CHAPTER IV

ANALYSIS AND INTERPRETATION

After data collection and the scoring, the next step is to analyze the data and verify the research hypotheses followed by interpretation. However, before operating certain statistical treatment it is necessary to know whether parameters or non-parametric statistical treatment is appropriate for the collected data. The details of data analysis and interpretation of results have been presented systematically in this chapter. The data were presented systematically in the form of Tables. Graphs and figures in maintaining logical sequence.

4.1 Results of Descriptive Analysis of Data

Descriptive Statistics as presented in the Table 1, revealed the following results:

4.1.1 Anthropometric Data of 12 years Inner Himalayan Boys.

The anthropometric measurements i.e., Height and weight were taken for 12 years boys of Inner Himalayan.
**Height**: The mean performance in Body Height of 12 years boys of Inner Himalayan Area were as 135.78 cm (SD=7.80 cm).

**Weight**: The Mean performance in Body Weight of Inner Himalayan Area Boys having 12 years of age was 27.77 Kg (SD=3.53 kg). (See Table 4.1)

### 4.1.2 Motor Ability Test of 12 years Inner Himalayan Boys

**30 mt Flying start (Speed)**: The mean score in Speed of 12 years boys of Inner Himalayan Area was 4.57 sec, (SD=. 44 sec).

**Standing Broad Jump (Explosive Strength of Legs)**: The mean performance of Standing Broad Jump of 12 years boys of Inner Himalayan Area was 166.78 cm(SD=11.43 cm).

**Medicine Ball Put (Explosive Strength of Arms)**: The mean score in Medicine Ball Put of years of boys of Inner Himalayan Area was 2.86 cm (SD=. 55 cm).
6X10 m Shuttle Run (Agility): The mean performance of 6X10 m Shuttle Run of 12 years boys of Inner Himalayan Area was 17.98 sec (SD=0.80 sec).

Forward Bend & Reach (Flexibility): The mean score in Forward Bend & Reach of 12 years of boys of Inner Himalayan Area was 6.82 cm (SD=3.18 cm).

Standing Vertical Jump (Extensibility of Hip Muscles): The mean performance of Standing Vertical Jump of 12, years boys of Inner Himalayan Area was 31.03 cm (SD=4.61 cm).

800 m Run (C.V. Endurance): The mean score in 800 m Run of 12 years of boys of Inner Hilly Area was 3.34 min/sec, (SD=. 28 min/sec). (See Table 4.1)
### Table 4.1

**Descriptive Statistics**

**Inner Himalayan Area Boys of 12 Years**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>Median</th>
<th>Mode</th>
<th>SD</th>
<th>Skewness</th>
<th>Kurtosis</th>
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</tr>
<tr>
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<td>27</td>
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<td>1.15</td>
<td>1.76</td>
</tr>
<tr>
<td>30 Mt.</td>
<td>4.57</td>
<td>4.7</td>
<td>4.8</td>
<td>0.44</td>
<td>-0.68</td>
<td>0.46</td>
</tr>
<tr>
<td>SBJ</td>
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<td>167</td>
<td>170</td>
<td>11.43</td>
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<td>39.49</td>
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<td>-0.71</td>
</tr>
<tr>
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</tr>
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<tr>
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<td>4.61</td>
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<td>-0.27</td>
</tr>
<tr>
<td>800 Mt.R</td>
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<td>3.26</td>
<td>0.28</td>
<td>0.37</td>
<td>0.54</td>
</tr>
</tbody>
</table>

Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run( Min/Sec)
4.1.3 Anthropometric Data of Lower Hilly Area Boys of 12 Years.

The anthropometric measurements i.e., Height and weight were taken for 12 years boys of lower Hill area.

**Height:** The mean performance in Body Height of 12 years boys of Lower Hilly Area was 137.86 cm (SD=6.52 cm).

**Weight:** The Mean performance in Body Weight of Lower Hilly Area Boys having 12 age was 30.44 Kg (SD=4.25 Kg). (See Table 4.2)

4.1.4 Motor Ability Test of Inner Himalayan Area Boys of 12.

**30 mt Flying start (Speed):** The mean score in Speed of 12 years boys of Lower Hilly Area was 4.86 sec, (SD=0.37 sec).

**Standing Broad Jump (Explosive Strength of Legs):** The mean performance of Standing Broad Jump of 12 years boys of Lower Hilly Area was 165.04 cm, (SD=8.72 cm).
**Medicine Ball Put (Explosive Strength of Arms):** The mean score in Medicine Ball Put of 12 years of boys of Lower Hilly Area was 2.68 cm (SD=0.39 cm).

**6X10 m Shuttle Run (Agility):** The mean performance of 6X10 m Shuttle Run of 12 years boys of Lower Hilly Area was 18.19 Sec. (SD=0.71 Sec.).

**Forward Bend & Reach (Flexibility):** The mean score in Forward Bend & Reach of 12 years of boys of Lower Hilly Area was 7.92 cm (SD=2.89 cm).

**Standing Vertical Jump (Extensibility of Hip Muscles):** The mean performance of Standing Vertical Jump of 12 years boys of Lower Hilly Area was 30.48 cm (SD=3.58 cm).

**800 m Run (C.V. Endurance):** The mean score in 800 m Run of 12 years of boys of Lower Hilly Area was 3.77 min/sec, (SD=0.55 min/sec). (See Table 4.2)
Table 4.2

Descriptive Statistics

Lower Hilly Area Boys of 12 Years

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>Median</th>
<th>Mode</th>
<th>SD</th>
<th>Skewness</th>
<th>Kurtosis</th>
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<td>0.26</td>
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<tr>
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<td>4.8</td>
<td>0.37</td>
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<td>0.79</td>
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<tr>
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<td>0.26</td>
</tr>
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<td>0.39</td>
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<td>0.03</td>
</tr>
<tr>
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</tr>
<tr>
<td>FBR</td>
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<td>8</td>
<td>2.89</td>
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<td>32</td>
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Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put(cm), 6X10R-6X10mt Shuttle Run(Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run(Min/Sec)
4.1.5 Anthropometric Data of 13 Years Inner Himalayan Area Boys.

The anthropometric measurements i.e., Height and weight were taken for 13 years boys of Inner Himalayan.

**Height:** The mean performance in Body Height of 13 years boys of Inner Himalayan Area were as 142.23 cm (SD=4.14 cm).

**Weight:** The Mean performance in Body Weight of Inner Himalayan Area Boys having 13 years of age was 37.00 Kg (SD=2.65 kg). (See Table 4.3)

4.1.6 Motor Ability Test of 13 Years Inner Himalayan Area Boys.

**30 mt Flying start (Speed):** The mean score in Speed of 13 years boys of Inner Himalayan Area was 3.93 sec, (SD= . 0.39).
Standing Broad Jump (Explosive Strength of Legs): The mean performance of Standing Broad Jump of 13 years boys of Inner Himalayan Area was 175.29 cm (SD=15.44 cm).

Medicine Ball Put (Explosive Strength of Arms): The mean score in Medicine Ball Put of 13 years of boys of inner Himalayan Area was 2.86 cm (SD=.55 cm).

6X10 m Shuttle Run (Agility): The mean performance of 6X10 m Shuttle Run of 13 years boys of Inner Himalayan Area was 17.49 Sec (SD=.072 Sec).

Forward Bend & Reach (Flexibility): The mean score in Forward Bend & Reach of 13 years of boys of Inner Himalayan Area was 8.81cm (SD=2.91cm).

Standing Vertical Jump (Extensibility of Hip Muscles): The mean performance of Standing Vertical Jump of 13, years boys of Inner Himalayan Area was 37.92cm (SD=3.08cm).

800 m Run (C.V. Endurance): The mean score in 800 m Run of 13 years of boys of Inner Himalayan Area was 3.08 min/sec (SD=0.39 min/sec). (See Table 4.3)
### Table 4.3

**Descriptive Statistics**

**Inner Himalayan Area Boys of 13 Years**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>Median</th>
<th>Mode</th>
<th>SD</th>
<th>Skewness</th>
<th>Kurtosis</th>
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<tbody>
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<td>36</td>
<td>2.65</td>
<td>0.66</td>
<td>0.03</td>
</tr>
<tr>
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<td>0.39</td>
<td>0.47</td>
<td>-0.62</td>
</tr>
<tr>
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<td>175.29</td>
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<tr>
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<tr>
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<td>0.72</td>
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<td>-0.46</td>
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<tr>
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<td>8</td>
<td>2.91</td>
<td>-0.28</td>
<td>-0.39</td>
</tr>
<tr>
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<td>0.67</td>
</tr>
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<td>3.02</td>
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<td>0.17</td>
<td>-0.81</td>
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Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run( Min/Sec)
4.1.7 Anthropometric Data of Lower Hilly Area Boys of 13 Years.

**Height:** The mean performance in Body Height of 13 years boys of Lower Hilly Area was 144.08 cm (SD=3.98 cm).

**Weight:** The Mean performance in Body Weight of Lower Hilly Area Boys having 13 age was 37.05 Kg (SD=3.11 Kg). (See Table 4.4)

4.1.8 Motor Ability Test of Inner Himalayan Area Boys of 13 Years.

**30 mt Flying start (Speed):** The mean score in Speed of 13 years boys of Lower Hilly Area was 4.86 sec, (SD=0.37 sec).

**Standing Broad Jump (Explosive Strength of Legs):** The mean performance of Standing Broad Jump of 13 years boys of Lower Hilly Area was 174.45 cm(SD=16.26 cm).
**Medicine Ball Put (Explosive Strength of Arms):** The mean score in Medicine Ball Put of 13 years of boys of Lower Hilly Area was 3.02 cm (SD=0.50 cm).

**6X10 m Shuttle Run (Agility):** The mean performance of 6X10 m Shuttle Run of 13 years boys of Lower Hilly Area was 18.10 sec (SD=0.53 sec).

**Forward Bend & Reach (Flexibility):** The mean score in Forward Bend & Reach of 13 years of boys of Lower Hilly Area was 9.05 cm (SD=2.66 cm).

**Standing Vertical Jump (Extensibility of Hip Muscles):** The mean performance of Standing Vertical Jump of 13 years boys of Lower Hilly Area was 36.83 cm (SD=3.91 cm).

**800 m Run (C.V. Endurance):** The mean score in 800 m Run of 13 years of boys of Lower Hilly Area was 3.90 min/sec (SD=0.51 min/sec). (See Table 4.4)
Table 4.4

Descriptive Statistics

Lower Hilly Area Boys of 13 Years

<table>
<thead>
<tr>
<th>Variables</th>
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<th>Mode</th>
<th>SD</th>
<th>Skewness</th>
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<td><strong>30 Mt.</strong></td>
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<td>0.36</td>
<td>0.17</td>
<td>-0.71</td>
</tr>
<tr>
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</tr>
<tr>
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<td>2.66</td>
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<td>-0.61</td>
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<tr>
<td><strong>SVJ</strong></td>
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<td>4</td>
<td>0.51</td>
<td>0.16</td>
<td>1.08</td>
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Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm),SVJ-Standing Vertical Jump(cm),800m-800mt.Run( Min/Sec)
4.1.9 Anthropometric Data of 14 Years Inner Himalayan Area Boys.

**Height:** The mean performance in Body Height of 14 years boys of Inner Himalayan Area were as 147.99 cm (SD=3.92 cm).

**Weight:** The Mean performance in Body Weight of Inner Himalayan Area Boys having 14 years of age was 39.53 Kg (SD=3.22 kg). (See Table 4.5)

4.1.10 Motor Ability Test of 14 Years Inner Himalayan Area Boys.

**30 mt Flying start (Speed):** The mean score in Speed of 14 years boys of Inner Himalayan Area was 3.69 sec (SD=. 0.23 sec).

**Standing Broad Jump (Explosive Strength of Legs):** The mean performance of Standing Broad Jump of 14 years boys of Inner Himalayan Area was 193.92 cm (SD=13.48 cm).
**Medicine Ball Put (Explosive Strength of Arms):** The mean score in Medicine Ball Put of 14 years of boys of inner Himalayan Area was 3.84 cm (SD=0.32 cm).

**6X10 m Shuttle Run (Agility):** The mean performance of 6X10 m Shuttle Run of 14 years boys of Inner Himalayan Area was 16.40 sec (SD=0.35 sec).

**Forward Bend & Reach (Flexibility):** The mean score in Forward Bend & Reach of 14 years of boys of Inner Himalayan Area was 8.48 cm (SD=2.71 cm).

**Standing Vertical Jump (Extensibility of Hip Muscles):** The mean performance of Standing Vertical Jump of 14 years boys of Inner Himalayan Area was 41.76 cm (SD=2.23 cm).

**800 m Run (C.V. Endurance):** The mean score in 800 m Run of 14 years of boys of Inner Hilly Area was 2.75 min/sec (SD=0.35 min /sec). (See Table 4.5)
Table 4.5

Descriptive Statistics

Lower Area Boys of 14 Years

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>Median</th>
<th>Mode</th>
<th>SD</th>
<th>Skewness</th>
<th>Kurtosis</th>
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Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run( Min/Sec)
4.1.11 Anthropometric Data of 14 Years Lower Hilly Area Boys.

**Height:** The mean performance in Body Height of 14 years boys of Lower Hilly Area was 149.30 cm (SD=3.70 cm).

**Weight:** The Mean performance in Body Weight of Lower Hilly Area Boys having 14 age was 40.42 Kg (SD=2.42 Kg). (See Table 4.6)

4.1.12 Motor Ability Test of Inner Himalayan Area Boys of 14 Years.

**30 mt Flying start (Speed):** The mean score in Speed of 14 years boys of Lower Hilly Area was 3.73 sec, (SD=0.32 sec).

**Standing Broad Jump (Explosive Strength of Legs):** The mean performance of Standing Broad Jump of 14 years boys of Lower Hilly Area was 192.75 cm (SD=15.03 cm).
**Medicine Ball Put (Explosive Strength of Arms):** The mean score in Medicine Ball Put of 14 years of boys of Lower Hilly Area was 3.79 cm (SD=0.34 cm).

**6X10 m Shuttle Run (Agility):** The mean performance of 6X10 m Shuttle Run of 14 years boys of Lower Hilly Area was 16.52 sec (SD=0.49 sec).

**Forward Bend & Reach (Flexibility):** The mean score in Forward Bend & Reach of 14 years of boys of Lower Hilly Area was 8.71 cm (SD=2.65 cm).

**Standing Vertical Jump (Extensibility of Hip Muscles):** The mean performance of Standing Vertical Jump of 14 years boys of Lower Hilly Area was 40.98 cm (SD=2.35 cm).

