Chapter – I

Introduction
A healthy child is a pride of nation. Children are world’s greatest resources. Investment in child’s development is an investment in future of a nation. Today’s child will be tomorrow’s leaders and scientists, because children are our future and our most precious resources, the quality of tomorrows world, perhaps even its survival will be determined by well being, and development of today’s children. The developing trends in the field of physical education have made it possible to centralize the technique that encourages the children to their physical development. The attractive awards given for the excellence in the sports, certainly attracts the children towards sports and provoke them to achieve greater competence. This new insights in physical education cleared up a way for all round development of the children.

In the course of scientific evolution, the expertise has directly left greater influence on the overall development of the individual. In the modern world, the field of physical education and sports has caused refined knowledge and ample of skills. An advancement in the modern technology, tremendous growth of the concerned field such as biomechanics, exercise physiology, sports psychology, sports medicine, etc. have encouraged its
development on the large scale. Physical education provides a strong business to higher degree of competence in, contemporary world. A well planned physical education programmer has to be developed throughout the nation to improve the physical fitness, motor fitness and general motor fitness, motor ability of the young generation, so that they may live a healthy life and serve the nation better.

Today, there is a growing emphasis on looking good, feeling good and living longer, scientific evidence tells us that one of the keys to achieving these ideals is fitness and exercises. Getting mobility is a challenge because today physical activity is less a part of our daily lives. There are fewer jobs that require physical exertion. We have become a mechanically mobile society, relying on machines rather than muscles to get around. In addition, we have become nation of observes with more people (including children) spending their leisure time pursuing just that leisure. Consequently, Statistics show that obesity and over weight, the problems that come with high blood pressure, diabetes, cardiac arrest etc. are on the rise. But Statistics also show that preventive medicine pays off, so one should not wait until his/her doctor gives an ultimatum. On this ground, it is necessary to see. Some definition and meaning, of the physical fitness. Uppal defines physical fitness as “the capacity to carry out reasonable well various form of physical activities with out being unduly tired and includes importune to the individuals health and well being.”
short, fitness is defined as the state or condition of being physically sound and healthy, especially as the result of exercise and proper nutrition.

In today’s post-modern era everyone need physical fitness to face the critical condition of life, and to overcome all barriers of the life. As about the person so about the children, boys and girls must be inwardly motivated to be physically fit. The reason, the children and youth are in many cases in not only that they do not have opportunity to achieve physical fitness but they also do not fully appreciate and know why physical fitness is essential to themselves and their country.

Though we expect good physical fitness but everyone is not enough fortunate to have good physical fitness. As blindness, deaf and dumb, blindness these people are neglected and they consider themselves as useless. This is very sad situation for the person who is affected by these disabilities. Generally, we have a negative connotation about blind, deaf and dumb boys.

The United Nations declared 1981 as the International year of the disabled persons. It’s main aim was to rehabilitate 500 millions disabled persons stragglng for their survival in this world of human right and the global era of scientific technological and economic development. Whereas man has conquered the space, millions of unfortunate are unable to stand on their feet. India is one of the signatories to the resolution proclaiming 1981 as the International year of the disabled persons. It is the moral
responsibility of our government to work with such a concrete and practical planning and programmers that would carry immediate and significant benefits to disabled people, so that every disabled person including deaf and dumb and blind boys of our country should feel that he is enjoying that he is enjoying all rights declared by United Nations.

1.1 Paralympics Games

In 1948, Sir Ludwig Guttmann organized the sports competition invoking World War II veterans with a spinal cord injury in store Mandeville, England four years latter. Competitors from the Netherlands joined the games and an international movement was born Olympic style games for athletes with a disability were organised for the first time in Rome in 1980 now called Paralympics.

In Toronto in 1976, other disability groups were added and the idea at merging tighter different disability groups for international sport competition was Bern in the same year. The first Paralympics winter games took place in Sweden. Today the Paralympics elite sports events for athletes from six different disability groups.

They emphasize however, the participant athletics achievement rather than their disability. The movement has grown dramatically since the first days. The number of athletes participation in summer Paralympics games has increased from 400 athletes from 23 countries in Rome in 1960 to 3806 athletes from 136 countries in the Athens in 2004. The Paralympics
have been held in the same as the Olympic Games. Since the Seoul 1988 Paralympics Games and the Albertville 1992 inter paralytic Game they have also taken place at same venues as the Olympics.

On 19 June 2001, an agreement was signed between IOC and 2pc securing this Paralytics for the future from the 2012 bid process onwards, the best city chosen to host the Olympic game will be obliged to also host the Paralympics. The Italian city of tiring will has the noct. 2006 Paralympics 2008 will be in Beijing cling, Vancouver will last the winter Paralympics in 2010.

Bak ten year India’s Achievement was very good so many gold, bronze and silver medal win so I think this is better way to research to compactly physical fitness of blind dumb and normal boys. If your fitness is good at that time you achieve very well.

