INTRODUCTION

The modern technological advancement, though has enabled us to carry out every day course more easily, but has foster unfitness. Physical exertion is being eliminated from every day activity. The technological changes are key contributor to our sedentary life style, and people are becoming dependent on these technological innovation. On the other hand we are living in a competitive society characterised by pressing domestic problems, business obligation and tension. All these are inter connected with the Physiological system of the body and appears to affect our state of health and fitness. The human emotions, nerves, glands and mental state along with heart are all fused into a complex wonderful organism, the body. Thus, there is a dire need to seek out stimulating exercises to offset the peril of modern living.

Many men and women feel that their daily work, running up and down stairs or standing for the job provides them with enough exercise for physical fitness. Though it is physical exertion but such limited activities do not use the lungs fully, nor do they provide adequate stimulation for the heart to produce a training effect. If normal day to day activities leaves you fatigued at the end of the day's work then you need the increased energy
and vitality and that comes from regular physical exertion. To gain energy, the simple process is to use energy.

The way to ensure a life-time physical well-being is regular participation in exercise and sports. Understanding of how our body respond and adopt to exercise is essential, if we are to get fully involved in a lifestyle of regular exercise. It is a firm belief that it takes efforts to get and stay in shape.

Regular stimulation of the total body through vigorous exercise produces increased strength and endurance which characterise physical fitness and good health, and these attributes cannot be acquired from a sedentary way of life. Exercises are the cheapest and best preventive medicine, nutrition, physiological menace. Research in Education agrees that exercise properly performed are necessary for maintaining a functional physical fitness.

Physical fitness is not an end in itself but it is a means to an end. It provides us with a basis for optimal physiological health and capacity to enjoy a full life. As we regularly need food, rest, sleep so we need daily exercise for the maintenance of our physical capabilities. Physical fitness is pre-requisite not only for excellence in competitive sport but is also closely related to defence and economic potential of a nation and for the quality of Individual and Social life.

Physical Education has now been accepted as an essential aspect of Education and the contribution of Physical Education to the objectives
of Education are well agreed upon by educationists. Though different

Physical Educationists have listed number of objectives but all agree and

list physical fitness as one of the most important objective of the physical

education. Several programme have been suggested to achieve this

objective. John F. Kennedy of U.S. in an address to School on Physical

Fitness of America Youth remarked, “the strength of our democracy is no

greater than the collective well being of our people. The vigour of our

country is no stronger than the vitality and will of all our countrymen. The

level of physical, mental, moral and spiritual fitness of every American

citizen must be our constant concern. It is of great importance, then that

we take immediate step to ensure that every American child be given the

opportunity to make and keep himself physically fit, fit to learn, fit to

understand, to grow in grace and stature and to live fully”. The President

also urged each school to adopt the three recommendations of the council

on youth fitness.

1. To identify the physically underdeveloped pupil and work with him to

improve his physical abilities.

2. To provide a minimum of fifteen minutes of vigorous activity every

day for all pupil.

3. To use valid fitness test to determine pupil's physical abilities and

evaluate their progress.

The importance of physical fitness thus necessitated assessment of

the physical fitness level of boys and girls.
It has been established that performance of the boys and girls in physical activities is influenced by different factors such as heridity and environment, age, height, weight, nutrition, state of training, fitness level, body structure, anthropometric dimensions, climate and the individual's abilities developed within the genetic structure laid down with age and experience.

12 to 16 years of age has been reported to be the most important as regards their physical development. Rarick (1973) reported that boys accelerate markedly in motor performance during the adolescent years, whereas girls level off and even slowly decrease in performance, in comparison to the pre-adolescent or early adolescent years. The sex difference in relation to motor performance becomes more apparent with increasing age from later childhood to the end of adolescence.

It is established that physical fitness improves in boys throughout adolescence, whereas it declines in girls after the age of 13 to 14. Ammons et al (1955) reported the superiority of boys over girls in motor performance. Anahal (1979) and Crompton (1979) also supported this view.

The competitive sports have taken a new dimension in the modern time. The International Competitors have become mirror of the nation. The medal tally at Olympic games or at other International events have attracted the attention of the general population. For a good performance in the competitive sports, physical fitness plays a major role. And the best age for developing this aspect is 12 to 16 years.
Physical Education has been accepted as a subject in 10 + 2 system of Education and thus there is need for establishing norms for fitness for the school boys. The norms shall thus serve as ready-recknor to the teacher of Physical Education. Though some attempts have been made to fix physical fitness norms for the school boys but such studies are very limited in our country, secondly there are certain factors which influence the norms of one region to another. The investigator thus choose proposed state of Bundelkhand as a field of the study. Similar studies on different age group and sex can be taken up in other state to establish relationship and to further strengthen such studies.

Recently formulated national Sports policy gives specific emphasis on the physical fitness. The Government is deeply concerned with raising the fitness level which in turn will improve our standard of sports at International level. Thus, motivated and having immense interest, the present study was under taken and entitled, “Construction of Physical Fitness Norms for Boys of Bunkelkhand Region.”