**800 m Run (C.V. Endurance):** The mean score in 800 m Run of 14 years of boys of Lower Hilly Area was 2.97 min/sec (SD=0.51 min/sec). (See Table 4.6)
Table 4.6
Descriptive Statistics

Lower Hilly Area Boys of 14 Years

<table>
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<tr>
<th>Variables</th>
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<th>Median</th>
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<th>Kurtosis</th>
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<td>-0.50</td>
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<td>3.6</td>
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<tr>
<td>MBP</td>
<td>3.79</td>
<td>3.84</td>
<td>3.75</td>
<td>0.34</td>
<td>-0.95</td>
<td>1.66</td>
</tr>
<tr>
<td>SR</td>
<td>16.52</td>
<td>16.4</td>
<td>16.3</td>
<td>0.49</td>
<td>1.09</td>
<td>1.31</td>
</tr>
<tr>
<td>FBR</td>
<td>8.71</td>
<td>9</td>
<td>8</td>
<td>2.65</td>
<td>0.04</td>
<td>-0.67</td>
</tr>
<tr>
<td>SVJ</td>
<td>40.98</td>
<td>41</td>
<td>40</td>
<td>2.35</td>
<td>-0.06</td>
<td>0.09</td>
</tr>
<tr>
<td>800 Mt.R</td>
<td>2.97</td>
<td>2.75</td>
<td>2.68</td>
<td>0.51</td>
<td>0.62</td>
<td>-1.01</td>
</tr>
</tbody>
</table>

Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm),SVJ-Standing Vertical Jump(cm),800m-800mt.Run( Min/Sec)
4.2 Testing Statistical Properties of the Variables

To take decision regarding data analysis through parametric or non-parametric statistics, an attempt has been made to know whether the scores of measured variables (i.e. Height, Weight, 30mt Flying Starts, Medicine Ball Put, 6X10mt Shuttle Run, Forward Bend & Reach, Standing Vertical Jump and 800mt.Run) are normally distributed or not. The obtained results are presented in the Tables 4.7, 4.8, 4.9, 4.10, 4.11 and 4.12 respectively.
Table 4.7

Testing Statistical Properties of the Variables
Inner Himalayan Area Boys of 12 Years

<table>
<thead>
<tr>
<th>Variables</th>
<th>Skewness</th>
<th>Kurtosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ht</td>
<td>0.40</td>
<td>-0.15</td>
</tr>
<tr>
<td>Wt</td>
<td>1.15</td>
<td>1.76</td>
</tr>
<tr>
<td>30 Mt.</td>
<td>-0.68</td>
<td>0.46</td>
</tr>
<tr>
<td>SBJ</td>
<td>-3.19</td>
<td>39.49</td>
</tr>
<tr>
<td>MBP</td>
<td>0.62</td>
<td>-0.71</td>
</tr>
<tr>
<td>SR</td>
<td>-0.02</td>
<td>-0.51</td>
</tr>
<tr>
<td>FBR</td>
<td>0.18</td>
<td>-0.68</td>
</tr>
<tr>
<td>SVJ</td>
<td>0.33</td>
<td>-0.27</td>
</tr>
<tr>
<td>800 Mt.R</td>
<td>0.37</td>
<td>0.54</td>
</tr>
</tbody>
</table>

Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run( Min/Sec)
The data variables as reported in Table 4.1 reveal that Sk (Skewness) and Ku (Kurtosis) of the distribution of **Height** of 12 Years of the Inner Himalayan Boys of the sample of 710 cases are 0.40 and -0.15. It can be said that the distribution of subjects’ height is positively Skewed and leptokurtic in nature.

In case of subject’s distribution in **Weight** (as assessed by weighing machine), the scores are positively skewed (Sk=1.15) and leptokurtic (Ku=1.76) in nature. This results help to interpret that the scores obtained from Weight test are nearly normal.

The Skewness of the scores of **Speed** (as assessed by 30 mt. Flying Start), indicate negatively value (Sk= -0.68) whereas the distribution of scores reveals that such data leptokurtic in nature (Ku=0.46). As such it can be said that the obtain distribution of 30 mt. Flying Start test in the present study is mostly normal.

The data on **Explosive Strength** (as assessed by Standing Broad Jump), indicate that the score are positively Skewed (Sk= -3.19), whereas the kurtosis value reveals leptokurtic in nature (Ku = 39.49).From this, it can be interpreted that Standing Broad Jump score as available in this study represent a normal probability curve.
In case of subject's distribution in **Explosive Strength of Arms** (as assessed by Medicine Ball Put) the scores are positively skewed (Sk=0.62) and leptokurtic in nature (Ku= -0.71). As such it can be said that the obtain distribution of Medicine Ball Put in the present study is mostly normal.

**Agility** distribution scores reveals that scores are negatively Skewed (Sk= -0.02). Although the Kurtosis value is negative (Ku= -0.51), it is leptokurtic in nature. Since these values remain in the range of normal distribution, the scores seem to be normal.

Table 4.1 indicates that the Skewness and Kurtosis values of **Flexibility** (as assessed by Forward bend & Reach Test) of the distribution are 0.18 and -0.68 respectively. Hence, it can said that distribution of the scores of Forward bend & Reach Test found to be slightly positively Skewed and slightly leptokurtic. Since these are remaining within the range, the distribution may be treated as normal.

The data on **Explosive Strength of Legs & Extensibility of Hip Muscles** (as assessed by Standing Vertical Jump), indicate that the score are positively Skewed (Sk=0.33), whereas the kurtosis value
reveals platykurtic in nature (Ku = -0.27). From this, it can be interpreted that Standing Vertical Jump score as available in this study represent a normal probability curve.

In case of subject's distribution in Cardiovascular Endurance (as assessed by 800 Mt.Run), the scores are positively skewed (Sk=0.37) and platykurtic (Ku=0.54) in nature. This results help to interpret that the scores obtained from 800 Mt.Run test are nearly normal. See Table 4.7
Table 4.8

Testing Statistical Properties of the Variables
Lower Hilly Area Boys of 12 Years

<table>
<thead>
<tr>
<th>Variables</th>
<th>Skewness</th>
<th>Kurtosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ht</td>
<td>0.40</td>
<td>0.26</td>
</tr>
<tr>
<td>Wt</td>
<td>0.18</td>
<td>-0.83</td>
</tr>
<tr>
<td>30 Mt.</td>
<td>0.21</td>
<td>0.79</td>
</tr>
<tr>
<td>SBJ</td>
<td>-0.55</td>
<td>0.26</td>
</tr>
<tr>
<td>MBP</td>
<td>0.83</td>
<td>0.03</td>
</tr>
<tr>
<td>SR</td>
<td>-0.09</td>
<td>-0.28</td>
</tr>
<tr>
<td>FBR</td>
<td>0.14</td>
<td>-0.69</td>
</tr>
<tr>
<td>SVJ</td>
<td>0.08</td>
<td>-0.49</td>
</tr>
<tr>
<td>800 Mt.R</td>
<td>0.93</td>
<td>0.05</td>
</tr>
</tbody>
</table>

Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run( Min/Sec)
In case of subject’s distribution in **Height** of 12 Years of the Lower Hilly Boys of the sample of 710 cases are positively skewed (Sk=0.40) and laptokurtic (Ku=0.26) in nature. This results help to interpret that the scores obtained from Height are nearly normal.

In case of subject’s distribution in **Weight** the scores are positively skewed (Sk=0.18) and platykurtic in nature (Ku= -0.83). As such it can be said that the obtain distribution of Weight in the present study is mostly normal.

The data on **Speed** (as assessed by 30 mt. Flying Start), the score are positively Skewed (Sk=0.21), whereas the kurtosis value reveals Speed (Ku = 0.79).From this, it can be interpreted that 30 mt. Flying Start score as available in this study represent a normal probability curve.

Table 4.8 indicates that the Skewness and Kurtosis values of **Explosive Strength** (as assessed by Standing Broad Jump) of the distribution are -0.55 and 0.26 respectively. Hence, it can said that distribution of the scores of Standing Broad Jump Test found to be
negatively Skewed and in nature. Since these are remaining within the range, the distribution may be treated as normal.

In case of subject’s distribution in **Explosive Strength of Arms** (as assessed by Medicine Ball Put, the scores are positively skewed (Sk=0.83) and laptokurtic (Ku=0.03) in nature. This results help to interpret that the scores obtained from 800 Mt.Run test are nearly normal.

**Agility** distribution scores reveals that scores are negatively Skewed (Sk= -0.09). Although the Kurtosis value is negative (Ku= -0.28), it is Platykurtic in nature. Since these values remain in the range of normal distribution, the scores seem to be normal.

Table 4.8 indicates that the Skewness and Kurtosis values of **Flexibility** (as assessed by Forward bend & Reach Test) of the distribution are 0.14 and -0.69 respectively. Hence, it can said that distribution of the scores of Forward bend & Reach Test found to be slightly positively Skewed and slightly platykurtic. Since these are remaining within the range, the distribution may be treated as normal.
The data on **Explosive Strength of Legs & Extensibility of Hip Muscles** (as assessed by Standing Vertical Jump), indicate that the score are positively Skewed (Sk=0.08), whereas the kurtosis value reveals platykurtic in nature (Ku =-0.49). From this, it can be interpreted that Standing Vertical Jump score as available in this study represent a normal probability curve.

In case of subject’s distribution in **Cardiovascular Endurance** (as assessed by 800 Mt.Run), the scores are positively skewed (Sk=0.93) and Platykurtic (Ku=0.05) in nature. This results help to interpret that the scores obtained from 800 Mt.Run test are nearly normal. See Table 4.8
Table 4.9

Testing Statistical Properties of the Variables
Inner Himalayan Area Boys of 13 Years

<table>
<thead>
<tr>
<th>Variables</th>
<th>Skewness</th>
<th>Kurtosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ht</td>
<td>0.09</td>
<td>-0.34</td>
</tr>
<tr>
<td>Wt</td>
<td>0.66</td>
<td>0.03</td>
</tr>
<tr>
<td>30 Mt.</td>
<td>0.47</td>
<td>-0.62</td>
</tr>
<tr>
<td>SBJ</td>
<td>-0.12</td>
<td>-0.21</td>
</tr>
<tr>
<td>MBP</td>
<td>-1.06</td>
<td>0.32</td>
</tr>
<tr>
<td>SR</td>
<td>0.15</td>
<td>-0.46</td>
</tr>
<tr>
<td>FBR</td>
<td>-0.28</td>
<td>-0.39</td>
</tr>
<tr>
<td>SVJ</td>
<td>0.49</td>
<td>0.67</td>
</tr>
<tr>
<td>800 Mt.R</td>
<td>0.17</td>
<td>-0.81</td>
</tr>
</tbody>
</table>

Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run( Min/Sec)
The data variables as reported in Table 4.3 reveal that Sk (Skewness) and Ku (Kurtosis) of the distribution of Height of 13 Years of the Inner Himalayan Boys of the sample of cases are 0.09 and -0.34. It can be said that the distribution of subjects’ height is positively Skewed and platykurtic in nature.

In case of subject’s distribution in **Weight** (as assessed by weighing machine), the scores are positively skewed (Sk=0.66) and leptokurtic (Ku=0.03) in nature. This results help to interpret that the scores obtained from Weight test are nearly normal.

Table 4.9 indicates that the Skewness and Kurtosis values of **Speed** (as assessed by 30 mt. Flying Start), of the distribution are 0.47 and -0.62 respectively. Hence, it can said that distribution of the scores of 30 mt. Flying Start Test found to be positively Skewed and platykurtic in nature. Since these are remaining within the range, the distribution may be treated as normal.

The data on **Explosive Strength** (as assessed by Standing Broad Jump), indicate that the score are distribution scores reveals that scores are negatively Skewed (Sk= -0.12). Although the Kurtosis value
is negative (Ku= -0.21), it is leptokurtic in nature. Since these values remain in the range of normal distribution, the scores seem to be normal.

Table 4.9 indicates that the Skewness and platykurtic Kurtosis values of in Explosive Strength of Arms (as assessed by Medicine Ball Put) of the distribution are -01.06 and 0.32 respectively. Hence, it can said that distribution of the scores of Medicine Ball Put found to be negatively Skewed and in nature. Since these are remaining within the range, the distribution may be treated as normal.

In case of subject’s distribution in Agility (as assessed by 6x10 Mt. Shuttle run the scores are positively skewed (Sk=0.15) and Platykurtic in nature (Ku= -0.46). As such it can be said that the obtain distribution of Weight in the present study is mostly normal.

Flexibility distribution scores reveals that scores are negatively Skewed (Sk= -0.28). Although the Kurtosis value is negative (Ku= -0.39), it is Platykurtosis in nature. Since these values remain in the range of normal distribution, the scores seem to be normal.
In case of subject’s distribution in **Explosive Strength of Legs & Extensibility of Hip Muscles** (as assessed by Standing Vertical Jump), the scores are positively skewed (Sk=0.49) and platykurtic (Ku=0.67) in nature. This results help to interpret that the scores obtained from Standing Vertical Jump test are nearly normal.

The data variables as reported in Table 4.9 reveal that Sk (Skewness) and Ku (Kurtosis) of the distribution of **Cardiovascular Endurance** (as assessed by 800 Mt.Run) are 0.17 and -0.81. It can be said that the distribution of subjects’ 800 Mt.Run test is positively Skewed and platykurtic in nature. See Table 4.9
Table 4.10

Testing Statistical Properties of the Variables
Lower Hilly Area Boys of 13 Years

<table>
<thead>
<tr>
<th>Variables</th>
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<th>Kurtosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ht</td>
<td>0.11</td>
<td>-0.12</td>
</tr>
<tr>
<td>Wt</td>
<td>1.12</td>
<td>2.92</td>
</tr>
<tr>
<td>30 Mt.</td>
<td>0.17</td>
<td>-0.71</td>
</tr>
<tr>
<td>SBJ</td>
<td>-0.10</td>
<td>-0.30</td>
</tr>
<tr>
<td>MBP</td>
<td>0.27</td>
<td>-1.03</td>
</tr>
<tr>
<td>SR</td>
<td>0.13</td>
<td>-0.66</td>
</tr>
<tr>
<td>FBR</td>
<td>-0.10</td>
<td>-0.61</td>
</tr>
<tr>
<td>SVJ</td>
<td>-0.08</td>
<td>1.08</td>
</tr>
<tr>
<td>800 Mt.R</td>
<td>0.16</td>
<td>1.08</td>
</tr>
</tbody>
</table>

Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put(cm), 6X10R-6X10mt Shuttle Run(Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run(Min/Sec)
The data variables as reported in Table 4.10 reveal that Sk (Skewness) and Ku (Kurtosis) of the distribution of **Height** of 14 Years old the Lower Hilly Boys of the sample of cases are 0.11 and -0.12. It can be said that the distribution of subjects’ height is positively Skewed and leptokurtic in nature.