We see that there are sport competition for disable boys like blind and deaf and dumb conducted at taluka place to national level and further at Olympic level. These boys Participate in various sports events as swimming, running etc. These competition needs high energy and strength. Despite all bodily weakness these boys participates in these competition. Researcher assumed that these boys also have a energy level in them. Therefore researcher too inspire from such sports of blind and deaf and dumb and decided the topic as “Comparative study of physical fitness of Deaf and dumb, Blind with normal Boys.
1.2 What is Physical Fitness

To develop an individual physical fitness is one of the major objectives of physical education. If you are physically fit, you are free from illness, and able to function efficiently and effectively, to enjoy leisure and to cope with emergencies. Health related components for physical fitness include body composition, cardiovascular fitness, flexibility, muscular endurance and muscular include agility, balance, coordination, power, reaction time, and speed.

Physical fitness is one of the potential features of every human being. Physically fit citizens constitute a major strong asset for a strong nation and hence physical fitness of the youth should treated as a national and general concern. Few decades ago, when the Americans realized the need to develop youth fitness on a national scale. We need not mention here that now the Americans are the strongest contenders in almost all sports activities at the international level.

Physical Fitness, combined good health and physical development. The object of any program of physical fitness is an individual's health. Strength, endurance. And skill relative to age, sex, body build, and physiology. These ends can only be realized through conscientious regulation of exercise, rest, diet and periodic medical and dental examinations. Exercise should be regular and vigorous, but begun slowly and only gradually increased in strenuousness. Popular exercise methods
including jogging, cycling, and the use of body building machines. It is more important that periods of sleep be regular and restful than that they extend any fixed number of hours. A properly balanced diet in proteins, carbohydrates, vitamins, and minerals is essential.

Physical fitness is the ability to function efficiently and effectively, to enjoy leisure, to be. Healthy, of resist disease and to cope with emergency situations. Health, related components of physical fitness include body-composition, cardiovascular fitness, flexibility, macular endurance and strength. Skill related components included agility, balance coordination, power, reaction time, and speed. The relative importance of each of the components varies for each sports. Physical fitness is not only specific, if may also be position specific.

1.3 Physical Fitness

Physical fitness is defined as the state or condition of being physically sound and healthy, especially as the result of exercise and proper nutrition. Bucher 1 defines that “Physical fitness implies soundness of body organs such as the heart and lungs a human mechanism that performs efficiently under exercise or work conditions (........) and reasonable measure of skill in the performance of selected physical activities. In describing physical fitness it is not merely the strength factor, more has to be accounted for. Uppal2 defines “physical fitness as the capacity to carry out reasonable well various forms of physical activities without being
unduly tired and includes qualities important to the individual's health and well-being."

Hunter elaborates, defining physical fitness as work capacity, the total functional capacity to perform some specified task requiring muscular efforts, considering the individual involved, task to be performed, quality and intensity of efforts; one aspect of total fitness involves sound organic development, motor skill, and capacity to perform physical work with biological efficiency. Such insights of the time provide material for the evaluation of discipline, physical fitness is in effect, the involvement of muscular movement or a series of movements in coordination with the cardio-respiratory system of an individual to perform any kind of task. Such performance is also governed by numerous inherent determinants.

Mosby's dental dictionary defines physical fitness as "the ability to carry out daily tasks with alertness and vigour, without undue fatigue, with enough energy reserve to meet emergencies or to enjoy leisure time."

Physical fitness has been defined in various ways, a set of attributes that people have or acquire that relates to their ability to perform physical activity. Being physically fit has been defined as the ability to carry out daily tasks with vigour and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuit and to meet unforeseen emergencies. This definition describes what should be achieved from a program that promotes physical fitness.
To summaries, physical fitness tends to be defined by the contemporary advancement in skills imparted to individual, with insights towards probable future trend.

In short when you are physically fit, you.

Are more likely to be at your ideal weight

Have a more energy and work without fatigue

Are better able to cope with stress.

Are less likely to be depressed and anxious

Are less likely to have psychosomatic diseases and disorders

Are less likely to have chronic diseases such as high blood pressure, coronary heart disease, and obesity related diabetes.

Will develop muscle tone

Have stronger bones

Have healthy muscles

Are better able to relax and sleep well

Have better digestion and less constipation

Have increased lung capacity

Have strong heart muscle

Are more apt to be socially active

Feel better about yourself and your appearance.
1.4 Fitness Component

When discussing the physical domain of the human body, it is important to consider five health related fitness components. Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

1.4.1 Cardiovascular Endurance

It is defined as the ability of the lungs, heart, and blood vessels to deliver adequate amounts of oxygen and nutrients to the cell to meet the demands of prolonged physical activity.

1.4.2 Muscular Strength and Muscular Endurance

Muscular strength is the ability of the muscle to exert a single maximum contraction, whereas muscular endurance is the ability of the muscle to work for long periods of time without getting tired.

