CHAPTRÉ- V

DISCUSSION, CONCLUSION, AND RECOMMENDATION

SUMMARY

Quality Physical is the human body what fine tuning the engine. It helps us to present to our. Exercise is the best appearance, pleasurable sensation who described the situation that helps us do our best. More specifically, it's leisure time activities enjoyed and urgent demands of the energy, excitement and alertly daily tasks to do."It's an unfit person could not continue the scenario process, stress tolerant, stand up, stand is capable of, and being of good health and it is based on a key."

"Physical exercise undue fatigue or impressive strength and energy to meet the demands of any emergency is a sudden he is on the everyday life of ordinary work without fatigue, which refers to the ability to separate organic." Nixon

"Fitness person can act as any characteristic that is the state. Fitness is a personal thing. That his future most effectively live in every person's potential marks Functional capacity each other mutual associated with all exercise, physical, mental, emotional and social components, depends." (Kirchner)

A sport is an activity in our lives where pursuits of different movement achieved through the total exploration of neuromuscular co-ordination. In this modern era, we can see that each and every individual directly or indirectly related to sports. Modern Physical Education commonly known as there is sports where pursuit of discipline freely formed such as biological, social and physical sciences. Taekwondo is an old and young sport, which is a form of the martial arts, with the development and popularization of taekwondo as well as the international sports exchange of boxing, it gradually developed into a formal event. Taekwondo belongs to the item of competition project in the same field, which is a competition with strength, speed, stamina, skill and intelligence. Therefore, the level of athlete's physical ability has increasingly become the key to ensure the large load exercise intensity for the competitive games in multi period. In order to make the athletes achieve good sports performance, in addition to techniques and tactical training, the fatigue recovery problem of taekwondo athletes' has received more and more attention. Physical fitness is the foundation of taekwondo movement, and physical deficiencies in Taekwondo will severely restrict technical and tactical level of play. With the
improvement of taekwondo competition level, the change of the rules, as well as more attention and investment from the countries, competitions in taekwondo which put forward higher requirements on the Taekwondo athlete's fitness level are facing increasingly fierce antagonism. Although the research in Taekwondo physical monitoring and training methods is still in weak phase, in training practice, the general coach attaches great importance to taekwondo player's physical ability training.

Factors affecting physical fitness

1. Regular exercise
2. Amount of training
3. Rest and relaxation
4. Stress and tension
5. Age 6. Gender
6. Illness
7. Postural deformities
8. Heredity
9. Environment
10. Standard of living
11. Diet
12. Drugs
13. Lifestyles

Physical Exercise and Physical Fitness

Exercise means to an art, energetic and lengthy life, inactivity will kill you. Many people say that exercise makes them feel better and more relaxed number of studies has shown that people develop psychologically as well as physically as a result of running program. There is a lot of circumstantial proof to suggest that this relaxing effect is caused by the release of endorphin, morphine – like substances which occur naturally in our brain. “If you make a savings in exercise it makes you conscious of other reasonable health habits. You are not about to waste your savings” Morehouse and Brass (1975) According to Lumpkin (1986) “Exercise means using or exerting body play” refers to the resultant action or what the participants do during physical exertion. 7 “Games” range from diversions to competition with important outcomes governed by rules. Freedom from work or duties describe “Leisure” which
may or may not be used for physical activity similarly “Recreation” refers recharge
one’s strength and spirits after toil again with or without activity. “Sport”
encompasses all these diversions and physical activities that are doing for pleasure
and success”.

STATEMENT OF PROBLEM:
"EFFECT OF TAEKWONDO TRAINING PROGRAMME ON PHYSICAL
FITNESS AMONG SCHOOL STUDENT, AURANAGABD"

1.4- OBJECTIVES OF RESEARCH:

1) To improve the skill of taekwondo of Aurangabad district player of taekwondo.
2) It will help to improve taekwondo skill of taekwondo player.
3) It research will improve their speed, balance, stamina.
4) It will open new exercise for taekwondo and beneficial for taekwondo player
5) To find the effect of training program on school student of taekwondo players
   Aurangabad
6) To find the new way of training to improve the taekwondo skill school student
   of taekwondo players.
7) To find the new way of training to improve the taekwondo skill school student
   of taekwondo players.