In case of subject’s distribution in **Weight** (as assessed by weighing machine), the scores are positively skewed (Sk=1.12) and platykurtic (Ku=2.92) in nature. This results help to interpret that the scores obtained from Weight test are nearly normal.

Table 4.10 indicates that the Skewness and Kurtosis values of **Speed** (as assessed by 30 mt. Flying Start), of the distribution are 0.17 and -0.71 respectively. Hence, it can said that distribution of the scores of 30 mt. Flying Start Test found to be positively Skewed and platykurtotic in nature. Since these are remaining within the range, the distribution may be treated as normal.

The data on **Explosive Strength** (as assessed by Standing Broad Jump), the score are distribution scores reveals that scores are negatively Skewed (Sk= -0.10). Although the Kurtosis value is negative
(Ku= -0.30), it is Platykurtic in nature. Since these values remain in the range of normal distribution, the scores seem to be normal.

In case of subject’s distribution in **Explosive Strength of Arms** (as assessed by Medicine Ball Put) the scores are positively skewed (Sk=0.27) and Platykurtic in nature (Ku= -1.03). As such it can be said that the obtain distribution of Medicine Ball Put in the present study is mostly normal.

In case of subject’s distribution in **Agility** (as assessed by 6x10 Mt. Shuttle run the scores are positively skewed (Sk=0.13) and Platykurtic in nature (Ku= -0.66). As such it can be said that the obtain distribution of Weight in the present study is mostly normal.

**Flexibility** distribution scores reveals that scores are negatively Skewed (Sk= -0.10). Although the Kurtosis value is negative (Ku= -0.61), it is Platykurtic in nature. Since these values remain in the range of normal distribution, the scores seem to be normal.

The data on **Explosive Strength of Legs & Extensibility of Hip Muscles** (as assessed by Standing Vertical Jump), indicate that the score are negatively Skewed (Sk= -0.08), whereas the kurtosis value
reveals platykurtotic in nature (Ku =1.08). From this, it can be interpreted that Standing Vertical Jump score as available in this study represent a normal probability curve.

In case of subject's distribution in **Cardiovascular Endurance** (as assessed by 800 Mt.Run), the scores are positively skewed (Sk=0.16) and platykurtic (Ku=1.08) in nature. This results help to interpret that the scores obtained from 800 Mt.Run test are nearly normal. See Table 4.10
Table 4.11

Testing Statistical Properties of the Variables
Inner Himalayan Area Boys of 14 Years

<table>
<thead>
<tr>
<th>Variables</th>
<th>Skewness</th>
<th>Kurtosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ht</td>
<td>-0.12</td>
<td>0.24</td>
</tr>
<tr>
<td>Wt</td>
<td>-0.11</td>
<td>0.06</td>
</tr>
<tr>
<td>30 Mt.</td>
<td>0.68</td>
<td>1.37</td>
</tr>
<tr>
<td>SBJ</td>
<td>-0.01</td>
<td>-0.30</td>
</tr>
<tr>
<td>MBP</td>
<td>-0.67</td>
<td>1.50</td>
</tr>
<tr>
<td>SR</td>
<td>1.46</td>
<td>3.44</td>
</tr>
<tr>
<td>FBR</td>
<td>0.00</td>
<td>-0.60</td>
</tr>
<tr>
<td>SVJ</td>
<td>0.29</td>
<td>-0.16</td>
</tr>
<tr>
<td>800 Mt.R</td>
<td>0.99</td>
<td>0.27</td>
</tr>
</tbody>
</table>

Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run( Min/Sec)
The data variables as reported in Table 4.11 reveal that Sk (Skewness) and Ku (Kurtosis) of the distribution of **Height** of 14 Years of the Inner Himalayan Boys of the sample of cases are -0.12 and 0.24. It can be said that the distribution of subjects’ height is negatively Skewed and platykurtic in nature.

In case of subject’s distribution in **Weight** (as assessed by weighing machine), the scores are negatively skewed (Sk= -0.11) and platykurtic (Ku=0.06) in nature. This results help to interpret that the scores obtained from Weight test are nearly normal.

The data on **Speed** (as assessed by 30 mt. Flying Start), indicate that the score are positively Skewed (Sk=0.68), whereas the kurtosis value reveals (Ku = 1.37) platykurtic in nature. From this, it can be interpreted that 30 mt. Flying Start score as available in this study represent a normal probability curve.

The data on **Explosive Strength** (as assessed by Standing Broad Jump), indicate that the score are distribution scores reveals that scores are negatively Skewed (Sk= -0.01). Although the Kurtosis value is negative (Ku= -0.30), it is Platykurtic in nature. Since these values
remain in the range of normal distribution, the scores seem to be normal.

Table 4.11 indicates that the Skewness and Kurtosis values of in Explosive Strength of Arms (as assessed by Medicine Ball Put) of the distribution are -0.67 and 1.50 respectively. Hence, it can said that distribution of the scores of Medicine Ball Put found to be negatively Skewed and platykurtic in nature. Since these are remaining within the range, the distribution may be treated as normal.

In case of subject’s distribution in Agility (as assessed by 6x10 Mt. Shuttle run the scores are positively skewed (Sk=1.46) and platykurtic (Ku=3.44) in nature. This results help to interpret that the scores obtained from 6x10 Mt. Shuttle run test are nearly normal.

Table 4.11 indicates that the Skewness and Kurtosis values of Flexibility (as assessed by Forward bend & Reach Test) of the distribution are 0.00 and -0.60 respectively. Hence, it can said that distribution of the scores of Forward bend & Reach Test found to be positively Skewed and platykurtic in nature. Since these are remaining within the range, the distribution may be treated as normal.
The data on **Explosive Strength of Legs & Extensibility of Hip Muscles** (as assessed by Standing Vertical Jump), indicate that the score are positively Skewed (Sk=0.29), whereas the kurtosis value reveals leptokurtic in nature (Ku = -0.16). From this, it can be interpreted that Standing Vertical Jump score as available in this study represent a normal probability curve.

In case of subject’s distribution in **Cardiovascular Endurance** (as assessed by 800 Mt.Run), the scores are positively skewed (Sk=0.99) and platykurtic (Ku=0.27) in nature. This results help to interpret that the scores obtained from 800 Mt.Run test are nearly normal. See Table 4.11
Table 4.12

Testing Statistical Properties of the Variables
Lower Hilly Area Boys of 13 Years

<table>
<thead>
<tr>
<th>Variables</th>
<th>Skewness</th>
<th>Kurtosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ht</td>
<td>-0.57</td>
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</tr>
<tr>
<td>Wt</td>
<td>-0.02</td>
<td>-0.50</td>
</tr>
<tr>
<td>30 Mt.</td>
<td>0.71</td>
<td>0.42</td>
</tr>
<tr>
<td>SBJ</td>
<td>0.02</td>
<td>0.20</td>
</tr>
<tr>
<td>MBP</td>
<td>-0.95</td>
<td>1.66</td>
</tr>
<tr>
<td>SR</td>
<td>1.09</td>
<td>1.31</td>
</tr>
<tr>
<td>FBR</td>
<td>0.04</td>
<td>-0.67</td>
</tr>
<tr>
<td>SVJ</td>
<td>-0.06</td>
<td>0.09</td>
</tr>
<tr>
<td>800 Mt.R</td>
<td>0.62</td>
<td>-1.01</td>
</tr>
</tbody>
</table>

Ht-Height(cm), Wt-Weight(Kg), 30mt-30mt Flying Starts(Sec), MBP-Medicine Ball Put (cm), 6X10R-6X10mt Shuttle Run( Sec), FBR-Forward Bend Reach(cm), SVJ-Standing Vertical Jump(cm), 800m-800mt.Run( Min/Sec)
The data variables as reported in Table 4.12 make known that Sk (Skewness) and Ku (Kurtosis) of the distribution of **Height** of 14 Years of the Lower Hilly Boys of the sample of cases are - 0.57 and 0.71. It can be said that the distribution of subjects’ height is negatively Skewed and platykurtic in nature.

The data on **Weight** (as evaluated by weighing machine), indicate that score are distribution scores reveals that scores are negatively Skewed (Sk= -0.02). Although the Kurtosis value is negative (Ku= -0.50), it is Platykurtic in nature. Since these values remain in the range of normal distribution, the scores seem to be normal.

The data on **Speed** (as assessed by 30 mt. Flying Start), indicate that the score are positively Skewed (Sk=0.71), whereas the kurtosis value reveals (Ku = 0.42) platykurtic in nature. From this, it can be interpreted that 30 mt. Flying Start score as available in this study represent a normal probability curve.

In case of subject’s distribution in **Explosive Strength** (as assessed by Standing Broad Jump), reveals that the scores are positively
skewed (Sk=0.02) and leptokurtic (Ku=0.20) in nature. This results help to interpret that the scores obtained from Standing Broad Jump test are nearly normal.

Table 4.12 indicates that the Skewness and Kurtosis values of in **Explosive Strength of Arms** (as assessed by Medicine Ball Put) of the distribution are -0.95 and 1.66 respectively. Hence, it can say that distribution of the scores of Medicine Ball Put found to be negatively Skewed and leptokurtic in nature. Since these are remaining within the range, the distribution may be treated as normal.

In case of subject’s distribution in **Agility** (as assessed by 6x10 Mt. Shuttle run the scores are positively skewed (Sk=1.09) and leptokurtic (Ku=1.31) in nature. This results help to interpret that the scores obtained from 6x10 Mt. Shuttle run test are nearly normal.

Table 4.12 indicates that the Skewness and Kurtosis values of **Flexibility** (as assessed by Forward bend & Reach Test) of the distribution are 0.04 and -0.67 respectively. Hence, it can said that distribution of the scores of Forward bend & Reach Test found to be positively Skewed and platykurtic in nature. Since these are remaining within the range, the distribution may be treated as normal.
The data on **Explosive Strength of Legs & Extensibility of Hip Muscles** as assessed by Standing Vertical Jump, indicate that the score are negatively Skewed (Sk= -0.06), whereas the kurtosis value reveals leptokurtic in nature (Ku =0.09). From this, it can be interpreted that Standing Vertical Jump score as available in this study represent a normal probability curve.

The data variables as reported in Table 4.6 reveal that Sk (Skewness) and Ku (Kurtosis) of the distribution of **Cardiovascular Endurance** (as assessed by 800 Mt.Run) are 0.62 and -1.01. It can be said that the distribution of subjects' 800 Mt.Run test is positively Skewed and platykurtic in nature.

Thus in light of the above results on statistical properties, the variables (viz., Height, Weight, 30mt Flying Starts, Medicine Ball Put, 6X10mt Shuttle Run, Forward Bend& Reach, Standing Vertical Jump and 800mt.Run.) involved in the present study are by and large normally distributed and sample drawn in this study is the represented of the population means. Hence, decision was taken to apply parametric statistical devices for analyzing the quantitative measures for testing hypotheses.
4.3 Results on Comparison of the Sports Talent Factor of Inner Himalayan Boys with Lower Hilly Area Boys.

Table 4.13

4.3.1 Comparisons of Height of 12 Years Boys

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>135.78</td>
<td>7.80</td>
<td>0.38</td>
<td>2.07</td>
<td>5.44*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>137.86</td>
<td>6.52</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 710            *Significance at the 0.01 level

From the Table 4.13 it is evident that t value 5.44 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Height of the Inner Himalayan and Lower Hilly boys of 12 years

So it can be concluded that the Lower Hilly boys are taller than Inner Himalayan boys.
Fig. 4.1 Comparisons of Height of 12 Years Boys

Table 4.14
Comparisons of Weight of 12 Years Boys

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>27.77</td>
<td>3.53</td>
<td>.21</td>
<td>2.67</td>
<td>12.85*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>30.44</td>
<td>4.25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 710

*Significance at the 0.01 level

From the Table 4.14 it is cleared that t value 12.85 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 levels. So there is a significant difference in mean Weight of the Inner Himalayan and Lower Hilly boys of 12 years.

So it can be concluded that the Lower Hilly boys are heavier than Inner Himalayan boys.
Fig. 4.2 Comparisons of Weight of 12 Years Boys
Table 4.15

Comparisons of Speed (30 mt. Flying Start) of 12 Years Boys

with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>4.57</td>
<td>0.44</td>
<td>0.02</td>
<td>0.29</td>
<td>13.61*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>4.86</td>
<td>0.37</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

\[ N=710 \quad *\text{Significance at the 0.01 level} \]

It is observed from the Table 4.15 that t value 13.61 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Speed of the Inner Himalayan and Lower Hilly boys of 12 years

So it can be concluded that the Inner Himalayan boys better in case of Speed than Lower Hilly boys.
Fig. 4.3 Comparisons of 30 Mt. Flying Start of 12 Years Boys

Speed (30 Mt. Flying Start)
Table 4.16
Comparisons of Standing Broad Jump of 12 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>166.78</td>
<td>11.43</td>
<td>0.54</td>
<td>1.75</td>
<td>3.23*</td>
<td>.001</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>165.04</td>
<td>8.72</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 710 *Significance at the 0.01 level

It is seen in the Table 4.16 that t value 3.23 is significant at .001 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Explosive Strength of Legs of the Inner Himalayan and Lower Hilly boys of 12 years

So it can be concluded that the Inner Himalayan boys are superior in Explosive Strength of Legs than Lower Hill boys.
Fig. 4.4 Comparisons of Standing Broad Jump of 12 Years Boys
### Table 4.17

**Comparisons of Medicine Ball Put of 12 Years Boys with Descriptive results**

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>2.86</td>
<td>0.55</td>
<td>0.03</td>
<td>0.18</td>
<td>7.26*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>2.68</td>
<td>0.39</td>
<td>0.18</td>
<td>7.26*</td>
<td>.000</td>
<td></td>
</tr>
</tbody>
</table>

*N= 710  
*Significance at the 0.01 level

It is observed from the Table 4.17 that t value 7.26 is significant at 0.01 level of significance.

