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Comparative study on speed between BPES and BSC sports coaching students of national sports university

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Abstract

The Researcher has chosen this topic was to find out the comparative study on speed between BPES and BSC sports coaching students of National Sports University, 25 each of students matured between 17-22 years were chosen as subjects for the study. Here using independent t-test for the interpretation of data, the result was BSC sports coaching students are much better rather than BPES Students. With the limitation and delimitation the steady was concluded that the BSC Sports Coaching students has very good speed then BPES students.

Keywords: Speed, NSU, BPES, B.SC, National Sports University

Introduction

The fitness possibility has a long and included history. As shown by the composition in relation to the subject, one can continue with the work carried out by Charles Darwin on the survival of the physical condition. Consistently, the word aptitude prescribes the limit of a creature or a human to work and play with a more extraordinary dimension of physical ability and be configured to face unexpected danger or destruction. Physical fitness is the ability to do a stable job postponed and recovery to the same condition of well-being is a short period of time. This is the delayed consequence of the dimension of strength, speed, endurance, preparation, power and flexibility. These fitness segments are important for different games. Physical fitness depends on a couple of components, that is, on the inheritance, livelihood and body fertilizers of an individual. Among these, fertilizers always practice practices in a surprising way. The condition of being fit or in condition is a fundamental stress for any country or city. The physical condition as a term implies the total and powerful physiological condition of the individual, who runs on a continuum of perfect human execution to serve the weakening and the step. There are several fitness parts that need to be done. These are: Spatial flexibility, muscular, cardiovascular and respiratory endurance, endurance, strength, power, speed and proper maintenance of body weight. It is feasible for athletic to have a lot of one segment and almost no of another. Additionally, while considering an extensive variety of sports certain parts expect an impressive significance, for instance: The necessities for flexibility in vaulting, the significance of strength in weight-lifting most sports obviously, require a commitment from various segments of fitness is changing degree.

Sports and physical education accept a basic part human resource change. Amusements and other outside exercises genuinely masterminded and executed, propel social congruity, prepare and expanded profitability. These exercises make in understudy's right dispositions and characteristics and empower them to form into balanced, consolidated and healthy local population. The interest in physical exercises and sports are important parts of the educational system that moves between health, fitness and individual satisfaction of the part. The physical condition includes the limit of every person to live wit more pleasure with their credibility at the furthest point and is based on physical, mental, social, profound and energetic pieces, which are identified and are commonly correlated.

Physical condition in general terms means extraordinary characteristics that allow us to satisfy our own needs and therefore to add to the conventional well-being of the general population. The term physical form means more than strength and muscular endurance.

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It suggests a convincing performance in the exercise or work and reasonable methods to lean in the execution of the selected physical exercises. Physical fitness is the social consideration of the surprising quality and degree of dispersion, which is a truly preconditioned dimension of the health and complete change of a man and is one of the substances of progress in the general closeness of a man. Today essentially every country offers essentialness to progression of sports with a particular true objective to improve the country's health and for the success without limits period.

Components of physical fitness

The physical form is "the ability of an individual to continue with a healthy and full lifestyle, incorporating physical, mental, passionate, social and profound elements and the limit to his healthy utterance". The physical condition implies a precious performance of the activity that requires the quantity of experiences; they are the evaluation of ecstasy in the middle of the time spent in the correct execution, the feeling of is a positive quality, which is connected on a scale from death to "rich life". Every living individual has a dimension of physical form that moves surprisingly in different individuals and in a comparable individual on different occasions. It is not so extensive in its meaning of "meaning of fitness". It fuses an acceptable dimension of health, action and body, the proper functioning of the central organs, the sustenance and the close affinities of health by an adequate proportion of endurance, strength, endurance and flexibility.

