SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

In India the recognition of physical education as an academic discipline has been very slow. However, now there is an increasing awareness regarding the development and acceptance of physical education as an essential part of educational programmes at all levels of education. In many of the states physical education has been introduced as a compulsory subject at school level and many more states are planning on these lines. Even the University Grants Commission has recently recommended to include physical education in all the colleges as a compulsory subject, which is a very encouraging trend.

The Panjab University, Chandigarh, was the first university of the country to introduce physical education as an elective subject at undergraduate level. Though physical education has been introduced as an elective subject by the Panjab University, Chandigarh at undergraduate level, its evaluation procedures are still ill conceived. No attempt has been made to construct or adopt standardised physical fitness tests and to prepare norms for grading the students. Therefore, the present study was undertaken to evolve physical fitness norms for men students of the Panjab University, Chandigarh and for that purpose Fleishman's Physical Fitness Test Battery was adopted.
Four thousand students belonging to Pre-University, B.A. Parts I, II and III Classes were randomly selected from 40 colleges of the Panjab University, Chandigarh to act as subjects and they were administered the Fleishman's Physical Fitness Test Battery. Before finally collecting the data on the different items of the test battery reliability of the data was established by using test-retest method and accepting manufacture's accuracy of stop watches and steel tapes. Finally, the data on the various items of the test battery were collected in accordance with the standard procedures laid down in the literature, with the assistance of lecturers in physical education working in various colleges and the volunteers appointed for this purpose.

All the subjects were then pooled to form age-wise groups and their performances on different items of the physical fitness battery were compared by applying analysis of variance before finally preparing the Percentile-Scales, Hull-Scales and T-Scales. Since the analysis of variance revealed significant differences in performances of subjects on majority of the test items, the age-wise norms were prepared separately for each item of the physical fitness test. Further, as the subjects selected for this study either belonged to rural or urban areas, their performances on different test items were compared by using 't'-test, which showed that the subjects belonging to rural areas were significantly superior in their performances to those belonging to urban areas on the majority of the items of the physical fitness test battery.
Conclusions

Based on the findings and within the limitations of this study the following conclusions were drawn:

1. The three scales namely, the Percentile-Scale, Hull-Scale, and T-Scale prepared for age groups 17 years through 22 years separately for each of the test items of Fleishman's Physical Fitness Test Battery have been presented in Chapter IV, which could be referred as for the objectives of grading.

2. On the average the physical fitness improved linearly according to age, with the subjects falling in the age groups of 21 years and 20 years exhibiting superiority over the other age groups employed in this study.

3. The students belonging to the rural areas were significantly superior in their performances on different items of Fleishman's Physical Fitness Test Battery when compared age-wise to the students from the urban areas.

Recommendations

On the basis of the conclusions drawn the following recommendations have been made:

1. It is suggested that the norms prepared in this study may be adopted by the Panjab University, Chandigarh to evaluate the physical fitness of the students belonging to undergraduate classes.
2. It is further suggested that a research cell be established in the Department of Physical Education, Panjab University, Chandigarh to scrutinize the performance of the students in physical fitness each year and revise the norms when the performance level improves.

3. Similar norms may be prepared for the students of other universities and the fitness levels of the students of different universities in various regions may be compared.

4. The separate and progressive physical fitness programmes may be provided to the students belonging to ages 17 through 22 years as the physical fitness improves as age advances.

5. A separate programme of physical fitness may be provided for the students belonging to urban areas to raise their fitness level to that of the students from the rural areas.

6. Similar norms may be prepared separately for the students belonging to rural and urban areas.

7. Norms for women students may be prepared on the lines of this study.