Therefore Null Hypothesis is to be rejected at 0.01 level. So there is a significant difference in mean Speed of the Inner Himalayan and Lower Hilly boys of 12 years

So it can be concluded that the Inner Himalayan boys have better Speed than Lower Hilly boys.
Fig. 4.5 Comparisons of Medicine Ball Put of 12 Years Boys
Table 4.18

Comparisons of 6x10 Shuttle Run of 12 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>17.98</td>
<td>0.80</td>
<td>0.04</td>
<td>0.20</td>
<td>5.07*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>18.19</td>
<td>0.71</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N=710

*Significance at the 0.01 level

It is observed from the Table 4.18 that t value 5.07 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Agility of the Inner Himalayan and Lower Hilly area boys of 12 years

Hence it can be concluded that the Inner Himalayan boys are superior in case of Agility than Lower Hilly boys.
Fig. 4.6 Comparisons of 6x10 Shuttle Run of 12 Years Boys
Table 4.19

Comparisons of Forward Bend and Reach of 12 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>6.82</td>
<td>3.18</td>
<td>0.16</td>
<td>1.10</td>
<td>6.81*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>7.92</td>
<td>2.89</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*N= 710

*Significance at the 0.01 level

It is seen from the Table 4.19 that t value 6.81 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Flexibility of the Inner Himalayan and Lower Hilly area boys of 12 years.

Thus it can be concluded that the Inner Himalayan boys are superior in case of Flexibility than Lower Hilly area boys.
Fig. 4.7 Comparisons of Forward Bend and Reach of 12 Years Boys
Table 4.20

Comparisons of Standing Vertical Jump of 12 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>31.03</td>
<td>4.61</td>
<td>0.22</td>
<td>0.56</td>
<td>2.54*</td>
<td>.011</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>30.48</td>
<td>3.58</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 710

*Significance at the 0.05 level

It is seen from the Table 4.20 that t value 2.54 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Strength of Legs & Extensibility of Hip Muscles of the Inner Himalayan and Lower Hilly area boys of 12 years

Thus it can be concluded that the Inner Himalayan boys are superior in case of Strength of Legs & Extensibility of Hip Muscles than Lower Hilly area boys.
Fig. 4.8 Comparisons of Standing Vertical Jump of 12 Years Boys
Table 4.21

Comparisons of 800 Mt. Run of 12 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>3.34</td>
<td>0.28</td>
<td></td>
<td>0.02</td>
<td>18.31*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>3.77</td>
<td>0.55</td>
<td></td>
<td>0.42</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*N= 710

*Significance at the 0.01 level

It is seen from the Table 4.21 that t value 18.31 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean performance of Endurance of the Inner Himalayan and Lower Hilly area boys of 12 years.

As a result it can be concluded that the Inner Himalayan boys are superior in case of Endurance than Lower Hilly area boys.
**Fig. 4.9 Comparisons of 800 Mt. Run of 12 Years Boys**
Table 4.22
Comparisons of Height of 13 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>143.23</td>
<td>4.14</td>
<td>0.28</td>
<td>0.85</td>
<td>3.03*</td>
<td>.003</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>144.08</td>
<td>3.98</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 420
*Significance at the 0.01 level

From the Table 4.22 it is cleared that t value 3.03 is significant at level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Height of the Inner Himalayan and Lower Hilly boys of 13 years.

So it can be concluded that the Lower Hilly boys are taller than Inner Himalayan boys.
Fig. 4.10 Comparisons of Height of 13 Years Boys
Table 4.23

Comparisons of Weight of 13 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>37.00</td>
<td>2.65</td>
<td>0.20</td>
<td>0.05</td>
<td>0.20*</td>
<td>.839</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>37.05</td>
<td>3.11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 420  * Not Significance at the 0.05 level

From the Table 4.23 it is cleared that t value 0.20 is not significant even at 0.05 level of significance.

Therefore Null Hypothesis to be accepted at 0.05 level. So there is no significant difference in mean Weight of the Inner Himalayan and Lower Hilly boys of 12 years

Thus it can be concluded that there no difference in mean of the weight both area boys performed nearly same.
Fig. 4.11 Comparisons of Weight of 13 Years Boys
Table 4.24
Comparisons of 30 mt. Shuttle Run of 13 Years with Descriptive results Boys

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>3.93</td>
<td>0.39</td>
<td>0.03</td>
<td>0.17</td>
<td>6.33*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>4.10</td>
<td>0.36</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 420

*Significance at the 0.01 level

From the Table 4.24 it is observed that t value 6.33 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 levels. So there is a significant difference in mean Speed of the Inner Himalayan and Lower Hilly boys of 13 years.

So it can be concluded that the Inner Himalayan boys have better Speed than Lower Hilly boys’ area boys.
Fig. 4.12 Comparisons of 30 mt. Shuttle Run of 13 Years with Boys
Table 4.25
Comparisons of Standing Broad Jump of 13 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>175.29</td>
<td>15.44</td>
<td>1.09</td>
<td>0.84</td>
<td>0.77*</td>
<td>.441</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>174.45</td>
<td>16.26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 420  * Not Significance at the 0.05 level

From the Table 4.25 it is seen that t value 0.77 is not significant even at 0.05 level of significance.

Therefore Null Hypothesis to be accepted at 0.05 level. So there is no significant difference in mean Explosive Strength of Legs of the Inner Himalayan and Lower Hilly boys of 12 years

Hence it can be concluded that there is no difference in mean of Explosive Strength of Legs, both area boys performed nearly same.
Fig. 4.13 Comparisons of Standing Broad Jump of 13 Years Boys
Table 4.26

Comparisons of Medicine Ball Put of 13 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>3.54</td>
<td>0.44</td>
<td>0.03</td>
<td>0.43</td>
<td>13.25*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>3.02</td>
<td>0.50</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 420

*Significance at the 0.01 level

From the Table 4.26 it is observed that t value 6.33 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Speed of the Inner Himalayan and Lower Hilly boys of 13 years

So it can be concluded that the Inner Himalayan boys have better Speed than Lower Hilly boys.
Fig. 4.14 Comparisons of Medicine Ball Put of 13 Years Boys

Strength of Arms (Medicine Ball Put)

Inner Himalayan
Lower Hilly

Inner Himalayan

Lower Hilly
Table 4.27
Comparisons of 6x10 Shuttle Run of 13 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>17.49</td>
<td>0.72</td>
<td>0.04</td>
<td>0.61</td>
<td>13.95*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>18.10</td>
<td>0.53</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 420 *Significance at the 0.01 level

From the Table 4.27 it is observed that t value 13.95 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Agility of the Inner Himalayan and Lower Hilly boys of 13 years

As a result it can be concluded that the Inner Himalayan boys have better Agility than Lower Hilly boys.
Fig. 4.15 Comparisons of 6x10 Shuttle Run of 13 Years Boys

Agility (6x10 mt. Shuttle Run)

- Inner Himalayan
- Lower Hilly

The bar chart compares the agility (6x10 shuttle run) performance of boys aged 13 years between Inner Himalayan and Lower Hilly regions. The Lower Hilly region shows significantly higher performance compared to the Inner Himalayan region.
Table 4.28
Comparisons of Forward Bend and Reach of 13 Years Boys

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>8.81</td>
<td>2.91</td>
<td>0.19</td>
<td>0.24</td>
<td>1.24*</td>
<td>.216</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>9.05</td>
<td>2.66</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 420

*Not Significance at the 0.05 level

From the Table 4.28 it is seen that t value 1.24 is not significant even at 0.05 level of significance.

As a result Null Hypothesis to be accepted at 0.05 level. So there is no significant difference in mean Flexibility of Inner Himalayan and Lower Hilly boys of 12 years.

Hence it can be concluded that there is no difference in mean of Flexibility, both area boys performed similarly.
Fig. 4.16 Comparisons of Forward Bend and Reach of 13 Years Boys

Flexibility (Forward Bend & Reach)

Inner Himalayan

Lower Hilly

Inner Himalayan

Lower Hilly
Table 4.29

Comparisons of Standing Vertical Jump of 13 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>37.92</td>
<td>3.08</td>
<td>0.24</td>
<td>1.09</td>
<td>4.48</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>36.83</td>
<td>3.91</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 420

*Significance at the 0.01 level

From the Table 4.29 it is seen that t value 4.48 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean performance of Leg Strength & Extensibility of Hip Muscle of the Inner Himalayan and Lower Hilly boys of 13 years.

As a result it can be concluded that the Inner Himalayan boys.

Have better Leg Strength & Extensibility of Hip Muscle than Lower Hilly area boys.
Fig. 4.17 Comparisons of Standing Vertical Jump of 13 Years Boys

Strength of legs & Hip (Vertical Jump)

Inner Himalayan
Lower Hilly

38
37.8
37.6
37.4
37.2
37
36.8
36.6
36.4
36.2

Inner Himalayan
Lower Hilly
Table 4.30

Comparisons of 800 Mt. Run of 13 Years Boys

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>3.08</td>
<td>0.39</td>
<td>0.03</td>
<td>0.83</td>
<td>26.53*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>3.90</td>
<td>0.51</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 420

*Significance at the 0.01 level

From the Table 4.30 it is observed that t value 26.53 is significant at .0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Endurance of the Inner Himalayan and Lower Hilly boys of 13 years

As a result it can be concluded that the Inner Himalayan boys have better Endurance than Lower Hilly boys area boys
Fig. 4.18 Comparisons of 800 Mt. Run of 13 Years Boys

Endurance (800 Mt. Run)
Table 4.31

Comparisons of Height of 14 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>147.99</td>
<td>3.92</td>
<td>0.25</td>
<td>1.31</td>
<td>5.15*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>149.30</td>
<td>3.70</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 450

*Significance at the 0.01 level

it is observed from the Table 4.31 that t value 5.15 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Height of the Inner Himalayan and Lower Hilly boys of 14 years

Thus it can be concluded that the Lower Hilly boys are taller than Inner Himalayan boys.
Fig. 4.19 Comparisons of Height of 14 Years Boys
### Table 4.32

Comparisons of Weight of 14 Years Boys

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>39.53</td>
<td>3.22</td>
<td>0.19</td>
<td>0.89</td>
<td>4.70*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>40.42</td>
<td>2.42</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 450

*Significance at the 0.01 level

It is evident from the Table 4.32 that t value 4.70 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Weight of Inner Himalayan and Lower Hilly boys of 14 years

As a result it can be concluded that the Lower Hilly area boys are heavier than Inner Himalayan boys in case of 14 years of age.
Fig. 4.20 Comparisons of Weight of 14 Years Boys
Table 4.33

Comparisons of 30 mt. Run of 14 Years Boys with

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>3.69</td>
<td>0.23</td>
<td>0.02</td>
<td>0.04</td>
<td>2.31*</td>
<td>.021</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>3.73</td>
<td>0.32</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 450

*Significance at the 0.05 level

Table 4.33 shows that t value 4.70 is significant at 0.051 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Speed of Inner Himalayan and Lower Hilly boys of 14 years.

As a result it can be concluded that Inner Himalayan boys have more Speed than Lower Hilly area boys of 14 years age.
Fig. 4.21 Comparisons of 30 mt. Run of 14 Years Boys

Inner Himalayan

Lower Hilly

Speed (30 Mt. Shuttle Run)
Table 4.34

Comparisons of SBJ of 14 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>193.92</td>
<td>13.48</td>
<td>0.95</td>
<td>1.17</td>
<td>1.23*</td>
<td>.221</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>192.75</td>
<td>15.03</td>
<td>0.95</td>
<td>1.17</td>
<td>1.23*</td>
<td>.221</td>
</tr>
</tbody>
</table>

N= 450  
*Significance at the 0.05 level

Table 4.34 indicated that t value 4.70 is significant at 0.05 level of significance.

Therefore Null Hypothesis to be rejected at 0.05 level. So there is a significant difference in mean Speed of Inner Himalayan and Lower Hilly boys of 14 years

As a result it can be concluded that Inner Himalayan boys have more Speed than Lower Hilly area boys of 14 years age.
Fig. 4.22 Comparisons of Standing Broad Jump of 14 Years Boys

Explosive Strength (Standing Broad Jump)

Inner Himalayan

Lower Hilly
Table 4.35

Comparisons of MBP of 14 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>3.84</td>
<td>0.32</td>
<td>0.02</td>
<td>0.05</td>
<td>2.10</td>
<td>.036</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>3.79</td>
<td>0.34</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 450 *Significance at the 0.05 level

It shows in the Table 4.34 that t value 2.10 is significant at 0.05 level of significance.

Therefore Null Hypothesis to be rejected at 0.05 level. So there is a significant difference in mean Strength of Arms of Inner Himalayan and Lower Hilly boys of 14 years

As a result it can be concluded that Inner Himalayan boys have more Strength of Arms than Lower Hilly area boys of 14 years age.
Fig. 4.23 Comparisons of Medicine Ball Putt of 14 Years Boys
Table 4.36
Comparisons of 6x10 Shuttle Run for the 14 Years Boys

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>16.40</td>
<td>0.35</td>
<td>0.03</td>
<td>0.13</td>
<td>4.44*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>16.52</td>
<td>0.49</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 450

*Significance at the 0.01 level

From the Table 4.36 it is clear that t value 4.44 is significant at .000 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Agility of the Inner Himalayan and Lower Hilly boys of 12 years.

So it can be concluded that the Lower Hilly boys performed better than Inner Himalayan boys in case of Agility.
Fig. 4.24 Comparisons of 6x10 Shuttle Run of 14 Years
Table 4.37

Comparisons of FBR of 14 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>8.48</td>
<td>2.71</td>
<td>0.18</td>
<td>0.22</td>
<td>1.26*</td>
<td>.209</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>8.71</td>
<td>2.65</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 450 *Not Significance at the 0.05 level

Table 4.13 indicate that t value 1.26 is significant at 0.05 level of significance.

Therefore Null Hypothesis to be rejected at 0.05 levels. So there is a significant difference in mean Flexibility of the Inner Himalayan and Lower Hilly boys of 12 years

So it can be concluded that the Lower Hilly boys are superior than Inner Himalayan boys in case of Flexibility.
Fig. 4.25 Comparisons of Forward Bend & Reach of 14 Years Boys
Table 4.38
Comparisons of Standing Vertical Jump of 14 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>41.76</td>
<td>2.23</td>
<td>0.15</td>
<td>0.77</td>
<td>5.05*</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>40.98</td>
<td>2.35</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 450

*Significance at the 0.01 level

From the Table 4.38 it is clear that t value 5.05 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Strength of Legs & Extensibility of Hip Muscle of the Inner Himalayan and Lower Hilly boys of 14 years

So it can be concluded that the Inner Himalayan boys are superior to Lower Hilly boys in case of Strength of Legs & Extensibility of Hip Muscle.
Fig. 4.26 Comparisons of Standing Vertical Jump

Strength of Leg & Hip (Vertical Jump)

- Inner Himalayan
- Lower Hilly
Table 4.39

Comparisons of 800 Mt. Run of 14 Years Boys with Descriptive results

<table>
<thead>
<tr>
<th>Region</th>
<th>Mean</th>
<th>SD</th>
<th>SEM</th>
<th>Mean diff</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Himalayan</td>
<td>2.75</td>
<td>0.35</td>
<td>0.03</td>
<td>0.22</td>
<td>7.73</td>
<td>.000</td>
</tr>
<tr>
<td>Lower Hilly</td>
<td>2.97</td>
<td>0.51</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N= 450

*Significance at the 0.01 level

It evident in the Table 4.39 that t value 7.73 is significant at 0.01 level of significance.

