Chapter - V

Summary, Conclusions and Recommendations
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5.1. SUMMARY

The purpose of the present study was to construct physical fitness norms for college men and women students in Kerala State. The AAHPERD health related physical fitness test was used to measure the physical fitness. The test consists of nine minutes distance run / walk, skin fold measurements modified sit ups and sit and reach test.

The study was conducted on one thousand male and one thousand female students in the age group of 18 to 21 years selected from various colleges in Kerala. The data collected from the physical fitness variables were put to statistical computation by means of mean, standard deviation and hull scale for the purpose of the study.

On the basis of the hull scale norms for the performance of distance run / walk, skin fold measurements, modified sit ups and sit and reach tests conducted on the male and female college students in the age group of 18 - 21 years, the following conclusions were drawn.

The data on 9 minutes run / walk for college men were statistically analysed. The mean, standard deviation and hull scale values were 2040.11, 418.72 and 29.31 respectively. The mean, standard deviation and hull scale of modified sit ups were 23.62, 6.34 and 0.44 respectively. The mean standard deviation and hull scale value of skin fold measurements were 25.64, 5.27 and 0.37 respectively. The mean, standard deviation and hull scale value of sit and reach were 23.66, 5.19 and 0.36 respectively.

The data on 9 minutes run / walk for college women were statistically analysed. The mean, standard deviation and hull scale value were 1369, 237.01
and 16.59 respectively. The mean, standard deviation and hull scale of modified sit ups were 15.77, 4.69 and 0.33 respectively.

The mean, standard deviation and hull scale value of skinfold measurement were 25.70, 4.37 and 0.31 respectively. The mean standard deviation and hull scale value of sit and reach were 19.55, 3.22 and 0.23 respectively.

5.2. CONCLUSIONS

On the basis of the hull scale constructed for physical fitness components like cardio respiratory endurance, muscular strength, body composition and flexibility for men students, the following conclusions were drawn.

1. In nine minutes run, as per the qualitative grading for the constructed hull scale values, out of the one thousand men subjects, 21 subjects were failing, 134 subjects were below average, 398 subjects were average, 285 subjects were above average, 87 subjects were good and 75 subjects were outstanding.

2. In modified sit ups for men as per the qualitative grading for the constructed hull scale values, 47 subjects were failing, 88 subjects were below average, 335 subjects were average, 372 subjects were above average, 131 subjects were good and 27 subjects were outstanding.

3. In skinfold measurement for men as per the qualitative grading for the constructed hull scale values 33 subjects were failing, 112 subjects were below average, 421 subjects were average, 244 subjects were above average, 169 subjects were good and 21 subjects were outstanding.

4. In sit and reach test for men as per the qualitative grading for the constructed hull scale values 56 subjects were failing, 137 subjects were below average, 283 subjects were average, 379 subjects were above average, 134 subjects were good and 11 subjects were outstanding.
On the basis of the hull scale constructed for components like cardiorespiratory endurance, muscular strength, body composition and flexibility for women students, the following conclusions were drawn.

1. In nine minutes run, as per the qualitative grading for the constructed hull scale values, out of the one thousand women subjects, zero subject was failing, 243 subjects were below average 317 subjects were average, 281 subjects were above average, 69 subjects were good and 90 subjects were outstanding.

2. In modified sit ups for women, as per the qualitative grading for the constructed hull scale values, 59 subjects were failing, 205 subjects were below average 193 subjects were average, 469 subjects were above average, 41 subjects were good and 33 subjects were outstanding.

3. In skinfold measurement for women as per the qualitative grading for the constructed hull scale values 24 subjects were failing, 216 subjects were below average, 300 subjects were average 289 subjects were above average, 166 subjects were good and 5 subjects were outstanding.

4. In sit and reach test for women as per the qualitative grading for the constructed hull scale values 81 subjects were failing, 95 subjects were below average 293 subjects were average, 370 subjects were above average, 143 subjects were good and 18 subjects were outstanding.

5.3. RECOMMENDATIONS

The following recommendations were made from the results of this study.

1. Since the norms now available with us for testing the physical fitness were constructed from the source collected from the Western countries only, most of our Indian subjects were not able to score within the scale. But the present physical fitness test involving Indian subjects, the norms constructed
by the investigator would be appropriate and suitable for Indian conditions. It is recommended that the above norms may be followed for selecting men and women students for various games and sports.

2. The norms may be used for the purpose of measuring the physical fitness and to classify fit and unfit students.

3. Further it is also recommended that the study being inexpensive and requiring limited materials may be extended to school boys and girls students in Kerala State.

4. Similar study could be conducted for various age groups of both sexes from other states in India.