1.4.3 Flexibility

It is yet another key component to health related fitness. Flexibility is defined as the joints ability to move through a full range of motion. Excellent flexibility provides various health related benefits, which include improved physical performance. Greater freedom of movement, improved posture, an increase in physical and mental relaxation, and decrease in the risk of injury.
1.4.4 Body Structure or Body Composition

Body composition is the percentage of fat and muscle that makes up a person’s body. For good health, individuals should maintain a proper ratio of one to the other. When levels of body fat are high, an individual is at greater risk for a variety of health problems. High percentages of body fat are strongly correlated with arthritis, heart disease, hypertension, and diabetes.

There are many different ways to find body composition; however, not all are accurate. Height and weight charts are probably one of the least accurate means of finding body composition.

1.5 Influencing Factor

There are two major factors that influence each of the health-related fitness components: Physical activity and nutrition. Education in both areas is critical in helping an individual to develop overall physical health.

1.6 Importance of Physical Fitness

Physical fitness is one of the most important things in life and one of the most valuable assets one can ever have. Health is one of the prerequisites for a happy well-balanced life. There are several advantages of being physically fit; here is how physical fitness helps you in the long run.
1.6.1 Cardiovascular Endurance

Cardiovascular endurance is nothing but the measurement of your heart strength. It also implies the ability of the body to deliver oxygen and nutrients to tissues and to remove waste. Physical fitness helps you achieve cardiovascular endurance and helps to increase. The oxygen flow to all the body muscles.

1.6.2 Muscular Strength

A balanced and regular fitness helps to increase the ability of muscles to exert force and sustain contraction. In short to put it simply – a regular workout will make your muscles stronger and thus, increase your overall strength.

1.6.3 Self Confidence

When you look good and you feel good it is oblivious that you have no inhibitions and insecurities to bog you down. A healthy mind and a healthy body are a big boost to your self confidence.

1.6.4 Flexibility

A regular workout session will ensure that you move your joints and muscle to their fullest extent and hence, it will increase the flexibility of these joints and your overall body.
1.6.5 Body Composition

One of the indicators of physical fitness is a balanced and healthy body composition.

1.6.6 Beautiful You

Exercise and overall fitness helps you detoxify your body and thus lets your skin breathe also helps to tone your body and thus enhance your overall appearance.

1.6.7 Healthy Mind

A healthy mind dwells in a healthy body. Any exercise included in your fitness regimen, will lead to the production of endorphins in the body. Endorphins are chemicals that make you happy and hence healthy, physically fit body is always accompanied by healthy mind.

1.6.8 Drive away Illness

Yes it is true moderated and balanced workout in fitness regimen helps to boost the immune system of the body.

1.7 Physical Fitness of Blind, Deaf & Dumb and Normal Boys

Children who are visually impaired and blind consistently exhibited lower levels of fitness than sighted peers. Blind children were significantly less active than normal children for it is concluded that totally blind children are less fit than other children at least partly because their lower level of habitual activity. The most widely uptake which is defined as the
maximum rate of consumption of oxygen that a subject can achieve. While performing physical exercise. Blind children have been shown to have significantly lower maximum oxygen uptakes or work capacities compared with other boys.

1.8 What is Blindness

Blindness is defined as the state of being sightless. A blind individual is unable to see. In strict sense the word blindness denotes the condition of total blackness of vision with the inability of person to distinguish darkness from bright light in either eyes. The term blind and blindness have been modified in our society to include a wide range of visual impairment. Blindness is frequently used today to describe severe visual decline in one or both eyes with maintenance of some residual vision. Vision impairment, or low vision, means that even with eyeglasses, contact lenses, medicine or surgery, you don’t see well. Vision impairment can range from mild to severe. World wide, between 300 million and 400 million people are visually impaired due to various causes. Of this group, approximately 50 million.

1.9 Definitions

Blindness is the condition of lacking visual perception due to physiological or neurological factors.1

www.icevi.org/publications/icevix/wshops/0268.html
Oxford English dictionary defines blindness as “Not able to see or noticing or realizing something.”

Dr. Kenneth Jerhigan (1995) a leader in the National federation of the Blind, also give a functional and sociological definition of blindness one is blind to the extent that he must devise alternative techniques to do efficiently those things which he would do with sight if he had normal vision.”

The department of health also state that “A person is more likely to be classified as severely visually impaired if their eyesight has failed recently or if they are an older individual both groups being perceived as less to adapt to their vision loss.”

In 1934 American Medical Association adopted the following definition of blindness. “Central visual acuity of 20/200 or less in the better eye with corrective glasses or central acuity of more than 20/200 if there is a visual defect in which the peripheral field is contracted to such an extent that the widest diameter of the visual field subtends an angular distance no greater than 20 degrees.

1.10 In the Better Eye

An individual shall be considered to be blind for purpose of this title if he has central visual acuity of 20/200 or less in the better eye with the use of a correcting lens. An eye which is accompanied by a limitation in the field of vision such that widest diameter of visual field subtends an angle to
greater than 20 degrees shall be considered for purpose of the first sentence of this subsection as having a central visual acuity of 20/200 or less.

1.11 Type of Blindness

Blindness can be temporary or permanent damage to any portion of the eyes, the optic nerve or the area of the brain for vision can lead to blindness. The current politically correct terms for blindness include visually hand visually challenged. However, there are following types of blindness.

