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EFFECT OF PROGRESSIVE TRAINING PROGRAM ON PHYSICAL FITNESS^{p.p:128-137}



Joshi Poonam*

*Associate Professor, Department of Physical Education, K.S. Saket P.G College, Ayodhya, (U.P), India.
Email: jpoonam774@gmail.com

ABSTRACT

The objective of the study was to know the effect of progressive training program on physical fitness. 60 students were selected (16 to 25 yrs.) on the bases of systematic sampling method. Pre and Post tests were applied on the selected subjects' i. e: 30-30. For data collection AAPHERED youth test selected items (Height, Weight, 50 yard dash, Sit ups, flexed arm hang & 600 yard race) were used. Mean, S.D., M.D. S. Ed. and t-ratio were applied to find out the significant value of results. Conclusion: The majority of significant and non-significant factors were found in student's physical fitness.

Keywords: Progressive Training Program & Physical Fitness.

INTRODUCTION

Physical fitness refers to the ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living. Being efficient means doing daily activities with the least effort possible. A fit person is able to perform schoolwork, meet home responsibilities, and still have enough energy to enjoy sport and other leisure activities. A fit person can respond effectively to normal life situations, such as raking leaves at home, stocking shelves at a part-time job, and marching in the band at school. A fit person can also respond to emergency situations - for example, by running to get help or aiding a friend in distress. **Fabricuis's (1964)**, the purpose was to see the effect on physical fitness of fourth grade boys and girls who

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participated in regular elementary school physical education curriculum with those, who participated in regular elementary physical education with the addition of selected calisthenics. Physical fitness was measured by "Oregon Motor Fitness Test." In each class period three minutes and nine seconds were spent in the added calisthenics. The programme was given four times a week. Results showed that both groups Unproved significantly physical fitness in six months period. The experimental group having added calisthenics improved significantly more than in control group. **Geoffery (1966)**, Interval training is almost certainly the most universally employed method not only in the preparation of middle and long distance runners but also in developing the endurance of soccer and other team game players. Most runners generally use it in combination with other methods.

HYPOTHESIS

The study hypothesized that there will be significant effect of progressive training program on physical fitness.

DESIGN OF THE STUDY

60 students were selected (16 to 25 yrs.) on the bases of systematic sampling method. Pre and Post tests were applied on the selected subjects' i.e: 30-30. The subjects were selected from Dr. RLA University Ayodhya (U.P). For data collection AAPHERED youth test selected items (Height, Weight, 50 yard dash, Sit ups, flexed arm hang & 600 yard race) were used. Mean, S.D., M.D. S.Ed and t-ratio were applied to find out the significant value of results.

ANALYSIS & RESULTS

Table 1

Table showing the details of Height differences of Pre & Post Tests

Height	Mean	S.D.	SEd	t-ratio
Pre -Test	158.7	3.93	1.00	1.00*
Post-Test	158.8	4.05		

*Non-significant at .05 level

Pre-test mean is 158.7 and post-test mean is 158.8. In pre-test standard deviation is 3.93 and in post test is 4.05. The standard error is 1.00 and the t-ratio calculated is 1.00.

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Hence it is concluded that there is no significant difference in height between pre-test and post-test.