There is no single proportion of physical fitness or a single proportion of physical fitness or a single method to achieve it. In any case, these are three noteworthy features that add to the general physical state, they are strength, endurance and flexibility. The attitude of AAHPER is that state describes the degree and methodology that can work. Physical fitness is an individual problem. It proposes the ability of each person to live as possible with the potential to work and relying on physical, mental, enthusiastic, social and otherworldly components of the physical condition, which is totally related to each other and is regularly free. "The physical form infers the improvement of the components of muscular strength, muscular endurance, cardiovascular endurance and flexibility".

The main aspects of physical fitness are cardiovascular endurance, flexibility, muscle strength and muscular endurance. The cardiovascular structure is sufficiently balanced by a powerful exercise, for example, running, swimming or riding a bicycle and, to a lesser extent, by exercise weight endurance and arm rotation. Flexibility, which can also be improved by preparing weight, is improved better by growth exercises that improve the degree of body advancement. Muscle strength and muscular endurance are performed through the practice of weight obstacles and, to a lesser extent, through game exercises.

An extraordinary course of action is considered muscle physiology. Late examinations and mechanical headways have changed getting ready methods to affirm certain practices which, before, had been established on empiric recognitions. A critical number of the advances in the procedures of planning and physical embellishment have been invigorated by played sports rivalry. Electronic apparatus precisely measures and screens cardio respiratory endurance capacity still and remembering that honing. Biomechanical video examination is important to mentors who are endeavoring to upgrade group execution. The players

recognize the oxygen spending classes; lifting weights for strength and endurance are used by competitors in each of our delights to delight the design.

Speed

Speed is essential for physical exercises. Without speed there are no games or physical training. The rate of muscle fixation is an intrinsic quality; In any case, the speed of improvements can be extended through progress. Speed is a useful factor in entertainment such as soccer, hockey, running, bouncing, etc. Quality is identified with speed. It is the ability perform a movement or propagate a separation in a short time allocation. Different recreations depend on speed to get a good position on your opponents. For example, an athlete who hits a short break to play a lay-up, a tennis player who pushes forward to get a shot, and a football player who runs to the guard to get a lift.

A fitness segment related to abilities that is related to the ability to perform a movement in a short period of time (Surgeon General Report on Physical Activity and Health, USDHHS, 1996, according to Corbin and Lindsey's 1994 report)

Remark: There is a wide range of speed types, such as speed of travel, speed of swimming, speed of movement of the hand or foot to provide some precedents. Among the contenders, a 40-yard dash is occasionally used to measure speed. There is a wide range of laboratory speed extensions that are expressed in particular for the different parts of the body and the unmistakable exercises of human movement.

Objectives of the study

1. To study the present status and performance of BPES and BSC (Sports Coaching) students within the jurisdiction of National Sports University.
2. To study the importance of physical fitness for BPES and BSC (Sports Coaching) students within the jurisdiction of National Sports University.
3. To study the relationship between the various physical fitness components of BPES and BSC (Sports Coaching) students within the jurisdiction of National Sports University.
4. To study the differences among BPES and BSC (Sports Coaching) students within the jurisdiction of National Sports University in variable related to physical fitness.
5. To identify which Fitness variables majorly predict the performance of BPES and BSC (Sports Coaching) students within the jurisdiction of National Sports University.

Hypothesis

BPES and BSC (Sports Coaching) both have good speed as both the groups do speed training during their practice so it is hypothesized that there is no significant difference between BPES and BSC (Sports Coaching) students.

Delimitations of the study

1. This study was delimited to only male players.
2. This study was delimited to students residing within jurisdiction of National Sports University.
3. This study was delimited only to certain physical fitness variables.
4. This study was delimited to selected games of BPES and BSC (Sports Coaching).
5. This age group of the subject was ranging between 18-25 years.

Limitations of the study

1. Various psychological conditions of the subjects during the test administration is not under controlled which can affect the performance of athletes.
2. The tests and tools used for the present study were administered to the selected subject.
3. This study was confined to only male BPES and BSC (Sports Coaching) students.
4. Male participants from various socio-economic background, their dietary habits, nutritional factors, life style are different and not under controlled of the scholar.
5. Factors such as weather, religion, climatic conditions that influence performance have been considered as a limitation for the study.