**STATEMENT OF THE PROBLEM**

“Construction of Physical Fitness Norms for Boys of Bunkelkhand Region.”

**DEFINITION OF THE TERMS USED**

**Standardization**

1. To transform a set of scores to a given mean and standard deviation.
2. To determine the exact procedure to be based in testing the permitted variation in environmental conditions and the method of scoring.

NORMS

Good’s dictionary define norms as “the standard or criterion for judgement of usual performance of a given group”.

PHYSICAL FITNESS

Most authors define Physical fitness as the capacity to carry out everyday activities (work and play) without excessive fatigue and with enough energy in reserve for emergencies. But this definition indicates the narrow aspect of fitness, every one can be classified as physically fit under this explanation.

Karpovitch offered the following definition of physical fitness – “Strictly speaking, physical fitness means that a person possessing it, meets certain physical requirements. These requirements may be anatomical, physiological or both”.

AAHPER GAVE FOLLOWING CONCEPTS OF FITNESS:

1. Optimum organic health consists with heredity and other applications of present health knowledge.

2. Sufficient co-ordinations, strength and vitality to meet emergency as well as the requirement of the daily living.

3. Emotional stability to meet stress and strain of modern life.
4. Special consciousness and adaptability with respect to the requirement of all throughout the life.

5. Sufficient knowledge and insight to make suitable decision and arriving at feasible solution to the problem.

6. Attitude, values and skill which stimulates satisfactory participation in full range of daily activity.

7. Spiritual and moral qualities which contribute the fullest measure of living in domestic society.

Hallies F. Fait (1973) defined fitness as “that state which characterises the degree to which the person is able to function. Fitness is an individual matter. It implies the ability of each person to live most effectively with his potentiality of function depending upon the physical, mental, emotional, social and spiritual components of fitness which are related to each other and are mutually independent”.

These comprehensive definition of the fitness encompass the concept of total fitness which is the prime objective of Physical Education and thus, there is a greater responsibility of the teacher of Physical Education. He is concerned with the well being of the child. This great responsibility involves muscular development, endurance, flexibility, agility, co-ordination, and cardio-respiratory fitness of the child.

Thomas (1964) remarked that “physical fitness is the condition of one’s body judged in terms of age, height, weight and chest expansion, in
terms of absence of defects from disease, constitutional affection or bodily infirmity. Full physical development, vigilour, vitality and radiant health should be seen in one who is physically fit. In term of usefulness, physical fitness is total functional capacity of an individual to perform a given task. “It provides the ability to perform a task without undue fatigue or exhaustion, having always a reserve of energy to meet heavier demand, made on the individual during stress and strain. Physical fitness depends upon several factors such as heredity, hygienical living, nutrition and bodily activity plays an important role in developing the physical fitness”.

The above explanation of fitness actually gives the concept of total fitness.

Physical educationists have put physical fitness as one of the aspect of the total fitness. Total fitness implies physical, mental, social, emotional, moral and spiritual qualities.

OBJECTIVES OF THE STUDY

1. To measure the present level of physical fitness of the school boys of proposed state of Bundelkhand; age group 13 + 16 years of age.

2. To establish norms of physical fitness of the said group.

3. To compare the standard of physical fitness of the urban and rural boys.

4. Talented with excellent physical fitness can be spotted and given specific programme of fitness for better performance in games and sports.
5. To explain the importance of physical fitness to boys and suggesting a right physical fitness programme.

6. To motivate boys for a programme of physical-fitness.

DELIMITATION OF THE STUDY

The present study is confined to following limitations:

1. This study is limited to proposed state of Bundelkhand only.

2. The study is limited only for the boys of age group 13 + to 16 years.

3. This study is limited to following physical fitness tests:
   
i. 50 metres run, ii Shot Put, iii Standing Broad Jump, iv Zig Zag running, v Sit ups, vi Step test.

4. Factors influencing physical fitness like, heredity and environment, social and economical, psychological and nutritional have not been counted for.

LIMITATIONS

1. Norms have been prepared in terms of percentile ranks for students belonging to the proposed state of Bundelkhand.

2. The tests have certain limitations as they exclude certain physical factors such as body weight, height, body fat and anthropometric differences, yet these shall provide a scale on which one can rate one’s own performance.
PURPOSE AND SIGNIFICANCE

1. On the basis of the study, students can be classified and a suitable programme of physical fitness can be given to them.

2. The study will determine the status of the students in physical fitness.

3. The study will also be helpful in measuring progress of the boys in physical fitness.

4. The study will serve as basis for setting personal fitness goal for the school boys.

5. The selected tests measure the health related component of physical fitness and can be administered with ease and consistency.

6. Physical fitness measurement will help in evaluating present condition and assist in setting reasonable goal.

7. Since each individual is unique with different physical abilities, each one has different physio-logical limitations. Thus, evaluation of physical fitness becomes a complex matter. This study will help in developing a practical testing programme for appraising fitness and weakness.

8. It is a fundamental aspect of the human nature to curious about how we compare with others. Physical fitness measurement afford the opportunity to do this and to evaluate fitness status.

9. The tests serve a highly effective motivational device.