sports. Time management, winning with honour, losing graciously, acknowledging and obeying authority, and coordination with teammates are just a few of the lessons learned via sports. Sports play an important part in keeping us both mentally and physically fit and nimble. "A sound mind resides in a sound body." We can only reach greatness if we maintain our physical and mental condition. Sports help to break up the monotony of daily tasks. Sports can be used to find entertainment. Sports can help someone develop their character. Whether in high school, college, university, or an institution, everyone is required to participate in sports. It benefits their health, athleticism, and mental acuity. "All work and no play makes Jack a dull lad," as the saying goes. Sporting activities provide entertainment.

Children today are less fit and active than previous generations. Inactivity is the fourth leading cause of sickness and disability in the United States. Physical activity is essential for school-aged children's healthy growth and development. Everyone may contribute to their children's better health by encouraging them to engage in physical activity. For youngsters, physical activity should be pleasurable and fun. For the country, sedentary children are likely to become inactive adults.

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"All work and no play makes Jack a dull lad," as the saying goes. Sporting activities provide entertainment. One of the more widely used definitions comes from the President's Council on Physical Fitness and Sports, which defines physical fitness as "the ability to carry out daily tasks with vigour and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies." Finally, "physical fitness is the ability to last, to bear up, to with-stand stress, and to continue under challenging circumstances where an unfit person might give up."

According to one physical education textbook author. Physical fitness is the polar opposite of being tired from everyday efforts, lacking the stamina to engage zestfully in life's activities, and becoming exhausted from unexpected, physically demanding exertion.... It's a positive attribute that ranges from death to 'abundant'.

Any physiological action performed by the skeletal muscles that results in a significant increase in energy expenditure over resting energy expenditure is referred to as physical activity. We must incorporate leisure time physical activity, exercise, sports, transportation, occupational tasks, and chores under this wide idea. Physical activity-related energy expenditure is the only discretionary component of total daily energy expenditure. In a sedentary person, activity energy expenditure is typically only about 25% of daily energy expenditure, whereas it can be as high as 50% in an endurance athlete on a training day or in people who work hard for long periods of time.

After around 8-10 years of consistent and rigorous training, high sports results are possible. Because good performance in most sports begins around the age of 18, organised sports

training must begin at the age of ten years or even earlier. This has brought the science of growth and development into sharp focus, as children's training must be founded on the principles of growth and development, particularly motor development.

Research Procedure

Selection of Subjects for the present study 30 students (Boy's) were selected by using sample random sampling method from Bharatpur School and their age group 17-18 years. Selection of tests the data for the study were collection by administration of Harvard Step Test and Shuttle run. Tools of the study: - 1) Endurance measure through pulse-rate. A stop watch, 18-inch high bench, metronome or tape-recorder (Optional), Stethoscope (Optional). 2) The Agility of students measure two blocks of wood, five centimetres by ten centimetres and a stop watch, track, lime powder etc...

Training program was of 6 weeks. In each week 3 days training were given to the group and Sunday was given total rest. For warming up exercise to be taken are: jogging 10 minutes, Spot jumping-3 sets of 12 counts, for cooling down exercise to be taken are, slow stretching exercise of whole body, deep breathing for 3 minute 60 seconds rest after each repetition.

For data collection two tests was conducted as given below, administration of the test Pre-test & Post-test: After four weeks training programmed final test was conducted for the result collected pre-test and post-test data was further put for analysis.

Analysis of Data & Results of the Study

Table 1: Description of Mean, Standard Deviation, SE and t-ratio of Endurance between Pre and Post Test of Boy's students

Test	Mean	SD	No of students	standard error	t-ratio
Pre-Test	72.19	5.02	30	0.2	7.07*
Post-Test	67.02	4.67			

*Significant at 0.05 level. Tabulated t 0.05 (28) = 1.701

Table No. 1 reveal that, the mean of Pre-Test of Endurance is 72.19 and after training program the mean value of post-test is 67.02 and the difference of the mean is 0.63. The standard deviation of pre test 5.02 and the post test is 4.67, here the standard error is found to be 0.72. After statistical analysis 's-ratio' is found to be 7.07, which is greater than tabular value t 0.05(28) = 1.701.

Table 2: Description of Mean, Standard Deviation, SE and t-ratio of Agility between Pre and Post Test of Boy's student

Test	Mean	SD	No of students	standard error	t-ratio
Pre-Test	12.95	1.07	30	0.23	4.11*
Post-Test	11.96	0.82			

*Significant at 0.05 level Tabulated-t 0.05 (28) = 1.701

Table No.2 reveal that, the mean of Pre-Test of Agility is 12.95 and after training program the mean value of post-test is 11.96 and the difference of the mean is 0.23. The standard deviation of pre-test 1.07 and the post test is 0.82, here the standard error is found to be 0.23. After statistical analysis t-ratio is found to be 4.11, which is greater than tabular value t 0.05(28) = 1.701.

Discussion of findings

The data analysis revealed that there was a substantial

difference in Endurance and Agility between the pre- and post-test, resulting in the study's findings. There was also a substantial variation in Pulse count between the pre- and post-test, according to the findings. It was expected that different drills exercise would have a substantial influence on a specific physical fitness component. Training has a considerable impact on endurance and agility, as evidenced by the results.

Conclusion

After a 6-week training programme, the findings were statistically analysed, and the study concluded that different drills exercise have a significant impact on the endurance and agility of School Boy's.

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