1.11.1 Colour Blindness

It is the inability to perceive differences between some of the colours that other can distinguish. It is most often inherited (genetic) and affect about 8% of males and under 1% of women. People who are colour blind usually have normal vision and can function well visually. This is actually not true blindness.

1.11.2 Show Blindness

It is loss of vision after exposure of the eyes to large amount of ultraviolet light. Show blindness is usually temporary and is due to swelling of cells of the corneal surface. Even in the most severe of cases of show blindness, the individual is still able to see shapes and movement.
1.11.3 Legal Blindness

Legal blindness is defined as visual acuity (vision) of 20/200 (6160) or less in the better eye with best correction possible. This means that a legally blind individual would have to stand 20 feet (6.1m) from an object to see it with corrective lenses with same degree of clarity as a normally sighted person could from 200 feet (61m). In many areas, people with average acuity who nonetheless have a visual field of less than 20 degrees (the norm being 180 degrees) are also classified as being legally blind.

1.11.4 Total Blindness

It is complete lack of form and visual light perception and is clinician recorded as NLP, an abbreviation for “no light perception.

1.12 Causes of blindness

There are many causes of blindness. Some people are blind from birth while other becomes blind as children or adults. Some are blind from birth while other become blind a children or adult disease or congenital. The following are major causes of blindness.

1.12.1 Diseases

According to WHO estimates, the most common causes to blindness around the world in 2002 were.

Cataracts (47.9%)

Glaucoma (12.3%)
Age-related macular degeneration (8.7%)

Corneal opacity (5.17%)

Diabetic retinopathy (4.8%)

Trachoma (3.6%)

Onchoceviasis (0.8%)

Cataract is responsible for more than 22 million causes of blindness and glaucoma 6 million, while leprosy and onchocerciasis each blind approximately 1 to affect 5 million children each year.

1.12.2 Abnormalities and Injuries

Eye injuries most often occurring in people under 30, are the leading cause of monocular blindness (Vision loss in one eye) throughout the United States.

Injuries and cataracts affect. The eye itself, while abnormalities such as optic nerve hyperplasia affect the nerve bundle that sends signals from the eye to the back of the brain, which can lead to decreased visual acuity.

1.12.3 Genetic Defects

People with albinism often have vision loss to the extent that many are legally blind. Though few of them actually cannot see leber’s congenital amaurosis can cause total blindness or severe sight loss from birth or early childhood.
1.12.4 Poisoning

Rarely, blindness is caused by the intake of certain chemicals. A well-known example is methanol, which is only mildly toxic and minimally in toxicating, but when not competing with ethanol for metabolism, methanol breaks down into the substances formaldehyde and formic acid which in turn can cause blindness, an array of other health complications, and death.

1.12.5 Willful Actions

Blinding has been used as an act of vengeance and torture in some instances, to deprive a person of a major sense by which they can navigate or interact within the world, act fully independently, and be aware of events surrounding them. An example from the classical realm is Oedipus, who gouges out his own eyes after realizing that he fulfilled the awful prophecy spoken of him.

1.12.6 Comorbidities

Blindness can occur in combination with such conditions as mental retardation, autism spectrum disorders, cerebral palsy, hearing impairments, and epilepsy.

1.13 Status of Blind in India

India is now home to the world largest number of blind people. Of the 37 million people across the globe who are blind, over 15 million are
from India. What’s worse, 75% of these are cases of avoidable blindness, thanks to the country’s acute shortage of optometrists and donated eyes for the treatment of corneal blindness. While India needs 40,000 optometrists, it has only 8,000.

On the other hand, while India needs 25 lakh donated eyes every year, the country’s 109 eye banks manage to collect a maximum of just 25,000 eyes, 30% of which can’t be used.

Shortage of donated eyes is becoming a huge problem of the 15 million blind people in India, 26% of whom are children, suffer due to corneal disorders. But only 10,000 corneal transplants are being done every year due to the shortage of donated eyes. The Union Health Ministry has already launched a national programme to control blindness and expect to reach its blindness elimination target of 0.3% by 2015, five years before the WHO deadline of 2020

1.14 History of Blindness

In Greek myth, Tiresias was a prophet famous for his clairvoyance. According to one myth, he was blinded by the gods punishment for revealing their secrets, while another holds that he was blinded as punishment after he saw Athena nuked while she was bathing. In the odyssey, the one-eyed Cyclops Polyphemus captures Odysseus who blinds Polyphemus in order to escape. In Norse mythology, Loki trickes the blind god Hoor into killing his brother Baldr, the god of happiness.
The Bible contains numerous instances of Jesus performing miracles to heal the blind. According to the Gospels, Jesus healed the two blind men of Galilee, blind man of Bethsaida the blind man of Jericho and the man who was born blind.

The parable of the blind men and an elephant has crossed between many religious traditions and is part of Jain, Buddhist, Sufi and Hindu lore. Poet John Milton who well to blind in mid-life composed on his blindness, a sonnet about coping with blindness a papyrus discovered at the base, the ancient capital of Egypt, names 20 eye diseases, and the Greek historian Herodotus, who visited Egypt in the fifth century B.C. met doctors there who specialized in ocean thalmology because of high incidence of blinding diseases.