Therefore Null Hypothesis to be rejected at 0.01 level. So there is a significant difference in mean Endurance of Inner Himalayan and Lower Hilly boys of 14 years

As a result it can be concluded that Inner Himalayan boys have more Endurance than Lower Hilly area boys of 14 years age.
Fig. 4.27 Comparisons of 800 Mt. Run of 14 Years Boys

Endurance (800 Mt Run)

- Inner Himalayan
- Lower Hilly
4.4 Results on Comparison of the Sports Talent Factor of Inner Himalayan and Lower Hilly Boys with norm of Sports Authority of India

4.4.1 Result of Anthropometric Qualities on SAI sports Talent Norms.

Result of Body Height on SAI sports Talent Norms.

Tables no.4.40 and tables no. 4.41 revealed that the mean scores in height of Inner Himalayan and Lower Hilly boys having 12 years of age, were 135.78 Cm (7.80 cm) and 137.86 cm (SD = 6.52 cm) respectively. These scores cannot be graded as satisfactory, good and very good as per the SAI sports Talent Norms.

The mean scores in height of Inner Himalayan Area and Lower Hilly Area boys, in 13 years of age, were 143.23 cm (SD=4.14) and 144.08 cm (SD=3.98 CM) respectively. Here it has been observed that the Mean height of both areas did not get the entry into the said norms.
The said tables also point out that the mean scores in height of Inner Himalayan and Lower Hilly Area boys, in 13 years of age were and 147.99 CM (SD = 3.92) 149.30 cm (SD=3.70) respectively. It has been revealed that none of these scores of height got entry into SAI Norms of sports Talent.

**Results of Body weight on SAI sports Talent Norms.**

The mean scores in weight of inner Himalayan and lower Hilly Area boys of 12 years of age were 27.77 kgs. (SD = 3.53 kg.) and 30.44 kg. (SD = 4.25 kg.) Respectively. These scores reviled that the mean scores of 12 years of boys from both area failed to fit into the SAI Norms of sports talent.

The mean scores in body weight of Inner Himalayan and lower Hilly area boys in 13 years of age, were 37.00 Kg. (SD= 2.65 Kg.) and 37.05 Kg. (SD = 3.11 Kg.) Respectively. These scores revealed that although the mean body weight of both area got entry into SAI norms but performance was as satisfactory grade of both area boys of this age.
The mean scores in body weight of Inner Himalayan and lower Hilly area boys, having 14 year of age, were 39.53 kg. (SD = 3.22 Kg.) and 40.42 kg. SD (2.42 kg.) respectively. As per the SAI norms these scores failed to fit in to the limit prescribed by the sports talent test. The interpretation of above data revealed the following results.

According to the SAI norms it has been revealed that all the age group 12, 13, and 14 years, the height of inner Himalayan and lower Hilly area indicated poor stature.

It was evident that the mean weight of all age group boys from both areas falls below the SAI Norms except the boys of 13 years from both areas performed satisfactory as per SAI Norms. However, most of the said anthropometric data fall outside the limit of the SAI Norms.
Table 4.40

Anthropometric characteristics of Inner Himalayan Area Boys as per SAI Sports Talent Norms.

<table>
<thead>
<tr>
<th>Measures</th>
<th>12 Years Mean (SD)</th>
<th>13 Years Mean (SD)</th>
<th>14 Years Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>135.78 (7.80)</td>
<td>143.23 (4.14)</td>
<td>147.99 (3.92)</td>
</tr>
<tr>
<td>Weight (kg.)</td>
<td>27.77 (3.53)</td>
<td>37.00 * (2.65)</td>
<td>39.53 (3.22)</td>
</tr>
</tbody>
</table>

* Satisfactory    ** Good    *** Very Good
Table 4.41

Anthropometric characteristics of Lower Hilly Area Boys as per SAI Sports Talent Norms.

<table>
<thead>
<tr>
<th>Measures</th>
<th>12 Years Mean (SD)</th>
<th>13 Years Mean (SD)</th>
<th>14 Years Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>137.86 (6.52)</td>
<td>144.08 (3.98)</td>
<td>149.30 (3.70)</td>
</tr>
<tr>
<td>Weight (kg.)</td>
<td>30.44 (4.25)</td>
<td>37.05* (3.11)</td>
<td>40.42 (2.42)</td>
</tr>
</tbody>
</table>

* Satisfactory  ** Good  *** Very Good
4.4.2 Results of Motor Qualities on sports Talent Norms.

1. Results of speed on SAI sports Talent Norms.

Tables no.4.42 and 4.43 represents that the mean scores in speed of inner Himalayan and lower Hilly Area boys of 12 years of age were 4.57 sec. (SD = 0.44 sec.) and 4.86 Secs. (SD=0.37 sec.) Respectively. The data indicates that the performance score of inner Himalayan got satisfactory grade as per SAI sports Talent Norms whereas the performance score of Lower Hilly area boys did not get entry into said norms.

The mean scores in speed of inner Himalayan and Lower Hilly area boys of 13 years of age were 3.93 sec. (SD= 0.39 Sec.) and 4.10 Sec. (SD=0.36 sec.) respectively. The data indicates that the performances scores of Inner Himalayan were Good Grade as per SAI sports Talent Norms whereas the performance score of Lower Hilly boys got satisfactory grade in to the said norms.

In the case of 14 years of age the mean performance of speed of Inner Himalayan and lower Hilly area boys were 3.69 sec.
(SD=0.23 sec.) and 3.73 sec. (SD= 0.32) respectively. It has been revealed that the performance score of inner Himalayan were got good grade as per SAI Sports Talent Norms whereas the performance score of lower Hilly boys got satisfactory grade in to the said norms.

2. Results of Explosive strength on SAI sports Talent Norms.

It is evident from the Tables no.4.42 and 4.43 that the mean performance score in explosive strength of the subjects of 12 years of Inner Himalyan and Lower Hilly areas were 166.78 cms (SD=11.43 cms) and 165.04 cms (SD=8.72 cms) respectively.

In the case of 13 years of age the mean performance scores in explosive strength of Inner Himalyan and Lower Hilly area boys were 175.29 cms (SD 15.44 cms) and 174.45 cms (SD=16.26) respectively.

It has also been recorded in Table 4.42 and 4.43 that the mean performance scores in explosive strength of the subjects of Inner Himalyan and Lower Hilly are boys having 14 years of age, were 193.92 cms (SD=13.48) and 192.75 cms. (SD=15.03 cms) respectively.
The above data revealed that all the performance scores in explosive strength failed to fit in to SAI norms of sports Talent.

3. Results of Strength of Arms on SAI Sports Talent Norms.

The results presented in Tables indicate that the mean performance scores in strength of arm of inner Himalayan and Lower Hilly Area boys of 12 years were 2.86 cm (SD = 0.55 cm) and 2.68 cm (SD = 0.39 cm) respectively.

It has been also recorded in Tables 4.42 and 4.43 that the mean performance scores in strength of Arm the subjects of Inner Himalayan and Lower Hilly Areas, having 13 years of age, were 3.45 cm (SD = 0.44 cm) and 3.02 cm (SD = 0.50 cm) respectively.

The above results revealed that the mean performance scores in strength of Arm of 12 and 13 years of both areas were satisfactory as per the SAI sports Talent Norms.

In the case of 14 years of age the mean performance score in strength of arm of the Inner Himalayan and Lower Hilly area boys were 3.84 cm (SD = 0.32 cm) and 3.79 cm (0.34 cm) respectively.
The results stated above revealed that the performance scores in strength of arm of inner Himalayan boys got good grade as per SAI sports Talent Norms where as the performance score of Lower Hilly Area boys got entry in to said norms as satisfactory grade as per SAI Norms.

4. Results of Agility on SAI sports Talent Norms.

It is evident from the Tables 4.42 and 4.43 that the Mean performance in agility of the subjects of 12 years of Inner Himalayan and Lower areas were 17.98 Sec. (SD = 0.80 and 18.19 sec. (SD = 0.71 sec) respectively.

Similarly, the mean performance scores of the subjects of 13 years of age belonging to both Inner Himalayan and Lower Hilly area boys were 17.49 sec. ( 0.72 sec.) and 18.10 sec. ( 0.53 sec. ) respectively.

The results stated above revealed that all the performance score in agility of 12 and 13 years of both areas failed to fit in the SAI norms of sports Talent.
In the case of 14 years of age the mean performance scores in agility of the inner Himalayan and Lower Hilly Area boys were 16.40 sec. (SD = 0.35) and 16.52 sec (SD = 0.49 sec.) respectively.

The result presented above state that the performance score of inner Himalayan got satisfactory grade as per SAI Norms of sports Talent Where as the performance score of Lower Hilly area boys did not get entry in to the said Norms.

5. Results of flexibility on SAI Sports Talent Norms.

The results presented in Tables no 4.42 and 4.43 Indicates that the mean performance scores in Flexibility of 12 years of boys of Inner Himalayan and Lower hilly were 6.82 cm (SD = 3.18 cm) and 7.92 cm (SD = 2.89 cm) respectively.

Similar trend of above data was observed among all the subjects of 13 and 14 years. However, in the case of 13 years of age, the mean performance scored in flexibility of inner Himalayan and Lower Hilly area boys were 8.81 cm (SD = 2.91) and 9.05(SD= 2.66)cm respectively. Likewise, the mean performance scores in flexibility of inner Himalayan and Lower
Hilly area boys for the age group of 14 years were 8.48 cm (SD = 2.71 cm) and 8.70 cm (SD = 2.64 cm) respectively.

The above results revealed that the mean performance scores in flexibility of all the inner Himalayan and Lower Hilly area were satisfactory as per the SAI sports Talent Norms.

6. Results of Strength of Leg and Hip on SAI sports Talent Norms.

It was observed from Tables no. 4.42 and 4.43 that the mean performance scores in strength of leg and hip of the subjects of 12 years of inner Himalayan and Lower Hilly area boys were 31.03 cm (SD = 4.61 cm) and 30.48 cm (SD = 3.58 cm) respectively.

In case of 13 years of age, the mean performance scores in strength of Leg and hip of Inner Himalayan and Lower Hilly area boys were 37.92 cm (SD = 3.08 cm) and 36.83 cm (SD = 3.91 cm) respectively.

Similarly, the mean performance scores of the subjects of 14 years of age belonging to both Inner Himalayan and Lower Hilly
area were 41.76 cm (SD = 2.23 cm) and 40.98 cm (2.35 cm) respectively.

The results presented above stated that all the performance scores in strength ability of a leg and hip failed to fit into the SAI Norms of sports Talents.

7. Results of Endurance of SAI Sports Talent Norms.

It was observed from Tables no. 4.42 and 4.43 that the Mean performance scores in endurance ability of the subjects of 12 years of inner Himalayan and Lower Hilly area boys were 3.34 min. sec. (SD = 0.28 min.sec.) and 3.77 Min. Sec. (SD = 0.55) respectively.

In the case of 13 years of age, the mean performance scores in endurance of Inner Himalayan and Lower Hilly area boys 3.08 Min. Sec. (SD = 0.39) and 3.90 Min. Sec. (SD = 0.51) respectively.

The above said Tables also indicate that the mean performance scores in endurance of Inner Himalayan and Lower Hilly area boys were 2.75 Min Sec. (SD = 0.35 Min. Sec.) and 2.97 Min. Sec. (SD = 0.51 Min. sec) respectively. The results presented
above revealed that the performance scores in endurance of all the inner Himalayan and lower Hilly area boys, of age 12 to 14 years, failed to fit into the SAI Norms of sports Talent Test.
Table 4.42

Motor Qualities of Inner Himalayan Area Boys as per SAI Sports Talent Norms.

<table>
<thead>
<tr>
<th>Test-Items</th>
<th>12 year mean (SD)</th>
<th>13 years Mean (SD)</th>
<th>14 years Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Speed</strong> (30 m Run in sec)</td>
<td>4.57* (0.44)</td>
<td>3.93** (0.39)</td>
<td>3.69** (0.23)</td>
</tr>
<tr>
<td><strong>Explosive Strength</strong> (Standing Broad Jump in c.m)</td>
<td>166.78 (11.43)</td>
<td>175.29 (15.44)</td>
<td>193.92 (13.48)</td>
</tr>
<tr>
<td><strong>Strength of Arm</strong> (Medicine Ball put in c.m)</td>
<td>2.86* (0.55)</td>
<td>3.45* (0.44)</td>
<td>3.84** (0.32)</td>
</tr>
<tr>
<td><strong>Agility</strong> (6 x 10 m Run in Sec.)</td>
<td>17.98 (0.80)</td>
<td>17.49 (0.72)</td>
<td>16.40* (0.35)</td>
</tr>
<tr>
<td><strong>Flexibility</strong> (Forward Bend &amp; Reach in cm.)</td>
<td>6.82* (3.18)</td>
<td>8.81* (2.91)</td>
<td>8.48* (2.71)</td>
</tr>
<tr>
<td><strong>Strength of Leg &amp; Hip</strong> (Vertical jump cm.)</td>
<td>31.03 (4.61)</td>
<td>37.92 (3.08)</td>
<td>41.76 (2.23)</td>
</tr>
<tr>
<td><strong>Endurance</strong> (800 M Run in Min/sec.)</td>
<td>3.34 (0.28)</td>
<td>3.08 (0.39)</td>
<td>2.75 (0.35)</td>
</tr>
</tbody>
</table>

* Satisfactory    ** Good     *** Very Good
Table 4.43
Motor Qualities of Lower Hilly Area Boys as per SAI Sports Talent Norms.

