
Chapter - V

**SUMMARY, CONCLUSION AND
RECOMMENDATIONS**

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SUMMARY

The purpose of this study was to evaluate and compare the selected physical fitness components of rural and urban high school girls of Chikmagalur district. To achieve this purpose, the investigation was conducted on 200 Rural and 200 Urban High School girls of Chikmagalur district. The subjects selected were tested with five tests, which measure five components of physical fitness. The data collected from these tests were analyzed by calculating 't' value to find out the difference in physical fitness between rural and urban high school girls of Chikmagalur district

CONCLUSION

In view of the limitation of this study already cited, the following conclusions were drawn from the results presented in the previous chapter.

- 1) Rural girls have better in speed, endurance and agility.
- 2) Urban girls are superior in strength and leg power.

RECOMMENDATIONS

While conducting this study, the researcher felt certain avenues for further research.

- 1) The similar study may be conducted on boys.
- 2) Investigation may be made on the other variables such as physiological, anthropometric and psychological variables.
- 3) The study may be conducted on other age groups.
- 4) The same study may be conducted in other districts.