SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop his physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities.

Physical activity is essential for the development of wholesome personality of a child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Hence a well organized and properly administered physical education programme for school children is very essential.

In the last few decades sports have gained a tremendous popularity all over the globe. The popularity of the sports is still increasing at a past pace and this happy trend is likely to continue in the future also. With the enhanced status in society, the provision of sports training has gained importance although the need for competent training has been a felt factors such as physical fitness and motor fitness components are very essential for the effective sport training. The Comprehensive sports training programme are the key factors in the production of the skillful high performance of a sports person.

Over the past five to six decades a great deal of emphasizes is being laid on physical fitness of an individual as requirement for better contribution towards nation. The physical fitness is required for all categories of people viz, clerks, traders, businessman, teachers, engineers, doctors and sportsmen, etc. Even though
The quantum of fitness varies from occupation to occupation and from individual to individual. In India, since independence, sports and games, physical education, health education consciousness though slightly on the increase, let it has not reached the desired level and much work require to be done in this respect.

The national objectives of building of an egalitarian society is closely linked with the comprehensive and harmonious development of the people. That is why men’s around development is necessary condition for social progress. This, however, calls for the creation of the suitable conditions for releasing the ideas of men’s physical fitness which pre-conditioned level of health and comprehensive development of a person’s physical abilities corresponding requirement of labour activity in day – to – day work and ensuring high activity, normal functioning of the body’s vital system and longevity. Thus, physical fitness reflecting a high level of public health and development of physical ability of the people, is an aspect of their harmonious development which could be molded through the process of physical education. Sports improvement is, therefore, becoming more and more essential in our system of physical education programme.

A high level of achievement in sports is based on all-round development of physical abilities. Taking part in sports from a certain years on scientific basis a balanced development of the body and attainments of physical fitness of various factors which determine the level of physical fitness, adequacy of balanced diet, controlled physical training and sports medicine are crucial significance. All these aspects are needed to be improved upon through a comprehensive programme of physical fitness development in and outside the existing educational system.

The Ministry of Education of the Government of India has constituted an Advisory Board of Physical Education in the year 1956 to suggest ways and means to improve physical fitness which is lacking in our nation, especially among the youths. In addition, it has also introduced physical efficiency drive in
the year 1959 to assess the fitness of the nation and norms for each category of population were established. These tests awakened the masses to realize their present standard of fitness and motivated to improve upon the existing standard. Ninth Asian Games conducted in 1982 at New Delhi had raised our hopes after having one fifty seven medals to prove that India was won on the way to greater achievement in the International sports. The subsequent development especially the school performance at the International competitions, have proved it otherwise and hence several researches and debates were conducted and organized. It was found that the physical fitness is the root causes for India’s debacle in the world of sports, hence the urgency for improving standards in sports and physical fitness. It is realized in every quarter so that India can contribute its might in the national and International sports arena.

It is acknowledged fact that sports contributes to physical fitness and physical fitness contributes to high level performance. The National Sports Policy, 1984 and the National Policy on Education, 1986 declare that the physical education and sports are an integral part of learning process and will be included in the evolution of performance. A nationwide infrastructure for physical education, sports and games will be built into the educational edifice. The Government of Andhra Pradesh taken keen interest to promote physical fitness, Health fitness, and Sports and games related fitness. The Government of Andhra Pradesh has constituted a **Sports Authority of Andhra Pradesh (SAAP)** in the year of 1987 to suggest ways and means to improve physical fitness, health fitness and sports and games performances which is lacking in the State especially among the youths both rural and urban. The Governments have been very keen to develop the State at grass toot level as “**Kreedanandhra Pradesh**” as a model State in Sports and Games, but there is no standard norms and follow-up actions. Therefore, the need for improving physical fitness and raising the performance standard in various games and sports have been considered very imperative. In
order to assess the physical fitness, there is a need to establish norms on the basis of the standard test batteries. In this direction, a significant step has been taken by this research scholar to establish the norms and to assess the physical fitness of school-going boys of the Rayalaseema Region, Andhra Pradesh.

In recent years, there has been a greater emphasize and desire to establish a scientific approach to the development of physical fitness. For Sports development in Andhra Pradesh, the onerous responsibility of improving the physical fitness and sports standard in schools and colleges, since they are contributing factors of youth, essentially rests with physical education teachers and coatchers, for which the physical fitness testing device has to be applied, and this will be possible only when set standard of norms of physical fitness is to be evolved and implemented and thereafter follow-up programmes are necessary in order to help the students, youths, reach their best possible potentialities

This study was undertaken survey of physical fitness among the school boys of Rayalaseema Region of Andhra Pradesh and the influence of Intensive Physical Activity Programme on them. To accomplish this research study, Thirty five government schools at Rayalaseema Region (urban and rural) were selected at random keeping in view of the strength of the students on roll. Out of the total population of 15,000 samples, 3,030 subjects were drawn up random leading to twenty percent of the total subjects. According to the school records, their age have been ranged from 12 to 15 years. They were studying in the classes from Seventh to tenth. The subjects were administered with AAHPER Youth Fitness Test, and hence the selected study was survey of physical fitness among school boys of Rayalaseema Region of Andhra Pradesh. In this study one of the major objectives is preparing norms for physical fitness for school boys. The data on these items of the tests were collected in accordance with the standard procedure laid down in the literature of AAHPER Youth Fitness Test Manual, 1976. The
data for each test items were gathered for all the subjects separately and then pulled age wise for preparing norms.

