CHAPTER V

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SUMMARY

The purpose of the study was to construct the norms for physical fitness.

To achieve this purpose, the study was conducted on 500 boys studying in higher secondary schools in Kadapa District were selected as the subject. The subjects were between the age group of 16–18 years. The data were collected from the AAHPERD youth fitness test variables, namely shoulder strength (pull ups), abdominal strength (sit ups), agility (shuttle run), power (standing broad jump), speed (50 yard dash) and endurance (600 yard run / walk) for boys, the data were statistically analysed for the construction of norms. After computing the mean, standard deviation and hull scale values, the norm were constructed for each variable.

CONCLUSIONS

On the basis of the hull scale norms in the performance of AAHPERD youth physical fitness test of sit-ups, pull-ups, shuttle run, 50 yard dash, 600 yard run / walk test and standing broad jump tests for boys the following conclusions were drawn.
PULL-UPS

In the construction of norms, for pull ups test 45 subjects were poor, 125 subjects were fair, 100 subjects were average, 50 subjects were good and 100 subjects were very good and 75 subjects were excellent.

BENTKNEE SIT-UPS

In the construction of norms, for sit ups 45 subjects were poor, 130 subjects were fair, 98 subjects were average, 52 subjects were good and 125 subjects were very good and 50 subjects were excellent.

STANDING BROAD JUMP

In the construction of norms for standing broad jump test 40 subjects were poor, 75 subjects were fair, 95 subjects were average, 120 subjects were good and 90 subjects were very good and 80 subjects were excellent.

SHUTTLE RUN

In for the construction of norms for shuttle run test 50 subjects were poor, 70 subjects were fair, 60 subjects were average, 110 subjects were good and 140 subjects were very good and 70 were excellent.

50 YARD DASH

In the construction of norms for 50 yard run test 90 subjects were poor, 120 subjects were fair, 160 subjects were average 85 subjects were good and 55 subjects were very good and no subjects were excellent.
600 YARD RUN / WALK

In the construction of norms for 600 yard run / walk test 55 subjects were poor, 60 Subjects Fair, 85 Subjects Average, 100 subjects Good and 105 Subjects Very Good, and 95 subjects were excellent.

RECOMMENDATIONS

On the basis of the findings and conclusions of the investigation, the following recommendations were drawn.

* The norms constructed by the research scholar may be used to select the students at the time of admission.

* A similar study may be conducted to construct norms for the higher secondary school girls of Kadapa District.

* Research study on this problem may be undertaken for different age group of boys throughout the Kadapa District.

* A similar study may be conducted to construct national norms for boys and girls.

* State wise norms may be constructed in relation to this topic so as to have a comparative study between states.

* Physical fitness tests may be constructed periodically at school and college levels so as to estimate the level of physical fitness
of every individual student and to recommend the remedial measures if any.

* Though number of Studies were conducted to construct norms for fitness, the present study norms are more useful compare with previous studies since it has been done methodically.