HYPOTHESES:

1) There will be no significant effect of taekwondo training on physical fitness
   (Height, Weight, Pull Ups, Sit Ups, Standing Broad Jump, 50 Meter Dash, 600
   Meter Run) among boys pre-experimental group and post-experimental groups.
2) There will be no significant effect of taekwondo training on physical fitness
   (Height, Weight, Pull Ups, Sit Ups, Standing Broad Jump, 50 Meter Dash, 600
   Meter Run) among boy’s pre-control group and post-control groups.
3) There will be no significant effect of taekwondo training on physical
   fitness(Height, Weight, Pull Ups, Sit Ups, Standing Broad Jump, 50 Meter
   Dash, 600 Meter Run) among Girls pre-experimental group and post-
   experimental groups.
4) There will be no significant effect of taekwondo training on physical fitness (Height, Weight, Pull Ups, Sit Ups, Standing Broad Jump, 50 Meter Dash, 600 Meter Run) among Girls pre-control group and post-control groups.

**POPULATION AND SAMPLE:**

5) The population sample of study was the taekwondo players of Aurangabad. The sample was randomly selecting the 100 student from orchid English School of taekwondo. Among them 50 girls & 50 boys we divided them in to two groups, in each group there was 25 boys & 25 girls. We give there group name experimental group and control group. Experimental groups us providing regular training of taekwondo. And control group researcher don't give have any training. Before start their training program

6) we make sum test of among both group there strength, stamina, reflection, counter kicks, and there body balance, muscular strength, & flexibility. The age groups of the taekwondo players we was make sure there age between 12 to 14years.

7) Research Design

8) For the present study the Pre-Test Post-Test Equivalent Group design was employed. In this experiment the equivalence of the experimental and control groups is provided by random assignment of subjects.

**VARIABLES:**

**Independent Variables:**

1) **Types of Group**
   i) Experimental group
   ii) Control Group

**Dependent Variables:**

1) **Physical Fitness**
   i) Height
   ii) Weight
   iii) Pull Ups
   iv) Sit Ups
   v) Standing Broad Jump
   vi) 50 Meter Dash
   vii) 600 Meter Run
Tools and Means:

There are lots of tests for muscular strength. These tests deal with specific a, sex or category and the coefficients of reliability and validity are not stable and vary in wide range if applied in the present study. These tests were useful to distinguish specific group of children, and it was difficult to separate the individuals according to their categories. So research scholar used the standard test which applicable to the samples.

Table shows details of tools description.

Hypotheses testing

As per the research the researcher rejects the hypotheses H1, H2, H3, and H4 was rejected because we compare the experimental group and control group the result shown that significant development in the pull up, sit up, standing bored jump 50 meter dash and 600 meter runs.

Recommendations:

1. A well-designed testing program, accompanied by a comprehensive program to cover a wide variety of aspects of students’.

2. It is recommended that the further study may use these results for sports selection.

3. The future research in physical fitness will begin to focus other aspects that will be predictive of specific fitness factor of students’.

4. In the near future research in physical fitness will begin to focus even more on psychological factors that will be predictive for sports involvement of students’.

5. For speed and strength is very important for the taekwondo player and these training will help them to increase the strength.

SUGGESTION

1. Same study may conduct on rural schools and urban schools.

2. Same study may conduct on CBSE schools and HSE schools.

3. Study may conduct on different physical fitness components.

4. Study may conduct on different psychological variables.

5. Study may conduct on sportsperson and non-sportsperson
6. In the training period it was found that their diet play very important role in the training.

7. Strength play very important role for the speed and it was found in the test there speed.

8. Reflection also play very important role, due the training it was also get positive response

9. Training helps them to away from the injury if the training was goods it develop the muscle power.

10. It improves the endurance power which is important for all sports player not only in taekwondo but it help to all player.

11. 30 minutes training program will help people to fit and keep away from all kinds of dieses.