Abstract

Lunkad, Anand B.(2015) conducted a critical study of physical fitness, intelligence and sports achievement of the students undergoing the Kridakul Program of Jnana Prabodhini, Pune. Purpose of this study was to analyze the existing data of selected three research variables physical fitness, intelligence and sports achievement of the students; to find out whether Kridakul Program achieved the objective with respect to physical fitness and sports achievement and to find out relationship between Physical Fitness and Sports Achievement; and Intelligence and Sports Achievement of students. The study was descriptive type having retrospective study, case study and explanatory mixed type design. Sports Authority of India (SAI) fitness test and Standard Progressive Matrices (SPM) were standardize test and sports achievement score sheet and questionnaire were teacher made tools for data collection. Study concluded that after analyzing physical fitness, intelligence and sports achievement of the students, objectives of the Kridakul Program were not achieved with respect to physical fitness and sports achievement but positive relationships were seen between Physical Fitness and Sports Achievement; and intelligence and Sports Achievement of students. The Kridakul program is going in the right direction but should follow some recommendation.

Key Words: physical fitness, intelligence, sports achievement, Kridakul Program