
Chapter - III

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The main purpose of this study was to compare the physical fitness between rural and urban high school girls of Chikmagalur district

In order to achieve this purpose test were conducted to 400 high school girls of Chikmagalur district in total and 200 each from rural and urban high schools.

DESCRIPTION OF THE TESTS

To collect the data following tests were conducted.

1. 50 yard dash —————> Speed
2. Modified push ups —————> Strength.
3. 600 yard run and walk —————> Endurance
4. Shuttle run (4 x 10 mts) —————> Agility
5. Standing broad jump —————> Leg power

1. 50 YARD DASH

Purpose: To measure speed.

Equipment: Stop watch, and marking powder

Procedure: At the start, the subject stood behind the starting line as soon as the command 'Go' was given, the subject ran across the finish line.

Scoring: The score was recorded to the nearest (second) tenth of a second.

2. MODIFIED PUSH UPS

Purpose: To measure shoulder strength

Equipment: Stool and stop watch.

Procedure: The push up test for girls is executed from a stool, 13 inches high by 20 inches long by 14 inches wide. It has placed on a floor about six inches from a wall, The subject grasp the outer edges at the nearest corners of stool and assume the front leaning rest position with the balls of the feet resting on the floor and with body and arms forming a right angle.

The test is to lower the body so that the upper chest touches the near edge of the stool, then raise it to a straight arm position as many times as possible. In performing the test, the subject's body should be held straight throughout. If the body sways or arches or if the subject does not go completely up, half credit is given, up to 4 half credits.

Scoring: One point was given each time when the subject completed a modified push-ups only one trial was permitted.

3. 600 YARD RUN/WALK

Purpose : To measure endurance.

Equipment: Track or area marked for 600 yard and a stop watch.

Description: subject uses a standing start at the signal, the subject starts running 600 yard distance. The running may be interpreted with walking. It is possible to have a dozen pupils run at one time by having the pupils pair off before the start of the event. Each pupil listens for and remembers his partner's time as the pupil cross the finish.

Rule: Walking is permitted but the subject is to cover the distance in the shortest possible time.

Scoring: Record in minutes and seconds.

4. SHUTTLE RUN (4 x 10 mts)

Purpose: To measure Agility.

Equipment: Steel tape, two stop watches and marking powder.

Description: The subjects stood behind the line when command given 'go' the subject starts to run towards the opposite line (with distance of 10 mts. line) and

touch the line with hand soon taken turn towards the starting line then again touch that line soon taken twin run towards the same lines. Time Keeper starts his watch along with command 'go' and stops when the subject touches the starting line.

Scoring: Time was considered to rear half second.

5. STANDING BROAD JUMP

Purpose: To measure leg power.

Equipment: A measuring tape and landing pit.

Procedure: The subject stood behind a take off line with his feet several inches apart. He then jumped forward by simultaneously extending his knees and swinging his arms forward. Measurement of the jump was made from the nearest imprint made by jumper on landing to the take-off point. Distance was recorded in centimeters.