PREFACE

Sports have always played an important role in my life and I think that physical fitness is the A-B-C-D of the alphabet in sports. So when I had the opportunity to work in this area, I jumped at it.

I was very much interested about Biomechanics and the analysis of different sports movement in this light. But as an employed person under the directorate of school education, Govt. of W.B., posted in the district Bankura, I had little option regarding selection of research problem. One more area always haunt my mind and whenever I found any scope I went to search material and collect informations relating to physical fitness, since it is vital for health and well being. Therefore, I have had opted a very important grass-root level problem, “the scenario of the basic physical fitness for healthy living” and naturally it targeted to the school going boys of age 11 and 12 years in the spontaneous talent nourishing area, not the girls or other age group, only for simple consideration.

There is no specific information about the status of physical fitness which is directly related with health for better living. The district Bankura, a rural dry area, almost half of its population is tribal, suffering from malnutrition due to very poor socio-economic condition. Though physical education programme engulfs the lionshare of the total sports and games programme in this district, the standard is very poor due to several reason.

First of all we can consider the poor condition of the field such as the size, soil character, quality of grass, surface condition etc., which being a hinder for better performance. The climatic condition also play a negative role as the very high temperature in summer, very low temperature in winter, a little bit rain in rainy season. Only the advantage is very low humidity level. The scheduled routine of physical education classes and the fiscal condition of the students also bears a negative response, as in the 7th/8th period in the school it is not possible to the children to enjoy the physical education programme with an empty stomach and tiredness after continuing 5/6 theory classes in the class room.

At this point this is a part of motivation for me to start my study to find out the status of health related physical fitness of the school going boys in the age group of 11 and 12 years. I have seen there, many eager and well meaning people come into this field besides the physical education professionals and want to know the very basic health situation of their little child. I hope to provide you with the general condition of what goes on behind the screen of the daily programme so that if this becomes your entry of interest or professional quiry or institutional work to do something in this regard, you will have a guide of sorts to help you figure out what and for when you have to do to what extent.

To accomplish this goal, I have the honour to stand before Prof. Alok K. Banerjee, department of Physical Education, University of Kalyani, to whom I have had a near contact as the
student of that said department. Fortunately for me he has gathered a suitable and sufficient information around “1999 – 2000, the president challenge physical fitness programme packet, U.S.A.” and the road map from 2001 to 2006 of this study was drawn. After different types and angles of discussions ultimately he extends his warm co-operation and guide to his student and the study enter in to a proper channel.

In order to take you through the study from beginning to end, I have set this paper in Five chapters as convention, each of which deals with a specific topic of discussions. Within each chapter there are sections which break down that particular topic further by specific articles.

Thus in the 1st chapter I basically set the stage for the rest of the paper by giving some background on the study, the statement of the problem, the delimitations, limitations of the study.

Chapter 2 may deal with the detailed study of the previous related work that already have done. It has enriched the sense of responsibility of the researcher about what he has to do.

Chapter 3 discuss the whole process of data collection. The methods of different tests, process of measurements, the description of the subjects and ultimately the data collection.

In chapter 4 we are going to find out the results after statistical calculations of the collected data and its explanation with proper and fleshy discussion.

Thus finally in chapter 5 we will walk through the summary of the total study, draw some conclusions and placed some recommendations for future.

There has been a proliferation of the conception of physical fitness and its relation to the healthy living over the last 20 years, much of which is due to the change of life style. Evolutionary changed anatomical structure and unchanged physiological functioning try to cope up the changing demands of the changing society. The psychological impairedness with the body hammers the necessity of physical labour. The programme and planning of physical education curriculum and fitness profile required the present status of the particular fact. I hope that this paper will enable you to steer clear of some of the misconception about what present situation stayed and come away with a clear picture about the status that bring back a healthy and fit citizen with strong athletic ability.

Good Luck

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