

A Comparative Study of Physical Fitness between Football Players of ShriGuru Harkishan Public School Tarn taran and ShriHarkishan School Chabhal

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Abstract

Soccer is quite possibly the most well-known sport around the world the purpose of the study was to compare the two same schools of different location to examine the physical fitness between them and it was seen that there is a significant difference between the ShriGuru Harkishan Public School Tarn Taran and ShriHarkishan School Chabhal total of 60 students were selected randomly with 30 each of same age group, Sit and Reach Sit Ups and 50 Yard Dash has been used to check the physical fitness. **Statistical Analysis:** Independent t-test was employed to compare the mean scores of Shri Guru Harkishan Public School TarnTaran and ShriHarkishan School Chabhal. The significance level was set up at 0.05.

Introduction

Theory of physical fitness is as old as human race. During the past of manhood physical fitness has been measured a crucial element of normal life. The primeval people were mostly reliant on their distinct strength, vigour and liveliness for physical existence. This involved mastery of certain elementary skill like strength, speed, endurance, agility for running, jumping, climbing and other ability employed in hunting for their livelihoods.(Gill et.al. 2017). Sports structure a significant part of life. They assume an essential part in achieving physical, mental and social development of the country. The beyond couple of many years have seen man on development around here. Sports are turning out to be progressively modern specialized going fame as discrete calling with extension of instructive facilities of country. More youngsters are participating in sports as an everyday component of their life. The support in sports furthermore, actual wellness increment a singular efficiency, it likewise advances social agreement and discipline"

(Sadri, 1993). There is a need of a consistent effort to accomplish better quality of execution in the games. Innovation takes care of each and every part of human existence. Presently sports exercises have additionally become profoundly logical. To give the most ideal presentation at any of the contests the help of logical disciplines is looked for. Enlistment of the essential standards of science, actual training and sports has turned into a subject of logical exploration "Fitness is that state which describes how much an individual can work productively. Fitness is a singular matter. It infers the capacity of every individual to live most successfully with his true capacities. Capacity to work relies on the physical, mental, close to home, moral and parts of Fitness; which are all connected with each other and are commonly between dependent."(AAHPER, 1965).

Each serious game or game requires specific actual characteristics that ought to be focused on for advancement in every competitor. For the most part these characteristics are speed, capacity to run, walk or run quicker (Singh 2015) Dexterity, the capacity to take an alternate route in the air and on the ground. Adaptability, the scope not entirely set in stone by the joints of the body. Strength, the capacity of muscles a muscle to pull, push, press, or crush. Over the span of one's preparation in sports and games these characteristics are created relying on actual constitution of an individual. Every extreme game or game requires specific actual characteristics that ought to be focused on for improvement in every competitor. By and large these characteristics are speed, capacity to run, walk or run quicker. Spryness, the capacity to take a different path in the air and on the ground. Adaptability, the scope still up in the air by the joints of the body. Strength, the capacity of muscles a muscle to pull, push, press, or crush. Throughout one's preparation in sports and games these characteristics are created relying on actual constitution of a person.

Material and Methods

Total of 60 football players were selected from both the schools 30 from Shri Guru Harkishan Public School Tarntaran and 30 from Shri Harkishan School Chabhal and they were selected randomly. The research design was descriptive comparative method. The criterion measures adopted for the study is muscular strength, Endurance and speed.

Tools to be used:

In this study researcher used Sit and Reach Sit Ups and 50 Yard Dash. Data for both the schools were compared and analysed by using (SPSS 2016). And the level of significance was kept at 0.05 level.

Table 1. Descriptive Statistics of Sit-Ups Sit and Reach and Speed Between Shri Guru Harkishan Public School and 30 From Tarn Taran And ShriHarkishan School Chabhal

Shri Guru Harkishan Public School Tarn taran					ShriHarkishan School Chabhal			
Test	N	Mean	Standard Deviation	St. Error	N	Mean	Standard Deviation	St. Error
Sit ups	30	23.21	3.42	0.61	30	28.54	7.07	0.94
Sit and reach	30	14.11	4.95	0.68	30	19.81	3.96	0.61
50 yard dash	30	8.79	0.90	0.33	30	7.11	0.44	0.43

In table 1. The result of study has revealed that in all the selected physical fitness components such as sit ups, sit and reach and speed there is significant difference between football players of Harkishan Public School and 30 From Tarn Taran And ShriHarkishan School Chabhal.

Conclusion

Physical fitness variables are very essential in football players for betterment in performance. But it's requirement is Depending upon the demand of the game and each factor of physical fitness should be optimally developed. The findings of the study can be concluded as under: On the basis of t -test applied the finding of the study concluded that there is a statistical significance difference between football players of Harkishan Public School Tarn Taran and ShriHarkishan School Chabhal. The mean score for Harkishan Public School Tarn Taran (23.21 ± 3.42, 14.11 ± 4.95, 8.79 ± 0.90) respectively while in case of ShriHarkishan School Chabhal (28.54 ± 7.07, 19.81±3.96, 7.11± 0.44) respectively.

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