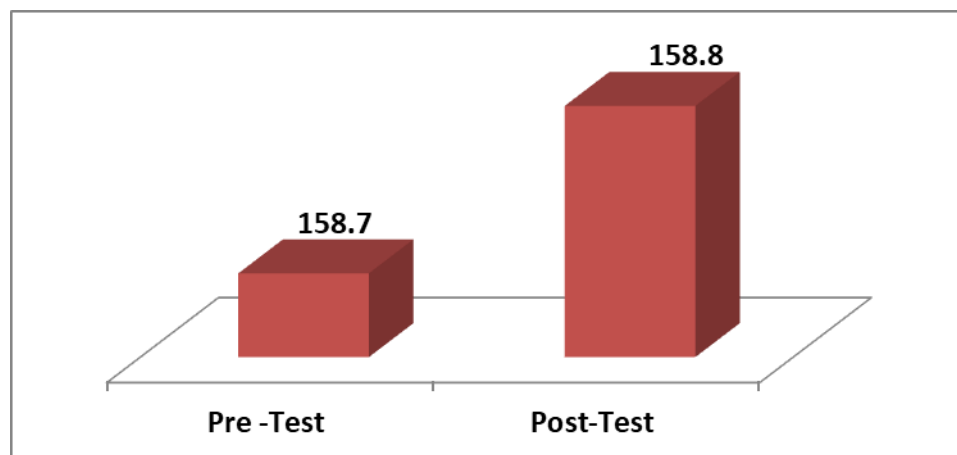


Fig. 1

Table 2

Table showing the details of Weight differences of Pre & Post Tests

Height	Mean	S.D.	SEd	t-ratio
Pre -Test	48.6	2.63	0.64	0.73
Post-Test	49.0	2.33		

***Non significant at .05 level**

Pre-test mean is 48.6 and post-test mean is 49.07. In pre-test standard deviation is 2.63 and in post test is 2.33. The standard error is 0.64 and the t-ratio calculated is 0.73. Hence it is concluded that there is no significant difference in weight between pre-test and post-test.

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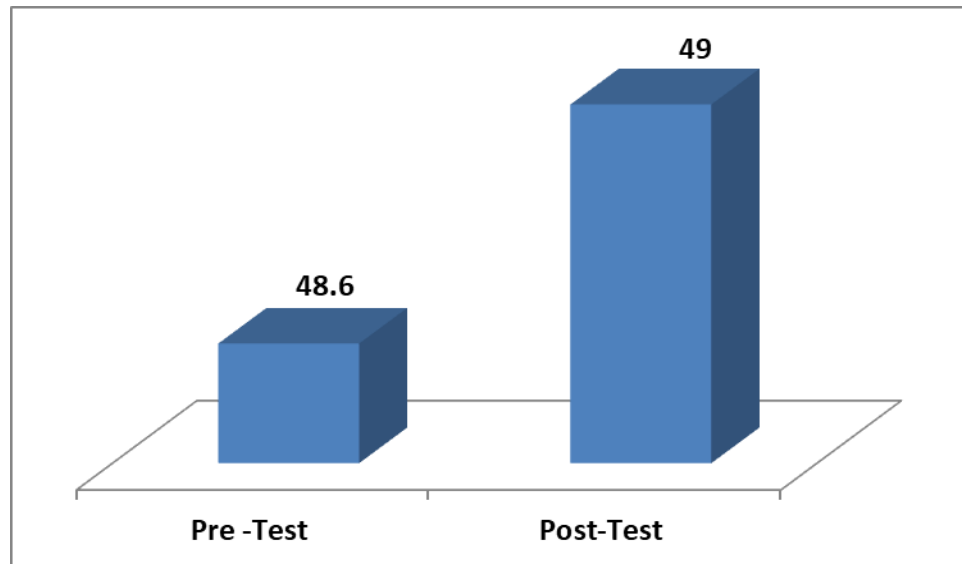


Fig. 2

Table 3

Table showing the details of 50 yards race differences of Pre & Post Tests

Height	Mean	S.D.	SEd	t-ratio
Pre -Test	9.80	1.13	0.27	5.70*
Post-Test	8.26	1.01		

***Significant at .05 level.**

Pre-test mean is 9.80 and post-test mean is 8.26. In pre-test standard deviation is 1.13 and in post test is 1.01. The standard error is 0.27 and the t-ratio calculated is 5.70. Hence it is concluded that there is significant difference in 50 Yards race of male between pre-test and post-test.