<table>
<thead>
<tr>
<th>Test-Items</th>
<th>12 year Mean (SD)</th>
<th>13 years Mean (SD)</th>
<th>14 years Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed (30 M Run in sec.)</td>
<td>4.86 (0.37)</td>
<td>4.10 * (0.36)</td>
<td>3.73 * (0.32)</td>
</tr>
<tr>
<td><strong>Explosive Strength</strong> (Standing Broad Jump in c.m.)</td>
<td>165.04 (8.72)</td>
<td>174.45 (16.26)</td>
<td>192.75 (15.03)</td>
</tr>
<tr>
<td><strong>Strength of Arm</strong> (Medicine Ball Put in c.m)</td>
<td>2.68 * (0.39)</td>
<td>3.02 * (0.50)</td>
<td>3.79 * (0.34)</td>
</tr>
<tr>
<td>Agility (6 x 10M Run in Sec.)</td>
<td>18.19 (0.71)</td>
<td>18.10 (0.53)</td>
<td>16.52 (0.49)</td>
</tr>
<tr>
<td><strong>Flexibility</strong> (Forward Bend &amp; Reach in cm.)</td>
<td>7.92 * (2.89)</td>
<td>9.05 * (2.66)</td>
<td>8.71 * (2.65)</td>
</tr>
<tr>
<td><strong>Strength of Leg &amp; Hip</strong> (Vertical jump cm.)</td>
<td>30.48 (3.58)</td>
<td>36.83 (3.91)</td>
<td>40.98 (2.35)</td>
</tr>
<tr>
<td><strong>Endurance</strong> (800 M Run in Min/sec.)</td>
<td>3.77 (0.55)</td>
<td>3.90 (0.51)</td>
<td>2.97 (0.51)</td>
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* Satisfactory ** Good *** Very Good
4.5 Construction of the Norms

Results on Establishing Norms

The data variables as reported in Table 4.1 reveal that Sk (Skewness) and Ku (Kurtosis) of the distribution of **Height** of 12 Years of the Inner Himalayan Boys of the sample of 710 cases are 0.40 and -0.15. It can be said that the distribution of subjects' height is positively Skewed and leptokurtic in nature.

The Skewness of the scores of **Speed** (as assessed by 30 mt. Flying Start), indicate negatively value (Sk= -0.68) whereas the distribution of scores reveals that such data leptokurtic in nature (Ku=0.46). As such it can be said that the obtain distribution of 30 mt. Flying Start test in the present study is mostly normal.

The data on **Explosive Strength** (as assessed by Standing Broad Jump), indicate that the score are positively Skewed (Sk= -3.19), whereas the kurtosis value reveals leptokurtic in nature (Ku = 39.49). From this, it can be interpreted that Standing Broad Jump score as available in this study represent a normal probability curve.
In case of subject’s distribution in **Explosive Strength of Arms** (as assessed by Medicine Ball Put) the scores are positively skewed (Sk=0.62) and leptokurtic in nature (Ku= -0.71). As such it can be said that the obtain distribution of Medicine Ball Put in the present study is mostly normal.

**Agility** distribution scores reveals that scores are negatively Skewed (Sk= -0.02). Although the Kurtosis value is negative (Ku= -0.51), it is leptokurtic in nature. Since these values remain in the range of normal distribution, the scores seem to be normal.

Table 4.1 indicates that the Skewness and Kurtosis values of **Flexibility** (as assessed by Forward bend & Reach Test) of the distribution are 0.18 and -0.68 respectively. Hence, it can said that distribution of the scores of Forward bend & Reach Test found to be slightly positively Skewed and slightly leptokurtic. Since these are remaining within the range, the distribution may be treated as normal.

The data on **Explosive Strength of Legs & Extensibility of Hip Muscles** (as assessed by Standing Vertical Jump), indicate that the score are positively Skewed (Sk=0.33), whereas the kurtosis value reveals platykurtic in nature (Ku = -0.27). From this, it can be
interpreted that Standing Vertical Jump score as available in this study represent a normal probability curve.

In case of subject’s distribution in **Cardiovascular Endurance** (as assessed by 800 Mt.Run), the scores are positively skewed (Sk=0.37) and platykurtic (Ku=0.54) in nature. This results help to interpret that the scores obtained from 800 Mt.Run test are nearly normal.

Therefore, the normality of distribution of scores as obtained from each item of the selection criteria was statistically tested separately. Skewness (Sk) and Kurtosis (Ku) of distributed scores of the large sample were calculated. After finding out the nature of distribution and on the basis of the characteristics of probability curve, the percentile norms each test item were determined.

For this SPSS 11.5 version was used to calculate the percentile norms. The percentile norms of each test-item for the subjects have been finally presented below.
Table 4.44
Percentile Norms of the Height for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area

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Percentile Norms of the Height for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area (Contd.)

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Percentile Norms of the Height for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area (Contd.)

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Thus the result of percentile norms indicates that the P1 and P99 values of the Height were “122 & below” and “156 & above” For Inner Himalayan and in case of Lower Hilly boys it is “124 & below” and “157 & above” respectively.
Table 4.45
Percentile Norms of the Weight for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area

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Percentile Norms of the Weight for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area (Contd.)

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Thus the result of percentile norms indicates that the P1 and P99 values of the Weight were “22 & below” and “38 & above” for Inner Himalayan and in case of Lower Hilly boys it is “23 & below” and “39 & above” respectively.
Table 4.46

Percentile Norms of the 30 Mt. Flying Start for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area

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Percentile Norms of the 30 Mt. Flying Start for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area (Contd.)

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Thus the result of percentile norms indicates that the P1 and P99 values of the 30 Mt. Flying Start were “5.5 & above” and “3.5 & below” For Inner Himalayan and in case of Lower Hilly boys it is “5.8 & above ” and “ 3.9 & below ” respectively.
Table 4.47

Percentile Norms of the Standing Broad Jump for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area

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Percentile Norms of the Standing Broad Jump for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area (Contd.)

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Thus the result of percentile norms indicates that the P1 and P99 values of the SBJ were “141 & below ” and “191 & above ” for Inner Himalayan and in case of Lower Hilly boys it is “142 & below ” and “ 183 & above ” respectively.
Table 4.48

Percentile Norms of the Medicine Ball Put for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Medicine Ball Put were “2.13 & below” and “4.03 & above” For Inner Himalayan and in case of Lower Hilly boys it is “2.12 & below” and “3.67 & above” respectively.
Table 4.49
Percentile Norms of the Shuttle Run for the
Boys of 12 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Shuttle Run were “19.6 & above” and “16.3 & below” for Inner Himalayan and in case of Lower Hilly boys it is “19.6 & above” and “16.5 & below” respectively.
Table 4.50
Percentile Norms of the Forward Bend & Reach for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Forward Bend & Reach were “1 & below” and “14 & above” For Inner Himalayan and in case of Lower Hilly boys it is “2 & below ” and “15 & above ” respectively.
Table 4.51

Percentile Norms of the Standing Vertical Jump for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area

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(Contd.)

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Hence the result of percentile norms indicates that the P1 and P99 values of the Forward Bend & Reach were “23 & below” and “43 & above ” For Inner Himalayan and in case of Lower Hilly boys it is “21 & below ” and “ 38 & above ” respectively.
Table 4.52

Percentile Norms of the 800 Mt. Run for the Boys of 12 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the 800 M.Run were “3.98 & above” and “2.68 & below” For Inner Himalayan and in case of Lower Hilly boys it is “5.26 & above” and “3.01 & below” respectively.
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Thus the result of percentile norms indicates that the P1 and P99 values of the Height were “134 & below” and “152 & above” For Inner Himalayan and in case of Lower Hilly boys it is “136 & below” and “155 & above” respectively.
Table 4.54
Percentile Norms of the Weight for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Height were “32 & below” and “43 & above” For Inner Himalayan and in case of Lower Hilly boys it is “33 & below” and “45 & above” respectively.

### Percentile Norms of the Weight for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area (Contd.)

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Table 4.55

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Percentile Norms of the 30 Mt. Flying Start for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area (Contd.)

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Thus the result of percentile norms indicates that the P1 and P99 values of the 30 M. F.Start M.Run were “4.8 & above” and “3.2 & below” for Inner Himalayan and in case of Lower Hilly boys it is “4.9 & above” and “3.5 & below” respectively.
Table 4.56
Percentile Norms of the Standing Broad Jump for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area

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Percentile Norms of the Standing Broad Jump for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area (Contd.)

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Thus the result of percentile norms indicates that the P1 and P99 values of the SBJ were “141 & below” and “211 & above” For Inner Himalayan and in case of Lower Hilly boys it is “139 & below” and “210 & above” respectively.

Table 4.57
Percentile Norms of the Medicine Ball Put for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area

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Boys of 13 Years of Inner Himalayan & Lower Hilly Area (Contd.)

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Thus the result of percentile norms indicates that the P1 and P99 values of the MBP were “2.26 & below” and “4.15 & above” For Inner Himalayan and ,in case of Lower Hilly boys it is “210 & below” and “4.12 & above” respectively

Table 4.58
Percentile Norms of the Shuttle Run for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area

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Boys of 13 Years of Inner Himalayan & Lower Hilly Area 
(Contd.)

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Thus the result of percentile norms indicates that the P1 and P99 values of the Shuttle Run were “19.5 & above” and “16.2 & below” For Inner Himalayan and in case of Lower Hilly boys it is “19.0 & above” and “17.0 & below” respectively.
Table 4.59

Percentile Norms of the Forward Bend & Reach for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the FBR were “2 & below” and “14 & above” For Inner Himalayan and, in case of Lower Hilly boys it is “3 & below” and “15 & above” respectively.
Table 4.60

Percentile Norms of the Standing Vertical Jump for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the SVJ were “30 & below” and “47 & above” For Inner Himalayan and ,in case of Lower Hilly boys it is “28 & below” and “47 & above” respectively
Table 4.61

Percentile Norms of the 800 Mt. Run for the Boys of 13 Years of Inner Himalayan & Lower Hilly Area

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800 Mt. Run( Sec./Min)

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Thus the result of percentile norms indicates that the P1 and P99 values of the Endurance were “3.90 & above” and “2.42 & below” For Inner Himalayan and in case of Lower Hilly boys it is “4.96 & above” and “2.50 & below” respectively.
Table 4.62
Percentile Norms of the Height for the Boys of 14 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Height were “138 & below” and “156 & above” For Inner Himalayan and in case of Lower Hilly boys it is “139 & below” and “156 & above” respectively.
Table 4.63
Percentile Norms of the Weight for the Boys of 14 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Weight were “30 & below” and “46 & above” For Inner Himalayan and in case of Lower Hilly boys it is “35 & below” and “47 & above” respectively.
Table 4.64
Percentile Norms of the 30 Mt. Flying Start for the Boys of 14 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Speed were “4.4 & above” and “3.3 & below” For Inner Himalayan and in case of Lower Hilly boys it is “4.6 & above” and “3.2 & below” respectively.
Table 4.65
Percentile Norms of the Standing Broad Jump for the Boys of 14 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the SBJ were “163 & below” and “224 & above” for Inner Himalayan and in case of Lower Hilly boys it is “157 & below” and “230 & above” respectively.
Table 4.66

Percentile Norms of the Medicine Ball Put for the Boys of 14 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Medicine Ball Put were “2.85 & below” and “4.41 & above” For Inner Himalayan and in case of Lower Hilly boys it is “2.63 & below” and “4.37 & above” respectively.
### Table 4.67

Percentile Norms of the Shuttle Run for the Boys of 14 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Shuttle Run were “17.6 & above” and “15.7 & below” For Inner Himalayan and in case of Lower Hilly boys it is “18.2 & above” and “16.3 & below” respectively.
Table 4.68
Percentile Norms of the Forward Bend & Reach for the Boys of 14 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the Forward Bend & Reach were “2 & below” and “14 & above” For Inner Himalayan and in case of Lower Hilly boys it is “3 & below” and “15 & above” respectively.
Table 4.69
Percentile Norms of the Standing Vertical Jump for the Boys of 14 Years of Inner Himalayan & Lower Hilly Area

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Thus the result of percentile norms indicates that the P1 and P99 values of the vertical Jump were “38 & below” and “47 & above” For Inner Himalayan and in case of Lower Hilly boys it is “36 & below” and “46 & above” respectively.
Table 4.70

Percentile Norms of the 800 Mt. Run for the Boys of 14 Years of Inner Himalayan & Lower Hilly Area

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</tr>
<tr>
<td>68</td>
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</tr>
</tbody>
</table>
Percentile Norms of the 800 Mt. Run the Boys of 14 Years of Inner Himalayan & Lower Hilly Area (Contd.)

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Inner Himalayan( Sec./Min)</th>
<th>Lower Hilly</th>
</tr>
</thead>
<tbody>
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<td>69</td>
<td>2.51</td>
<td>2.59</td>
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<tr>
<td>70</td>
<td>2.48</td>
<td>2.59</td>
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<td>71</td>
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<td>2.58</td>
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<td>2.56</td>
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<td>78</td>
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<td>2.54</td>
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<tr>
<td>79</td>
<td>2.45</td>
<td>2.54</td>
</tr>
<tr>
<td>80</td>
<td>2.45</td>
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<td>2.49</td>
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<td>82</td>
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<td>2.48</td>
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<tr>
<td>86</td>
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<td>2.47</td>
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<tr>
<td>87</td>
<td>2.41</td>
<td>2.46</td>
</tr>
<tr>
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<td>2.45</td>
</tr>
<tr>
<td>89</td>
<td>2.38</td>
<td>2.45</td>
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<tr>
<td>90</td>
<td>2.38</td>
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<td>2.36</td>
<td>2.45</td>
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<td>2.41</td>
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<tr>
<td>95</td>
<td>2.35</td>
<td>2.38</td>
</tr>
<tr>
<td>96</td>
<td>2.35</td>
<td>2.36</td>
</tr>
<tr>
<td>97</td>
<td>2.34</td>
<td>2.36</td>
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<td>98</td>
<td>2.34</td>
<td>2.35</td>
</tr>
<tr>
<td>99</td>
<td>2.31</td>
<td>2.34</td>
</tr>
</tbody>
</table>

