CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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5.1. SUMMARY

The development of Physical fitness by scheduled Physical Education Programme does promote and maintain performance in the field of Physical Education and sports. Human performance is a composition of Physical, Physiological, Psychological, biochemical, neurological and social factors besides Physical Education Programmes.

Many Physical Education experts, physiologists and research scholars by means of their intensive investigations have proved that teaching and training has tremendous effect on positive grading mechanism of physical physiological and hematological parameters which are directly responsible for higher performance.

In this present study the investigator has been quite enthusiastic to know the changes brought about by implementing Physical Education Programme on selected Physical fitness variables and performance in selected athletic events.

If proved favorably the study would enable the Physical Education coaches and researchers, to adhere to these programmes. Further it leads them towards the development of physical fitness and there by towards better performance in sports without encountering the harmful side of misusing.

To facilitate the study, one thousand male students studying in different schools throughout Tamil Nadu were selected as subjects. Students studying from 6th to 8th classes were selected as subjects. Their age ranged from 12 to 14 years. Initial tests were conducted for seven physical fitness variables namely speed, Power, Agility, Flexibility, Endurance, Abdominal strength and Shoulder
strength. Performance in selected athletic events were also measured for 100 meters, long jump and shot put. Among the one thousand subjects three hundred boys who were found week in all physical fitness variables and athletic performance were identified for the study. i.e. those who scored poor scores in all the ten tests were identified. Among them three hundred boys were selected finally as subjects for this present study.

Pretests were conducted and initial data were collected on the above said variables and in athletic performance. These subjects were given training for a period of twelve weeks. The data were collected on the physical fitness variables and athletic events initially at the end of 4th week, 8th week and 12th week.

The following statistical procedure was employed to find out the effect of Physical Education Programme on fitness components and athletic performance at the end of 4th week, 8th week and 12th week. Analysis of variance repeated measure techniques were employed.

5.2. CONCLUSIONS

Within the limitations imposed by the experimental conditions the following conclusions were drawn.

Physical fitness variables had significantly improved periodically at the end of 4th week, 8th week and 12th week. Among them the Physical fitness variables were improved mostly at the end of 12th week.

Athletic performance were also significantly improved periodically at the end of 4th week, 8th week and 12th week. Among them the athletic performances were improved mostly at the end of 12th week.
5.3. RECOMMENDATIONS

From the findings, the following recommendations have been presented here for further investigation.

1. Similar study may be carried out on Higher Secondary boys and girls, High School Girls college men and women separately.

2. Similar study maybe conducted with different types of training programmes.

3. Similar study may be conducted for different games and sports.

4. Similar studies may be undertaken for different age groups of boys and girls.

5. Physical Education programme may be recommended for students right from primary schools.

6. The Physical education teachers and coaches can modify their programme in Physical education classes in relation to the findings of the this study.

7. On the basis of the findings of this study, the government can introduce physical education programmes for the general public, schools and colleges in Tamil Nadu.