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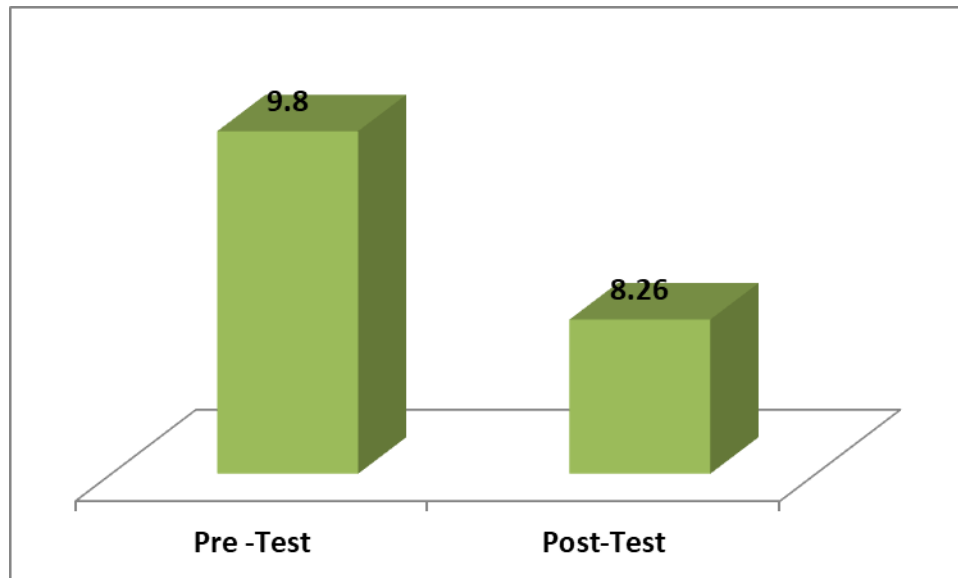


Fig. 3

Table 4

Table showing the details of Sit-ups differences of Pre & Post Tests

Height	Mean	S.D.	SEd	t-ratio
Pre –Test	13.5	2.06	0.54	8.09
Post-Test	17.9	2.12		

***Significant at .05 level**

Pre-test mean is 13.53 and post-test mean is 17.90. In pre-test standard deviation is 2.06 and in post test is 2.12. The standard error is 0.54 and the t-ratio calculated is 8.09. Hence it is concluded that there is significant difference in sit-ups between pre-test and post-test.

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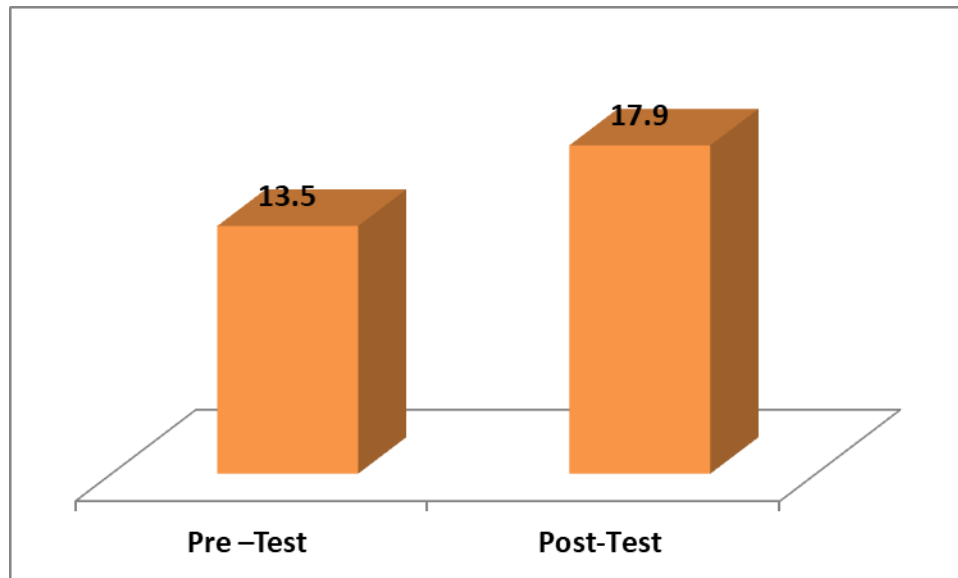


Fig. 4

Table 5

Table showing the details of Arm Hang differences of Pre & Post Tests

Height	Mean	S.D.	SEd	t-ratio
Pre –Test	11.7	2.20	0.6	6.28*
Post-Test	15.5	2.43		

***Significant at .05 level**

Pre-test mean is 11.78 and post-test mean is 15.55. In pre-test standard deviation is 2.20 and in post test is 2.43. The standard error is 0.60 and the t-ratio calculated is 6.28. Hence it is concluded that there is significant difference in Flex arm hang between pre-test and post-test.