Thus the result of percentile norms indicates that the P1 and P99 values of the Endurance were “3.68 & above” and “2.31 & below” For Inner Himalayan and in case of Lower Hilly boys it is “3.99 & above” and “2.34 & below” respectively.
### Deciles Norms for 12 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>125</td>
</tr>
<tr>
<td>20</td>
<td>128</td>
</tr>
<tr>
<td>30</td>
<td>131</td>
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<td>40</td>
<td>133</td>
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<tr>
<td>50</td>
<td>135</td>
</tr>
<tr>
<td>60</td>
<td>137</td>
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<tr>
<td>70</td>
<td>139</td>
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<tr>
<td>80</td>
<td>141</td>
</tr>
<tr>
<td>90</td>
<td>145</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Height were “125 & below” and “145 & above” respectively.
Deciles Norms for 12 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>24</td>
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<tr>
<td>20</td>
<td>25</td>
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<td>30</td>
<td>26</td>
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<tr>
<td>40</td>
<td>27</td>
</tr>
<tr>
<td>50</td>
<td>27</td>
</tr>
<tr>
<td>60</td>
<td>28</td>
</tr>
<tr>
<td>70</td>
<td>29</td>
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<tr>
<td>80</td>
<td>30</td>
</tr>
<tr>
<td>90</td>
<td>33</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Height were “24 & below” and “33 & above” respectively.
Thus the result of Deciles norms indicates that the P10 and P90 values of the speed were “5.1 & above” and “3.8 & below” respectively.
### Deciles Norms for 12 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Standing Broad Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>155</td>
</tr>
<tr>
<td>20</td>
<td>159</td>
</tr>
<tr>
<td>30</td>
<td>163</td>
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<tr>
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<tr>
<td>50</td>
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<td>60</td>
<td>170</td>
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<tr>
<td>70</td>
<td>172</td>
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<tr>
<td>80</td>
<td>175</td>
</tr>
<tr>
<td>90</td>
<td>179</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Explosive Strength of Legs were “155 & below” and “179 & above” respectively.
Deciles Norms for 12 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Medicine Ball Put</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>2.25</td>
</tr>
<tr>
<td>20</td>
<td>2.35</td>
</tr>
<tr>
<td>30</td>
<td>2.47</td>
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<tr>
<td>40</td>
<td>2.58</td>
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<tr>
<td>50</td>
<td>2.67</td>
</tr>
<tr>
<td>60</td>
<td>2.85</td>
</tr>
<tr>
<td>70</td>
<td>3.21</td>
</tr>
<tr>
<td>80</td>
<td>3.49</td>
</tr>
<tr>
<td>90</td>
<td>3.67</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Arms were “2.25 & below” and “3.67 & above” respectively.
### Deciles Norms for 12 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Shuttle Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>19.2</td>
</tr>
<tr>
<td>20</td>
<td>18.6</td>
</tr>
<tr>
<td>30</td>
<td>18.5</td>
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<tr>
<td>40</td>
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<tr>
<td>50</td>
<td>17.9</td>
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<td>60</td>
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<td>80</td>
<td>17.4</td>
</tr>
<tr>
<td>90</td>
<td>16.8</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Agility were “19.2 & below” and “16.8 & above” respectively.
Deciles Norms for 12 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Forward Bend &amp; Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>20</td>
<td>4</td>
</tr>
<tr>
<td>30</td>
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<td>40</td>
<td>6</td>
</tr>
<tr>
<td>50</td>
<td>7</td>
</tr>
<tr>
<td>60</td>
<td>8</td>
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<tr>
<td>70</td>
<td>9</td>
</tr>
<tr>
<td>80</td>
<td>9</td>
</tr>
<tr>
<td>90</td>
<td>11</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Flexibility were “2 & below” and “11 & above” respectively.
Deciles Norms for 12 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Vertical Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>25</td>
</tr>
<tr>
<td>20</td>
<td>27</td>
</tr>
<tr>
<td>30</td>
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<td>50</td>
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<tr>
<td>80</td>
<td>35</td>
</tr>
<tr>
<td>90</td>
<td>37</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Legs & Extensibility of Hip Muscles were “25 & below” and “37 & above” respectively
Deciles Norms for 12 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>800 Mt. Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>3.68</td>
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<tr>
<td>20</td>
<td>3.63</td>
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<tr>
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<td>3.48</td>
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<tr>
<td>50</td>
<td>3.27</td>
</tr>
<tr>
<td>60</td>
<td>3.25</td>
</tr>
<tr>
<td>70</td>
<td>3.19</td>
</tr>
<tr>
<td>80</td>
<td>3.12</td>
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<tr>
<td>90</td>
<td>3.02</td>
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</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Endurance were “3.68 & above” and “3.02 & below” respectively.
## Deciles Norms for 12 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>130</td>
</tr>
<tr>
<td>20</td>
<td>132</td>
</tr>
<tr>
<td>30</td>
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<td>80</td>
<td>142</td>
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<tr>
<td>90</td>
<td>147</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Height were “130 & below” and “147 & above” respectively.
### Deciles Norms for 12 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>25</td>
</tr>
<tr>
<td>20</td>
<td>26</td>
</tr>
<tr>
<td>30</td>
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<td>80</td>
<td>35</td>
</tr>
<tr>
<td>90</td>
<td>36</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Weight were “25 & below” and “36 & above” respectively.
## Deciles Norms for 12 Years Lower Hilly Boys

<table>
<thead>
<tr>
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<th>30 m. Flying Start</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
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<tr>
<td>20</td>
<td>5.2</td>
</tr>
<tr>
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<td>4.8</td>
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<tr>
<td>60</td>
<td>4.7</td>
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<tr>
<td>70</td>
<td>4.7</td>
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<tr>
<td>80</td>
<td>4.6</td>
</tr>
<tr>
<td>90</td>
<td>4.5</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Speed were “5.4 & above” and “4.5 & below” respectively.
Deciles Norms for 12 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Standing Broad Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>155</td>
</tr>
<tr>
<td>20</td>
<td>158</td>
</tr>
<tr>
<td>30</td>
<td>160</td>
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<tr>
<td>40</td>
<td>164</td>
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<tr>
<td>50</td>
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<td>70</td>
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<td>80</td>
<td>172</td>
</tr>
<tr>
<td>90</td>
<td>175</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Explosive Strength of Legs were “155 & below” and “175 & above” respectively.
<table>
<thead>
<tr>
<th>Percentile</th>
<th>Medicine Ball Put</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>2.24</td>
</tr>
<tr>
<td>20</td>
<td>2.35</td>
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<tr>
<td>30</td>
<td>2.44</td>
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<td>70</td>
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<tr>
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<td>3.11</td>
</tr>
<tr>
<td>90</td>
<td>3.24</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Arms were “2.24 & below” and “3.24 & above” respectively.
Deciles Norms for 12 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Shuttle Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>19.2</td>
</tr>
<tr>
<td>20</td>
<td>18.6</td>
</tr>
<tr>
<td>30</td>
<td>18.6</td>
</tr>
<tr>
<td>40</td>
<td>18.4</td>
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<td>18.2</td>
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<td>60</td>
<td>18.1</td>
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<td>70</td>
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<tr>
<td>80</td>
<td>17.6</td>
</tr>
<tr>
<td>90</td>
<td>17.3</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Agility were “19.2 & above” and “17.3 & below” respectively.
Deciles Norms for 12 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Forward Bend &amp; Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>4</td>
</tr>
<tr>
<td>20</td>
<td>5</td>
</tr>
<tr>
<td>30</td>
<td>6</td>
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<td>60</td>
<td>9</td>
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<tr>
<td>70</td>
<td>9</td>
</tr>
<tr>
<td>80</td>
<td>11</td>
</tr>
<tr>
<td>90</td>
<td>12</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Flexibility were “4 & below” and “12 & above” respectively.
## Deciles Norms for 12 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Vertical Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>26</td>
</tr>
<tr>
<td>20</td>
<td>27</td>
</tr>
<tr>
<td>30</td>
<td>28</td>
</tr>
<tr>
<td>40</td>
<td>29</td>
</tr>
<tr>
<td>50</td>
<td>30</td>
</tr>
<tr>
<td>60</td>
<td>32</td>
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<tr>
<td>70</td>
<td>32</td>
</tr>
<tr>
<td>80</td>
<td>33</td>
</tr>
<tr>
<td>90</td>
<td>36</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Explosive Strength of legs & Extensibility of Muscle were “26 & below” and “36 & above” respectively.
Deciles Norms for 12 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>800 Mt. Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>3.75</td>
</tr>
<tr>
<td>20</td>
<td>3.56</td>
</tr>
<tr>
<td>30</td>
<td>3.26</td>
</tr>
<tr>
<td>40</td>
<td>3.02</td>
</tr>
<tr>
<td>50</td>
<td>2.75</td>
</tr>
<tr>
<td>60</td>
<td>2.67</td>
</tr>
<tr>
<td>70</td>
<td>2.59</td>
</tr>
<tr>
<td>80</td>
<td>2.49</td>
</tr>
<tr>
<td>90</td>
<td>2.45</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Endurance were “3.75 & above” and “2.45 & below” respectively.
### Deciles Norms for 13 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>138</td>
</tr>
<tr>
<td>20</td>
<td>139</td>
</tr>
<tr>
<td>30</td>
<td>140</td>
</tr>
<tr>
<td>40</td>
<td>142</td>
</tr>
<tr>
<td>50</td>
<td>144</td>
</tr>
<tr>
<td>60</td>
<td>145</td>
</tr>
<tr>
<td>70</td>
<td>146</td>
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<tr>
<td>80</td>
<td>147</td>
</tr>
<tr>
<td>90</td>
<td>148</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Height were “138 & below” and “148 & above” respectively.
Deciles Norms for 13 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>24</td>
</tr>
<tr>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>30</td>
<td>26</td>
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<tr>
<td>40</td>
<td>27</td>
</tr>
<tr>
<td>50</td>
<td>27</td>
</tr>
<tr>
<td>60</td>
<td>28</td>
</tr>
<tr>
<td>70</td>
<td>29</td>
</tr>
<tr>
<td>80</td>
<td>30</td>
</tr>
<tr>
<td>90</td>
<td>33</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Weight were “24 & below” and “33 & above” respectively.
### Deciles Norms for 13 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>30 m. Flying Start</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>4.5</td>
</tr>
<tr>
<td>20</td>
<td>4.3</td>
</tr>
<tr>
<td>30</td>
<td>4.2</td>
</tr>
<tr>
<td>40</td>
<td>4.0</td>
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<tr>
<td>50</td>
<td>3.8</td>
</tr>
<tr>
<td>60</td>
<td>3.7</td>
</tr>
<tr>
<td>70</td>
<td>3.7</td>
</tr>
<tr>
<td>80</td>
<td>3.6</td>
</tr>
<tr>
<td>90</td>
<td>3.5</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Arms were “4.5 & below” and “3.5 & above” respectively.
Deciles Norms for 13 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Standing Broad Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>155</td>
</tr>
<tr>
<td>20</td>
<td>160</td>
</tr>
<tr>
<td>30</td>
<td>168</td>
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<tr>
<td>40</td>
<td>175</td>
</tr>
<tr>
<td>50</td>
<td>175</td>
</tr>
<tr>
<td>60</td>
<td>180</td>
</tr>
<tr>
<td>70</td>
<td>185</td>
</tr>
<tr>
<td>80</td>
<td>190</td>
</tr>
<tr>
<td>90</td>
<td>192</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Explosive Strength of Legs were “155 & below” and “192 & above” respectively.
Deciles Norms for 13 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Medicine Ball Put</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>2.66</td>
</tr>
<tr>
<td>20</td>
<td>3.10</td>
</tr>
<tr>
<td>30</td>
<td>3.35</td>
</tr>
<tr>
<td>40</td>
<td>3.50</td>
</tr>
<tr>
<td>50</td>
<td>3.60</td>
</tr>
<tr>
<td>60</td>
<td>3.66</td>
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<tr>
<td>70</td>
<td>3.75</td>
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<tr>
<td>80</td>
<td>3.78</td>
</tr>
<tr>
<td>90</td>
<td>3.88</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Arms were “2.66 & below” and “3.88 & above” respectively.
Deciles Norms for 13 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Shuttle Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>18.5</td>
</tr>
<tr>
<td>20</td>
<td>18.2</td>
</tr>
<tr>
<td>30</td>
<td>17.9</td>
</tr>
<tr>
<td>40</td>
<td>17.6</td>
</tr>
<tr>
<td>50</td>
<td>17.5</td>
</tr>
<tr>
<td>60</td>
<td>17.3</td>
</tr>
<tr>
<td>70</td>
<td>17.2</td>
</tr>
<tr>
<td>80</td>
<td>16.8</td>
</tr>
<tr>
<td>90</td>
<td>16.5</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Agility were “18.5 & below” and “16.5 & above” respectively
### Deciles Norms for 13 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Forward Bend &amp; Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>20</td>
<td>6</td>
</tr>
<tr>
<td>30</td>
<td>8</td>
</tr>
<tr>
<td>40</td>
<td>8</td>
</tr>
<tr>
<td>50</td>
<td>9</td>
</tr>
<tr>
<td>60</td>
<td>10</td>
</tr>
<tr>
<td>70</td>
<td>11</td>
</tr>
<tr>
<td>80</td>
<td>12</td>
</tr>
<tr>
<td>90</td>
<td>12</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Flexibility were “5 & below” and “12 & above” respectively.
Deciles Norms for 13 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Vertical Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>34</td>
</tr>
<tr>
<td>20</td>
<td>35</td>
</tr>
<tr>
<td>30</td>
<td>36</td>
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<tr>
<td>40</td>
<td>37</td>
</tr>
<tr>
<td>50</td>
<td>38</td>
</tr>
<tr>
<td>60</td>
<td>38</td>
</tr>
<tr>
<td>70</td>
<td>39</td>
</tr>
<tr>
<td>80</td>
<td>40</td>
</tr>
<tr>
<td>90</td>
<td>42</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Legs & Extensibility of Hip Muscles were “34 & below” and “42 & above” respectively.
### Deciles Norms for 13 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>800 Mt. Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>3.63</td>
</tr>
<tr>
<td>20</td>
<td>3.46</td>
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<tr>
<td>30</td>
<td>3.26</td>
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<tr>
<td>40</td>
<td>3.12</td>
</tr>
<tr>
<td>50</td>
<td>3.06</td>
</tr>
<tr>
<td>60</td>
<td>3.02</td>
</tr>
<tr>
<td>70</td>
<td>2.86</td>
</tr>
<tr>
<td>80</td>
<td>2.66</td>
</tr>
<tr>
<td>90</td>
<td>2.54</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Endurance were “3.63 & below” and “2.54 & above” respectively.
Deciles Norms for 13 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>139</td>
</tr>
<tr>
<td>20</td>
<td>140</td>
</tr>
<tr>
<td>30</td>
<td>142</td>
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<tr>
<td>40</td>
<td>143</td>
</tr>
<tr>
<td>50</td>
<td>144</td>
</tr>
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<td>60</td>
<td>145</td>
</tr>
<tr>
<td>70</td>
<td>146</td>
</tr>
<tr>
<td>80</td>
<td>147</td>
</tr>
<tr>
<td>90</td>
<td>149</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Height were “139 & below” and “149 & above” respectively.
### Deciles Norms for 13 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>34</td>
</tr>
<tr>
<td>20</td>
<td>34</td>
</tr>
<tr>
<td>30</td>
<td>35</td>
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<tr>
<td>40</td>
<td>36</td>
</tr>
<tr>
<td>50</td>
<td>36</td>
</tr>
<tr>
<td>60</td>
<td>37</td>
</tr>
<tr>
<td>70</td>
<td>38</td>
</tr>
<tr>
<td>80</td>
<td>39</td>
</tr>
<tr>
<td>90</td>
<td>42</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Weight were “34 & below” and “42 & above” respectively.
Deciles Norms for 13 Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>30 m. Flying Start</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>4.6</td>
</tr>
<tr>
<td>20</td>
<td>4.5</td>
</tr>
<tr>
<td>30</td>
<td>4.3</td>
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<tr>
<td>40</td>
<td>4.2</td>
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<tr>
<td>50</td>
<td>4.1</td>
</tr>
<tr>
<td>60</td>
<td>4</td>
</tr>
<tr>
<td>70</td>
<td>3.9</td>
</tr>
<tr>
<td>80</td>
<td>3.8</td>
</tr>
<tr>
<td>90</td>
<td>3.6</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Speed were “4.6 & below” and “3.6 & above” respectively.
Deciles Norms for 13 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Standing Broad Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>150</td>
</tr>
<tr>
<td>20</td>
<td>160</td>
</tr>
<tr>
<td>30</td>
<td>165</td>
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<tr>
<td>40</td>
<td>170</td>
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<td>50</td>
<td>175</td>
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<td>60</td>
<td>180</td>
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<tr>
<td>70</td>
<td>185</td>
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<tr>
<td>80</td>
<td>190</td>
</tr>
<tr>
<td>90</td>
<td>192</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Legs were “150 & below” and “192 & above” respectively.
Deciles Norms for 13 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Medicine Ball Put</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>3.26</td>
</tr>
<tr>
<td>20</td>
<td>3.59</td>
</tr>
<tr>
<td>30</td>
<td>3.68</td>
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<td>40</td>
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<td>3.95</td>
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<tr>
<td>80</td>
<td>3.99</td>
</tr>
<tr>
<td>90</td>
<td>4.22</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Arms were “3.26 & below” and “4.22 & above” respectively.
Deciles Norms for 13 Years of Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Shuttle Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>18.8</td>
</tr>
<tr>
<td>20</td>
<td>18.6</td>
</tr>
<tr>
<td>30</td>
<td>18.5</td>
</tr>
<tr>
<td>40</td>
<td>18.1</td>
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<tr>
<td>50</td>
<td>18.0</td>
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<tr>
<td>60</td>
<td>17.9</td>
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<tr>
<td>70</td>
<td>17.8</td>
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<tr>
<td>80</td>
<td>17.6</td>
</tr>
<tr>
<td>90</td>
<td>17.4</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Agility were “18.8 & below” and “17.4 & above” respectively.
Deciles Norms for 13 Years of Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Forward Bend &amp; Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>20</td>
<td>7</td>
</tr>
<tr>
<td>30</td>
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<td>40</td>
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<td>9</td>
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<td>60</td>
<td>10</td>
</tr>
<tr>
<td>70</td>
<td>11</td>
</tr>
<tr>
<td>80</td>
<td>12</td>
</tr>
<tr>
<td>90</td>
<td>12</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Flexibility were “5 & below” and “12 & above” respectively.
Deciles Norms for 13 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Vertical Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>32</td>
</tr>
<tr>
<td>20</td>
<td>34</td>
</tr>
<tr>
<td>30</td>
<td>35</td>
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<tr>
<td>40</td>
<td>36</td>
</tr>
<tr>
<td>50</td>
<td>37</td>
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<td>60</td>
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<td>70</td>
<td>38</td>
</tr>
<tr>
<td>80</td>
<td>40</td>
</tr>
<tr>
<td>90</td>
<td>41</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Legs & Extensibility of Hip Muscles were “32 & below” and “41 & above” respectively.
### Deciles Norms for 13 Years Lower Hilly Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>800 Mt. Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>4.60</td>
</tr>
<tr>
<td>20</td>
<td>4.30</td>
</tr>
<tr>
<td>30</td>
<td>4.08</td>
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<tr>
<td>40</td>
<td>4.00</td>
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<tr>
<td>50</td>
<td>3.99</td>
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<tr>
<td>60</td>
<td>3.82</td>
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<tr>
<td>70</td>
<td>3.65</td>
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<tr>
<td>80</td>
<td>3.50</td>
</tr>
<tr>
<td>90</td>
<td>3.25</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Endurance were “4.60 & below” and “3.25 & above” respectively.
### Deciles Norms for 14 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>143</td>
</tr>
<tr>
<td>20</td>
<td>145</td>
</tr>
<tr>
<td>30</td>
<td>146</td>
</tr>
<tr>
<td>40</td>
<td>147</td>
</tr>
<tr>
<td>50</td>
<td>148</td>
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<td>60</td>
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<td>70</td>
<td>150</td>
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<tr>
<td>80</td>
<td>152</td>
</tr>
<tr>
<td>90</td>
<td>153</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Height were “143 & below” and “153 & above” respectively.
Deciles Norms for 14 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>36</td>
</tr>
<tr>
<td>20</td>
<td>37</td>
</tr>
<tr>
<td>30</td>
<td>38</td>
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<td>40</td>
<td>38</td>
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<tr>
<td>50</td>
<td>39</td>
</tr>
<tr>
<td>60</td>
<td>40</td>
</tr>
<tr>
<td>70</td>
<td>42</td>
</tr>
<tr>
<td>80</td>
<td>42</td>
</tr>
<tr>
<td>90</td>
<td>44</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Weight were “36 & below” and “44 & above” respectively.
Deciles Norms for 14 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>30 m. Flying Start</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>5.10</td>
</tr>
<tr>
<td>20</td>
<td>4.87</td>
</tr>
<tr>
<td>30</td>
<td>4.79</td>
</tr>
<tr>
<td>40</td>
<td>4.73</td>
</tr>
<tr>
<td>50</td>
<td>4.65</td>
</tr>
<tr>
<td>60</td>
<td>4.56</td>
</tr>
<tr>
<td>70</td>
<td>4.45</td>
</tr>
<tr>
<td>80</td>
<td>4.30</td>
</tr>
<tr>
<td>90</td>
<td>3.81</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Speed were “5.10 & below” and “3.81 & above” respectively.
Deciles Norms for 14 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Standing Broad Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>175</td>
</tr>
<tr>
<td>20</td>
<td>185</td>
</tr>
<tr>
<td>30</td>
<td>185</td>
</tr>
<tr>
<td>40</td>
<td>190</td>
</tr>
<tr>
<td>50</td>
<td>195</td>
</tr>
<tr>
<td>60</td>
<td>197</td>
</tr>
<tr>
<td>70</td>
<td>200</td>
</tr>
<tr>
<td>80</td>
<td>207</td>
</tr>
<tr>
<td>90</td>
<td>210</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Explosive Strength of Legs were “175 & below” and “210 & above” respectively.
Deciles Norms for 14 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Medicine Ball Put</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>3.45</td>
</tr>
<tr>
<td>20</td>
<td>3.65</td>
</tr>
<tr>
<td>30</td>
<td>3.68</td>
</tr>
<tr>
<td>40</td>
<td>3.76</td>
</tr>
<tr>
<td>50</td>
<td>3.85</td>
</tr>
<tr>
<td>60</td>
<td>3.90</td>
</tr>
<tr>
<td>70</td>
<td>3.96</td>
</tr>
<tr>
<td>80</td>
<td>4.15</td>
</tr>
<tr>
<td>90</td>
<td>4.27</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Arms were “3.45 & below” and “4.27 & above” respectively.
**Deciles Norms for 14 Years Inner Himalayan Boys**