It seems likely that in very primitive societies children born blind were port to death. This can be deduced from numerous in early religious writings to be human to the blind. But the notion that blindness was a divinely inspired punishment persisted, while only in rare cases such as the port homer was the gift of ganjas proffered as a compensation. The earliest medical records to us, derived from the ancient river cultures of Mesopotamia, show that even 5000 years ago medical care for the eyes was a speciality in its own right.

In general the most that sightless people could hope for to become a successful beggar. There are even undeniable indication that improve rished
parents sometimes blinded their own children deliberately to give them extra appeal as waifs.

A new era for the blind, the era of the asylum, was slow to arrive. One of the earliest special hopices established specifically for the care of sightless is said to have been founded in the fourth century A O at caesarean in cappadocid. Among the earliest school for the blind were those of Liverpool (1791) London (1799) Vienna (1805) and Berlin (1806) Institutions such as these meant that the blind themselves began to join forces to do something about their own situation, not only by improving the lot of those who had lost their sight but also by trying to prevent the sighted from losing their sight.

In January 1975, the International Agency for the prevention of Blindness came into being as an independent, nongovernmental organization to lead a world movement for the prevention and cure of blindness and to preserve sight.

In 1978 who programme for the prevention of blindness (PBL) was created. Ever since, PBL developed science based strategies to fight major causes of avoidable blindness and visual disability world wide and provided assistance to over one hundred WHO member states.

Blind and partially sighted people participates in sports such as swimming, show skiing and athletics some sports have been Invented or adapted for the blind such as goal ball, association foothill cricket and golt.
People with vision impairments have participated in the Paralympics games since the 1976 summer Paralympics in Toronto.

1.15 What is Deaf and Dumb

Deaf and dumb (or even just dumb) lathen applied to deaf people who don not speak) is an archaic term is considered offensive. Many deaf people do not use a spoken language. Thus they are technically mute the word dumb has at least an archaic meaning that means mute. Of course the word, dumb also has another more common meaning now that implies stupidity which is certainly not applicable to most deaf people. Given the long history of deafness, and the fact that deaf people have been incorrectly assumed to be mentally deficient just because they do not speak, you can imagine that most deaf people do not appreciate being called deaf and dumb.

The following are major definitions of deaf and dumb.

Deaf 2 : "Deaf are described at those in whom the sense of hearing is non-functional or below a certain standard for the ordinary purposes of life.

The term deaf 2 is frequently applied to those who are deficient in hearing in any degree, are unable to detect the loudest sounds.

Dumb : By nature in capable of speech in that of human being.


The term deaf is frequently applied to those who are deficient in hearing power in any degree, however slight as well as to people who are unable to detect the loudest sounds by means of auditory organs. It is impossible to draw a hard and fast line between the deaf and the hearing at any particular point. It refers to those who are so far handicapped as to be incapable of instruction by the ordinary means of the ear in a class those possessing normal hearing. Paradoxically, though it may seem, it is yet true to say that "dumbness" in our sense of the word does not, strictly speaking exist though the term "dumb" may for all practical purposes, fairly be applied to many of the deaf even after they are supposed to have learn how to speak. Dumbness is merely the result of ignorance in the use of the voice this ignorance being due to deafness. The deaf man can laugh, shout, and in fact utter any and every sound that the normal person can—but he does not speak. Why one person speaks English and another Russian language? Because he heard it in infancy. This imitation depends upon the ability to hear. Hence if one has never heard or has lost hearing in early childhood. He has never been able to imitate that language which parents and others used, and the condition of so-called dumbness—is added to his deafness. From this it follows that if the sense of hearing be not lost till the child has learnt to speak fluently the ability to speak is unaffected by the calamity of deafness, except that after.

Many years the voice is likely to become high-pitched or too guttural, or peculiar in some other respect owing to the absence of the
control usually exercised by the ear. It also follows that, to certain extent, the art of speech can be taught the deaf person even though he were born deaf. Theoretically, he is capable of talking just as well as his hearing brother, for the organs of speech are perfect in one as in the other, except that they suffer from lack of exercise in the case of the deaf man. Practically, he can never speak perfectly, for even if he were made to attempt articulation so as soon as he is discovered to be deaf, the fact that the ear, the natural guide of the voice, is useless, lays upon him a handicap, which can never be wiped out.

Deafness then, in our sense, means the incapacity to be instructed by means of the ear in the normal way, and dumbness means only that ignorance of how to speak one's mother tongue, which is the effect of deafness.

The definition of deafness has varied in research studies according to educational or medical classifications. A distinction between deaf and hard of hearing was primarily determined by researchers using information from the school or agencies that have provided participants for research studies. There was trend in the 1980 toward the use of hearing impaired as an umbrella term, which included. Those who are hard of hearing and those who are deaf. According to the national institutes of Health (1993) approximately 1 one of every 1000 children is born with profound hearing loss. Many more are born with less severe degrees of loss, while others may
develop hearing loss over time. Reduced hearing acuity during infancy and early childhood interferes with the development of speech and language skills. Communication difficulties may also adversely affect social, emotional, cognitive and academic development. Since physical activity and fitness are tied to these developmental construct, hearing loss may influence physical activity patterns and levels of physical fitness.