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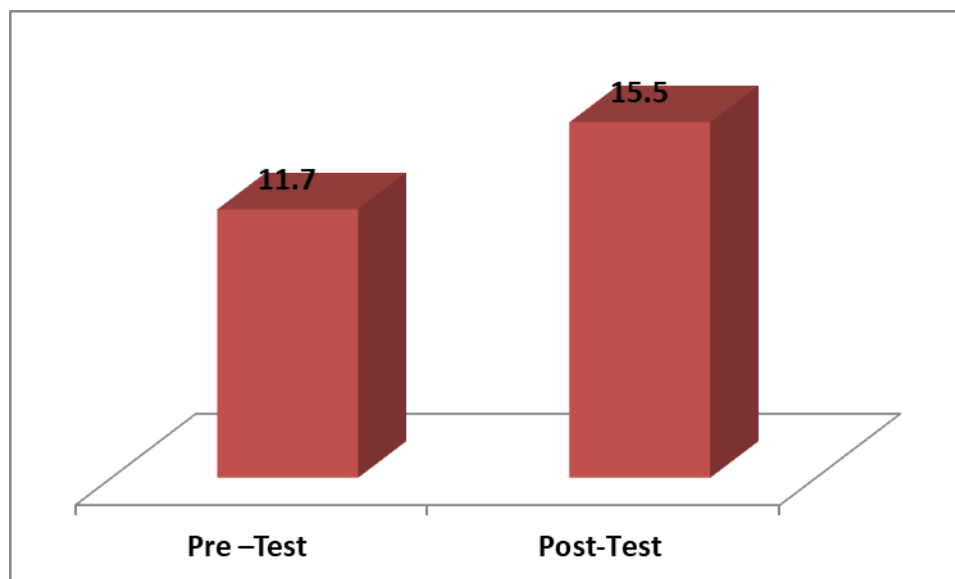


Fig. 5

Table 6

Table showing the details of 600 year race differences of Pre & Post Tests

Height	Mean	S.D.	SEd	t-ratio
Pre –Test	130.13	4.98	1.18	4.97*
Post-Test	124.26	4.09		

***Significant at .05 level.**

Pre-test mean is 130.13 and post-test mean is 124.26. In pre-test standard deviation is 4.98 and in post test is 4.09. The standard error is 1.18 and the t-ratio calculated is 4.97. Hence it is concluded that there is significant difference in 600 Yard race between pre-test and post-test.

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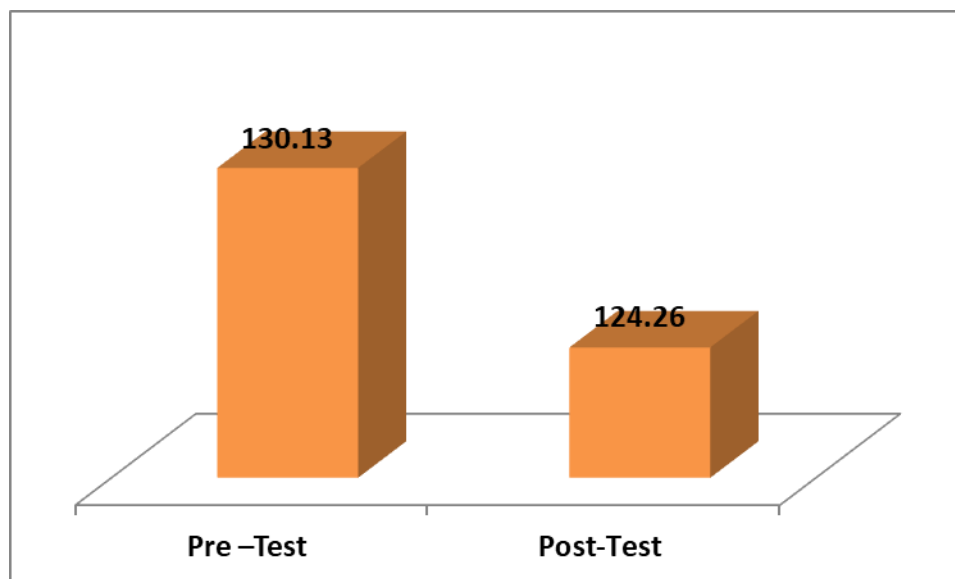


Fig. 6

CONCLUSION

On the basis of statistical analysis the conclusion is: The majority of significant and non-significant factors were found in student's physical fitness.

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