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Shuttle Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>16.8</td>
</tr>
<tr>
<td>20</td>
<td>16.6</td>
</tr>
<tr>
<td>30</td>
<td>16.4</td>
</tr>
<tr>
<td>40</td>
<td>16.4</td>
</tr>
<tr>
<td>50</td>
<td>16.3</td>
</tr>
<tr>
<td>60</td>
<td>16.3</td>
</tr>
<tr>
<td>70</td>
<td>16.2</td>
</tr>
<tr>
<td>80</td>
<td>16.2</td>
</tr>
<tr>
<td>90</td>
<td>16.1</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Speed were “16.8 & below” and “16.1 & above” respectively.
Deciles Norms for 14 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Forward Bend &amp; Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>20</td>
<td>4</td>
</tr>
<tr>
<td>30</td>
<td>5</td>
</tr>
<tr>
<td>40</td>
<td>6</td>
</tr>
<tr>
<td>50</td>
<td>7</td>
</tr>
<tr>
<td>60</td>
<td>8</td>
</tr>
<tr>
<td>70</td>
<td>9</td>
</tr>
<tr>
<td>80</td>
<td>9</td>
</tr>
<tr>
<td>90</td>
<td>11</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Flexibility were “2 & below” and “11 & above” respectively
Deciles Norms for 14 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>Vertical Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>39</td>
</tr>
<tr>
<td>20</td>
<td>40</td>
</tr>
<tr>
<td>30</td>
<td>40</td>
</tr>
<tr>
<td>40</td>
<td>41</td>
</tr>
<tr>
<td>50</td>
<td>42</td>
</tr>
<tr>
<td>60</td>
<td>42</td>
</tr>
<tr>
<td>70</td>
<td>43</td>
</tr>
<tr>
<td>80</td>
<td>43</td>
</tr>
<tr>
<td>90</td>
<td>45</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Strength of Legs & Extensibility of Hip Muscles were “39 & below” and “45 & above” respectively.
### Deciles Norms for 14 Years Inner Himalayan Boys

<table>
<thead>
<tr>
<th>Percentile</th>
<th>800 Mt. Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>3.25</td>
</tr>
<tr>
<td>20</td>
<td>3.06</td>
</tr>
<tr>
<td>30</td>
<td>2.85</td>
</tr>
<tr>
<td>40</td>
<td>2.68</td>
</tr>
<tr>
<td>50</td>
<td>2.65</td>
</tr>
<tr>
<td>60</td>
<td>2.58</td>
</tr>
<tr>
<td>70</td>
<td>2.48</td>
</tr>
<tr>
<td>80</td>
<td>2.45</td>
</tr>
<tr>
<td>90</td>
<td>2.38</td>
</tr>
</tbody>
</table>

Thus the result of Deciles norms indicates that the P10 and P90 values of the Endurance were “3.25 & below” and “2.38 & above” respectively.
Discussion of Result

The environment also influences the mode of doing work, which differs from place to place. It is seen that generally people living in hilly areas have to face more physical work as compared to people living in the plains. Work efficiency at high altitude is much less. This is everyday life work under difficult condition itself acts as a load. Physiological changes are required for adaptation to such environment. High and low altitudes have contributed not only in the field of minerals but have also played vital role in developing human trades and features. It is general observation, for example-small and stout people are referred to as high altitudes inhabitants. The present study reveled that there is a significant differences in the motor qualities of Inner Himalayan and Lower Hilly area boys as accessed by the SAI sports talent test.

Dey SK and Debray P (2003). The difference in body size and sexual maturation may be due to genetic, racial, geographical, climatic and nutritional diversity in the regions of India.

The present study has also created another supportive research evidence of the above statements. Present piece of research reveled the similar findings that there was a significant differences
in the Sports Talent factors of Inner Himalayan and Lower Hilly area boys of Himachal Pradesh, which retain the **Hypothesis-H1**. The reason of this significant differences may be due to the difference of climatic condition, heredity, life style and altitude level.

There are a lots of differences between tribes in every aspect of their life such as customs, rituals, eating habits, culture and style of living which result in difference in physical potential of Inner Himalayan and lower Hilly peoples. The people have adopted themselves to particular kind of environment. The daily routine is very strenuous. The environment factor such as climate, topography, natural resources and social set-up play a vital role in determining the physical fitness and psychological make-up of the society. The Inner Himalayan peoples are consider to be more physical fit as far as fitness is concerned, and they are spiritually healthy.

**Chen QH et.al** (1997) concluded that exposure to high altitude from birth to adolescence resulted in an efficient O2 transport and a greater aerobic exercise performance that may reflect a successful adaptation to life at high altitude.
Chauhan\(^3\) (1989) in motor fitness, high altitudes girls have been found with better than low altitude girls. The following some selected reviews also indicate that there is difference between the native high altitude and low altitude Marconi et.al\(^4\) (2006), Natives at altitude have allegedly a greater work capacity and stand fatigue better than acclimatized lowlanders. This is possibly due to metabolic adaptations, such as increased muscle myoglobin content and antioxidant defense. All together, the latter changes may enhance the efficiency of the muscle oxidative metabolic machinery, thereby supporting a better-prolonged sub maximal performance capacity compared to lowlanders

Variation in human athletic performance is determined by a complex interaction of socio-cultural, psychological, and proximate physiological factors. Human physiological trait variance has both an environmental and genetic basis, although the classic gene-environment dichotomy is clearly too simplistic to understand the full range of variation for most proximate determinants of athletic performance, e.g., body composition. In other words, gene and environment interact, not just over the short term, but also over the lifetime of an individual with permanent effects on the adult
phenotype. Perhaps due to such reasons the motor abilities of the Inner Himalayan boys were found superior than their Low Hilly area boys in SAI sports talent test. Therefore, the Hypothesis-H2 might have been sustained.

In India sports talent are being searched by SAI battery of Sports Talent Contest Scheme (NSTCS). In present piece of research the researcher has administered this battery and investigated that the SAI norms could not find the sports talent of the Inner Himalayan and Lower Hilly boys of the Himachal Pradesh. Scores of the individual subjects did not fit in to the SAI norms. Moreover it has been revealed that almost all the mean scores of sports talent remained bellow the SAI norms. Similarly the mean score of the anthropometric characteristics also not find place in to the sad norms of SAI. There is no significant difference between the SAI norms and inner Himalayan and Lower Hilly boy’s norms of sports talent so the Hypothesis-H3 might have rejected

SAI test battery is a National test battery and till date it is being used through out India for the selection of talented sports persons, so this battery might describe the sports talent from the state of Himachal Pradesh. But result of present study by using the same
test battery have been failed to represent. There may be the two reason behind this either the sports talent factor of Himachal Pradesh was very poor or the SAI test battery neither reliable nor valid for the subject of the present study. The present study was conducted on the subject of Himachal Pradesh, so it is not accepted that there is no single sports talent available in the whole state. On this argument it may be interpreted that SAI sports Talent Test had insufficient and validity for the selected boys of Inner Himalayan and Lower Hilly Area of Himachal Pradesh. The result in turn suggests that re-establishment of the new separate norms of SAI Sports talent test should be done.

Pargaonkar G.V. (1997) also investigated the SAI sports talent test had insufficient reliability and validity for the selected boys of Thane District in Maharashtra.

So the researcher has prepared area wise new set of the percentile norms for the boys of 12 to 14 years age group. Further more usefulness of this test it was also established on deciles based (P10 to P 90) the test is also constructed on the quartile based. This new set of norms has versatility, so the coaches, sports scientist and Physical educationist can have advantages of this test to promote the sports talent in Himachal Pradesh.
References