The deaf community has a significant history of involvement in sport. The oldest V.S. disability sport organization, the American Athletic Association for the Deaf, now recognized by the home, USA deaf sport Federation, was founded in 1945.

1.16 Types of deaf and Dumb

There are three tapes of hearing loss. Conductive, sensorineural, and a combination of conductive and sensorineural

In conductive hearing loss, the outer and lower middle ear is affected. This loss can be caused by problems with. The eardrum and lower the auditory ossicles that conduct the sound vibrations; it can sometimes be corrected with surgery. These losses are not usually severe and result in hard of hearing. A conductive hearing loss does not usually exceed a 60-db hearing loss.

Inner ear is affected in Sensorineural hearing loss; this is caused by damage to the cell and nerve fibres that receive and transmit sound. A greater than 60 dB loss is sensorineural in origin.
Meningitis often destroys the labyrinths and semicircular canals, causing total hearing loss and balance disturbance.

Dr. Edward M Gallaudet, the president of the college for the deaf in Washington, DC UAS, suggest the following terms for use in dividing the whole class of the deaf into its main sections, though it is obliviously impossible to spilt them up into perfectly defined subdivisions, where, as a matter of fact, you have each degree of deafness and dumbness shading into the next: the speaking deaf, the semi-speaking deaf, the mute deaf, the speaking semi-deaf, the mute semi-deaf, the hearing mute and the hearing semi-mute. He points out that the last two classes are usually persons of feeble mental power. We should exclude these altogether from the list. Since their hearing is, presumably, perfect, and should add the semi-speaking semi-deaf before the mute semi-deaf. This would give two divisions those who cannot hear at all, and those who have partial bearing with three subsections in each main division those who speak, those who have partial speech and those who do not speak at all.

1.17 Social Attitude towards Deaf and Dumb and Blind Boys

Hearing is one of the strongest media of communication between person and world in which they live. Children who have permanent hearing impairment are afflicted with a handicap that often has an impact on their total development adjustment and personality. The responsibility of meeting
the special need of such children requires the co-operation and skills of many disciplines.

Persons affected with obvious defects are most often given pity and sympathy by others. The deaf since they lack such immediately apparent restrictions, are often rejected as peculiar. Historically the deaf have suffered legal and social abuse. From misunderstandings, because they were looked upon as mentally incapable and queer. Change in public sentiments has occurred slowly and primarily because they could not hear and that successful techniques could be used to teach them to speak, to read and to understand the speech of others, even today the term deaf and dumb still used by layman, which implies that misunderstanding still exists.

Disabled boys do not need pity. They need help and encouragement in their efforts to overcome their handicaps, so that they can become assets to society instead of liabilities. They also have right to grow up in the world which does not set them apart, which looks at them not with scorn on pity but which welcomes them exactly as it welcomes every one, which offer them identical privileges and identical responsibilities.

It has been reported that social maturity of deaf and dumb child is retarded. They are socially immature and behave in anti-social ways. The handicapped children do not automatically emulate or interact with their non-handicapped pears. Deaf and dumb boys generally can not adjust with normal boys because of their defects. Even they can not play properly on
Neighbour boys see deaf and dumb with prejudices and avoid to live with them. Therefore, deaf and dumb boys interact less with normal boys.

1.18 Social Attitude towards Blindness

Blindness is as old as life itself. For centuries, blindness has had. And still has both negative and positive connotations, with negative feeling predominating. Helender (1994) pointed that the most important reason for the difficulties disabled people facing lies in the negative attitudes towards them. Among the main factors affecting disability, probably the most important are the beliefs, attitudes and behaviours surrounding a person with a disability are the most important factors.

Attitudes towards blind people have varied from culture to culture, with religious beliefs and mythology playing a predominant role. Blindness was thought to be mysterious, and blind people were often feared and shunned. This fear of blindness may have been due to a fear of losing one’s own sight. The mystery surrounding blindness has had some people to believe that, those without sight are endowed with exceptional qualities religious beliefs in assumption about blind that people are mentioned clearly in an anecdote written on “My eyes have a cold nose”. A specific area of cultural inflames affects disability and rehabilitation. Community based Rehabilitation programs changes social attitudes positively towards disabled people. Traditional attitude influencing the outcome of
rehabilitation positively as well as negatively has been reported in several CBR programs.

There are many misconceptions about blind people in the world. An old middle Eastern proverb says “When you see a blind man, kick him. Why should you be kinder to him than God has been?” This has been one of the unfortunate perceptions of blindness that it is a curse from God. The negative perception is what has caused blind people to be discriminated against for centuries and looked upon as cursed beggars.