To examine the significance of different among the performance made by the subjects belonging to various age group employed in this study on a different items of AAHPER Youth Fitness Test, analysis of variance was applied. It was found that various age group considered in this study, exhibited significant differences at 0.05 level in all the items of AAHPER Youth Fitness Test. For all the ‘F’ ratio obtained for different items of AAHPER Youth Fitness Test which were significant Scheffe’S Post Hoc Test was applied to study the significance of differences between the paired means of various age group on different items of AAHPER Youth Fitness test.

Three different scales namely, Percentile Scale, Hull Scale and T-Scale were computed for presenting norms for physical fitness among school boys of the Rayalaseema Region of Andhra Pradesh.

In addition, a comparison of physical fitness’ between the school boys of Rayalaseema Region of Andhra Pradesh had been undertaken and also the collected data were analysed and hull score were worked out in each physical fitness variables separately for all the three thousand and thirty subjects in order to grade them such excellent, good, average, below average and poor.

Further to find out the influence of Intensive Physical Activities programme on physical fitness variables namely muscular strength and endurance, abdominal muscular strength and endurance, explosive power, agility, speed and cardio respiratory endurance. To achieve the purpose of the study sixty school boys were selected at random from the Government and Z.P.P. H. Schools at Proddatur, Cuddappah District, Andhra Pradesh. Their age ranged from 12 to 15 years. They were divided into two equal groups. One is considered to be an experimental group and the other group considered to be a control group. The
Experimental group undergone for school based intensive physical activities programme (I.P.A.P.) for a period of twelve weeks whereas the control group was not involved in any special activity programme other than a regular physical activity programme. The data were collected before and after the twelve weeks of Intensive Physical Activities Programme on select Physical Fitness Variables namely, muscular strength, abdominal muscular strength and endurance, speed, power, agility and cardio respiratory endurance for both experimental and control groups. Analysis’s of variance was applied to find out the significant improvement on them. Wherever ‘F’ ratio was found significant Scheffe’S Test was used as a post hoc test to determine the paired mean differences, if any.
CONCLUSIONS

Within the limitations of the study, the following conclusion was drawn.

1. Age wise norms were supported by the age wise mean difference in their performance on different items of AAHPERD Youth Fitness test.

2. Different scales namely Percentile Scale, Hull Scale and T-Scale have been constructed separately for different items of AAHPERD Youth Fitness test based on various age groups considered in this study.

3. Intensive Physical Activity Programme had significantly improved all the Physical fitness variables when compared with the Control group.

4. This study shows that the Urban School boys are better than the Rural School boys in Shuttle run and 600 yard run / walk test where as in the case of Pull-ups, Standing broad jump and 50 yard dash not shows any significance differences between Urban School boys and Rural School boys.

5. In General the physical fitness level of high school boys were not up to the mark. The higher age group students were comparatively better than the lower age group in all the six items of physical fitness variables.
RECOMMENDATIONS

The following recommendations are made on the basis of the study.

1. Similar study may be conducted throughout the Country to formulate National level norms as a standard reference for further Normative research work.

2. Such types of studies may be persuaded selecting the subjects on the basis of socio-economic status throughout the State of Andhra Pradesh and also a Nation wide study may be undertaken.

3. State wise norms may be constructed in relation to this topic so as to have a comparative study between the States.

4. Research study on this problem may be undertaken for different age groups of boys and girls throughout the State so as to facilitate the assessment of fitness level and a comparative study among them.

5. To inculcate a sense of maintaining the physical fitness among the student community individually and collectively and thus making physical education as a compulsory subject at school and college levels in Andhra Pradesh.

6. Adequate facilities for Games and Sports may be provided for all the villages and competitions may be conducted district wise and inter district wise.
7. Physical fitness tests may be conducted periodically at school and college levels so as to estimate the level of physical fitness every individual student and to recommend the remedial measures if any.

8. Testing centre may be established for measuring the level of physical fitness equipped with infrastructure facilities and qualified personal for every region of Andhra Pradesh.

9. Physical fitness awareness week may be conducted annually throughout the State in order to have fit citizens.

10. Physical fitness programme may be set up now and then exclusively for sportsmen to improve their performance in high level sports competitions in all the educational institutions.

11. Similar studies may be conducted exclusively for girls of different age group.

12. Studies may also be conducted to compare the physical fitness of both the sexes of the same age.

13. Similar studies may also be conducted on other two region of Andhra Pradesh namely Telengana and Andhra.