Methodology

Sources of data

In this study, the researcher gather information from two sources, for example Primary and Secondary. Information gathered through discernment or survey audit in a particular setting are pictures of information gotten in a discretionary circumstance. Optional information is figures from magazines, books, records, waves and then some, for example, exchange sources. The graphs beneath depict the stream of information gathering sources.

The primary information will be the information you gather with a definitive objective of your exploration endeavor specifically. The benefit of primary information is that it is uniquely streamlined for your investigation needs. One disadvantage is that it is costly to get. Primary information is generally called crude data; in controlled or uncontrolled circumstances, the data is accumulated from the main source is if there should be an occurrence of controlled space, trail considers, where a few factors are being constrained by the analyzer. The wellspring of primary information in populace trying, from which you gather data. The underline stage in this procedure in choosing your objective populace. Clearly, this is unreasonable to gather data from everybody, so you should focus on test size and type test. Wellsprings of auxiliary information into in-word and outer sources, present interior source information that is available and put away in your association. Outer information alludes to the information that is gathered by different people or associations from the outside condition of your affiliation.

Selection of subjects

For the present study students of BPES and BSC (Sports Coaching), 25 each of National Sports University matured between 17-22 years were chosen as subjects for the study. Every factor of fitness test will be directed by both group of students. All then chose subjects, hapazerdly are inside Nation Sports University preview as it were.

Selection of variables

With the end goal of present study, AAPHARD (1980) youth physical fitness battery test comprises of six testing components was chosen. The accompanying test things of the battery were thought about on the factors for the present study.

Speed (50 meter Dash)

Objective: To measure speed we are using 50 meter dash

Statistical tool

Result of Speed

Table 1: Analysis of Table-I reveals that the results of 50 m dash test to measure speed of BPES and BSC (Sports Coaching)

Variable	Group	Mean	S.D	SED	T-Ratio
Speed	BPES	6.63	0.528	0.140	1.78
	BSC (Sports Coaching)	6.88	0.471		

Significant at 0.05 level Tabulated to 0.05 (48) =2.01

The bar diagram showing the speed between BPES and B.Sc. Students

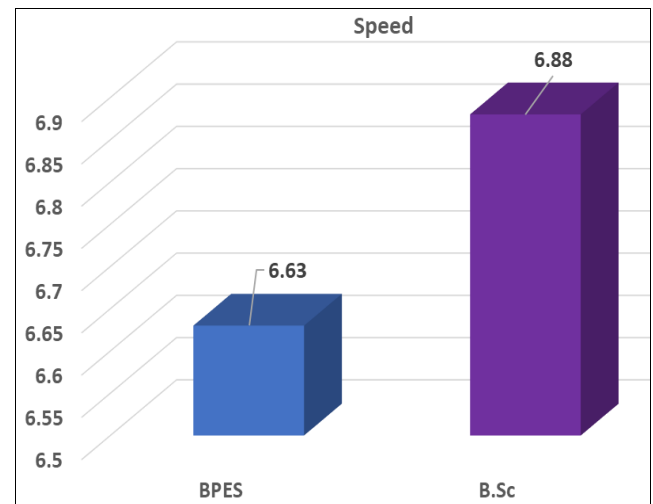


Fig 1: Show speed between BPES and B.Sc. Students

Analysis of Table-I reveals that the results of 50 m dash test to measure speed of BPES and BSC (Sports Coaching). In the case of speed of BPES students, mean value of 25 students is 6.63 and SD is 0.528. As well as speed of BSC (Sports Coaching), the mean value of 25 players is higher than the BPES students with SED is 0.140 depicts that more speed of BPES students in comparison to BSC (Sports Coaching). Further, the application of the t-test shows that there is no significant difference into the speed of the BPES and BSC (Sports Coaching) students at 0.05 significant levels.

Conclusion

The conclusion of the study which were made on the basis of the result of the study: comparing the range of the best and lowest performance, it was found that BSC Sports Coaching students are much better than the BPES students.

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