Dr. Jernigan writes that the history of mistreatment of blind people is often the only history of told. History tells that blind people were totally powerless and hapless, often abused and killed and then later patronized and kept in institutions. But history fails to tell of the many accomplishments of blind people, focusing instead on negative things done to blind people rather than positive things done by blind people. Most of the historians who have recorded positive information about blind people were themselves blind.

As Dr. Jernigan points out, it is not bad intentions that lead historians to focus on the negative alone. It is misconceptions and preconceptions about blind people that society held which caused and sometimes still cause society at large to think of blind people only in negative lights. Giving the complete history, including both the suffering and the accomplishment.
Film and literature has also often portrayed blind people in negative lights, further increasing misconceptions that affect negative attitude against people who are blind. In 1934, the film “It’s a Gift” depicted a stereotypical blind man who is clumsy, grouchy and helpless. The Mr. Magoo character in the cartoon and movies is one of the most degrading ones. Mr. Magoo walks around bumping into things and talking to the objects that he believes are people. The character is supposed to be amusing. However, laughing at a negative stereotype of blind person is not funny but insulting.

In literature, blind characters are often depicted either as cursed individuals or people with supernatural powers. Many are detectives who are not brilliant because of their knowledge but because of a sixth sense and magic that blind people have. Blindness in works of fiction also sometimes makes blind characters appear foolish and gullible as in Shakespeare’s character Gloucester in King Lear or innately evil as Robert Stevenson’s character blind pew in Treasure Island. Many of the writers who have depicted blind people in negative ways are great writers whose preconceptions about blind people have shaped their blind characters. Books, works of fiction and films that have misconceptions about blind people have the potential to generate more negative attitudes about blind people in society.

Negative attitudes allow discrimination to take place. In some states, blind people are prevented from being selected for jury duty. In one state, the state university denied a blind college student the right to do her
practice teaching because she is blind. In another state, the principal and faculty of high school removed the name of a blind student as candidate for student body president because he was blind. These are just a few examples of how preconceptions that sighted people have of blind people can lead often well intentioned leaders to make negative decisions and policies concerning blind people.

A nation wide survey conducted by the national program for control Blindness (NPCB) in India during 1986-89 reported 9-12 million people blind from various causes in India. In response to this survey, various nationwide programs were initiated to control blindness in India. Full participation and equality of opportunity are internationally accepted commonly contribute to exclusion of disabled people from community are negative attitude and prejudices about the disabled people “Lack of awareness about the abilities of disabled people and rejection of right and misconceptions.

In this information era the modern trends in Physical Fitness and Norms are well informed by the Space Communication Media. But these modern trends in Physical Fitness Test various geographical, social, economical and technologically developed area mainly in developed countries in Blind deaf dumb and normal boys. So the Physical Educationist, Physical Education Lectures, Coaches are confused in application of these Physical Fitness tests. A very few research works in
compare Physical Fitness Blind Deaf and dump and Normal Boys was conducted in India. And these Physical Fitness Tests are not specifically applicable to students studying in Marathwada. Because Marathwada Region is most backward region in educational development and economic development in Maharashtra State. The Marathwada region has eight districts namely- Nanded, Parbhani, Hingoli, Latur, Osmanabad, Aurangabad, Beed and Jalna. Nanded district has Andhra Pradesh and Vidarbha region’s adjacent boundary. Latur district is adjacent to Karnataka state. So these four districts have various types of geographical, social, economical variations. The educational facilities and sports and games facilities differ district to district and taluka to taluka also. The compare of Physical Fitness tests for a blind deaf and normal high school boys to our standard and the setting up norms in grading the physical fitness level of high school boys is deemed very necessary. Such a study has not yet been reported in India. Hence, the researcher finds in necessary to take up the present study.

1.19 Statement of the Problem

Physical fitness, combined good health and physical development. As the physical fitness is essential for the well being, the researcher had a keen interest to undertake a research work on the problem “A Comparative Study of Physical Fitness of Blind, Deaf & Dumb and Normal Boys” of Marathwada region of Maharashtra state.
The researcher has selected this area of study to acquaint himself and to clear the misconception about deaf and dumb, and blind boys. It is always considered that these boys are weak, incapable and ineligible in sports activities, and their physical fitness level is also not up to level of normal children. The researcher earnestly wants to wipe all those misconceptions about deaf and dumb, and blind boys. Hence, researcher studied their physical fitness by taking the test of standing broad jump, chins up and running. These boys have been compared with normal boys to know their level of physical fitness.

1.20 Objectives of the Study

1.20.1 To study Physical Fitness of Blind Students.

1.20.2 To study Physical Fitness of Deaf Students.

1.20.3 To study Physical Fitness of Normal Students.

1.20.4 To study Physical Fitness of Blind, Deaf & Dumb and Normal Students.

1.20.5 To identify effect of Blindness, Deaf & Dumb and Normal Students.

1.21 Significance of the Problem

1.21.1 There are some (or many) misconceptions about the deaf and dumb, and blind boys in our society. Parents also neglect the physical fitness of these boys. Similarly, the teacher. Administrator is not conscious about making any special provision for development of these boys. They believe
that normal boys are stronger and physically more fit than blind and deaf
and dumb boys who suffer from inability to speak and hear.

1.21.2 The aim of this study was to compare the physical fitness of deaf
and dumb and blind boys with normal boys, so that the need of the blind
and, deaf and dumb boys would be recognized.

1.21.3 The findings of the study would be valuable to those involved in
education of the deaf and dumb, and blind boys.

1.21.4 Training them to live as useful citizen within the limitation of their
disabilities. The study would also be of a of a great value to those
organizing developmental remedial and recreational programmes of
physical education for deaf and dumb and blind boys.

1.21.5 The study would be beneficial for the government to special plan for
the physical development of these boys. It also useful physical instructor
and teacher in both school and the society. The study is useful for
organizing the games of these boys. Above all, the study would be
beneficial for parents, teacher, physical instructor and organizers of the
various games.

1.21.6 In the implementation of various government plans for handicapped
and other disabled. the results of such research work can be utilised
forcefully.
1.21.7 To have a social awareness about the handicapped, the policies can be framed based upon the results of such type of research.

1.21.8 More and more handicapped candidates can be motivated to have participation in various sport events at various levels.

1.21.9 In academic field, the result of such type of research can be utilised in order to have advancement of physical disabled candidates in academic field.

1.21.10 In framing the recruitment policies, i.e. to have reservation for physical handicapped to results of such type of research work can be utilised.

1.21 Purpose of the Study

Disabled children do not need pity they need help and encouragement in their efforts to overcome their handicaps, so that they can become assets to society instead of liabilities they also have right to grow up in a world which does not set them apart which looks at them not with scorn or pity but which welcomes them exactly as it welcomes every one, which offers them identical privileges and identical responsibilities. The purpose of this study was to compare the physical fitness of Blind, and Deaf and dumb boys with normal boys besides this the researcher compared the following aspects a) Explosive power b) strength c) speed of deaf and dumb
and blind boys by conducting the like standing broad jump running and chins up.

1.22 Hypothesis

H-1. It was hypothesized that there would be significant difference in the physical fitness level of Deaf and dumb and blind with normal boys.

H-2. There would be no significant difference between the normal and blind boys in the score of running.

H-3. There would be no significant difference between deaf and dumb and blind boys in the score of running.

H-4. There would be significant difference between the deaf and dumb and normal boys in the score of running.

H-5. There would be significant difference between the normal boys and blind boys in the score of standing broad jump.

H-6. There would be significant difference between the deaf and dumb and normal boys in the score of running.

H-7. There would be no significant difference between the deaf and dumb and blind boys in the score of standing broad jump.

H-8. There would be significant difference between the deaf and dumb and normal boys in the score of chin ups.

H-9. There would be no significant difference between the normal and blind boys in the score of chin ups.
H-10. There would be no significant difference between the deaf and dumb and blind boys in the score of chin ups.

H-11. There would be significant difference between the deaf and dumb and normal boys in the score of composite test score of chin ups.

H-12. There would be no significant difference between the normal and blind boys in the score of composite test sure of chin ups.

H-13. There would be no significant difference between normal and blind boys in the score of composite test score of chin ups.

1.23 Delimitation

The study is delimited to following 5 factors

1.23.1 Institutional Factor : The study was delimited to scores was 1350 out of which 450 blind, 450 deaf dumb and 450 normal boys.

1.23.2 Gender Factors : The study was conducted on the male boys only.

1.23.3 Sex and Age Group : There were seventy five boys in each group.

1.23.4 Critevia Factor : The age group of boys was in between 14 to 18 years.

1.23.5 Deformities Factor : The study is delimited to student having blind, deaf & dumb deficiency only.

1.24 Limitation

The study is limited to following factors.
The climatic conditions, subjects' behaviours, their physical capacities. Their health conditions, their daily routine. While administrating the test items beyond the control of the investigators and hence are considered as limitations of this study.

Proper care will be taken to use the available standard equipments. The instrumental errors may also be limitations for this study, but consistent calibration will be attempted.

Proper care will be taken in appointing reliable judges and officials but the mistakes done by judges and officials may also be limitations for the study.

1.25 Definitions

Physical Fitness

It is the ability to carry out daily task with vigour and alertness without undue fatigue and with sample energy to enjoy leisure time pursuits and do meet unforeseen emergencies.

Muscular Strength

It refers to maximal contraction power of the muscle. It is measured by dynamometer or tension meter.

Power

Capacity of an individual to bring into play maximum muscle contrition at the fastest rate of speed.
Speed

Capacity of an individual to perform successive movements of the same pattern at a fast rate.

The following definitions are according to Encyclopaedia Americana and Encyclopaedia Britannica.

Deaf

Deaf are described as those in whom the sense of hearing is non-functional or below a certain standard for the ordinary purposes of life.

The term Deaf is frequently applied to those who are deficient in hearing in any degree, however slight as well as to people who are unable to detect the loudest sounds.

Dumb

By nature incapable of speech in that of human being.

Blind

Unable to see without part all of the scene of sight.