CHAPTER – II

REVIEW OF RELATED LITERATURE

Aggarwal has said “The literature in any field forms the foundation upon which all future work will be built”. ¹

A study of relevant literature is an essential step to get a good comprehension of what has been done with regard to the problem under study. Accordingly, the researcher has gone through available literature which one relevant to the present study.

The AAHPER youth fitness test was the first attempt by the physical educators to establish acceptable norms. The test battery was originally developed in 1957 by a special committee of the AAHPER council. The youth fitness test now consists of six items for boys of age group of 11 to 17 years. The norms were subsequently revised and made up to date to make them more scientific after comparing the achievements of the youth of Great Britain, Japan etcetera with the American norms.²

Girish³ tested 100 students from the rural area and 100 subjects

---

AAHPER youth Fitness test and NPED tests were administered to obtain the physical fitness level of the subjects. He concluded that there was no significant difference in physical fitness level obtained from AAHPER youth fitness test between rural and urban high school boys.

Saha\(^4\) selected 60 subjects each on random basis from tribal group and non-tribal group. All subjects were day - scholars living with their parents. Their age ranged from 14 to 18 years. AAHPER youth fitness test battery was administered to obtain the physical fitness status of all subjects. He concluded that there was no significant difference between tribal and non-tribal students.

Knuttgen\(^5\) compared the physical fitness of Danish school children with that of the American school children by administering AAPHER youth fitness test. The results of this investigation showed that the performance of Danish children were better of except in softball throw.

\(^3\) Tuteja K. Girish, “Comparison of Physical Fitness for Rural and Urban school students”. Ibid. PP. 90-91.

\(^4\) Umesh Chandran Saha, “Comparison of Selected Anthropometrics Measurements and Physical fitness variables of Tribal and non Tribal Students of Tripura”, Ibid, PP. 170-171

Tenth grade girls were administered. Six items of AAHPER youth fitness test and were matched according to scores. Both the conditioning exercise and sports method groups scored higher on strength, power and flexibility of the arm muscle on both the initial and final test. Both groups made the largest percentile gain in speed, agility, flexibility and endurance. The difference between the means of the retest scores for the two groups was not statistically significant.

Lowry and Fletcher⁷ conducted a study on physical fitness using AAHPER test. In his study, the selected subject of 1400 senior high school boys from fifty-nine school through out Arkansas. It was found that six of the twelve factors investigated has a significant relationship to the fitness level of the subjects. Percentile ratios of senior high school boys in Arkansas on each item of the AAHPER youth fitness test were also developed.

James⁸ conducted youth fitness test with the help of AAHPER test. The test was given at 784 junior-schoolboys. Boys scoring at or above the eighty-five percentages were designated as fit and those scoring at or
below the thirty-five percentages were designated as unfit. The two groups were computed as to intelligence, academic achievement social efficiency, school attendance, etc. The fit averaged higher degree of social efficiency, missed fewer day of school drove Automobile more frequently and held more leadership positions and tended to the slightly under weight.

Mood conducted a study of two forms of the tests of physical fitness knowledge, which were constructed to measure the physical fitness knowledge of senior Physical Education major students. One hundred and eighty four experimental test items, the contents of which were based on 60 physical fitness facts secured from recent Physical Education literature and on the opinions of 73 members of the research council of AAHPER, were administered to 1,360 physical education major students enrolled in 35 collegiate institutions in the United States. As a result of item analysis data, two parallel forms of the tests were constructed. For the purpose of obtaining validity and reliability of data and establishing national norms, the two final test forms were administered to 4,167 students enrolled in 150 collegiate institutions in

7. Lowery and Fletcher B. "The Relationship of Selected Factors to the Physical Fitness of senior high school boys in Arkansas", Journal in Physical Education (1968), 88,
8. Ward E. James, "The relationship between physical fitness and certain Psychological, Sociological, Physiological factors in Junior high school boys", Completed Research, 6(1971), 123.
the United States. Two forms of the test of physical fitness knowledge were constructed so that growth in comparison of physical fitness might be measured. For this reason and to adjust for the slight differences between two final forms, the raw score distributions were normalized through A.J.Score Transformation percentile ranks of the T-Scores for the female members each of four categories were constructed.

Roy in his study tested 50 male students from tribal group and 50 male students from urban group and their age ranged from 16 to 20 years. AAHPER youth fitness test was administered to obtain the physical fitness level of the students. The raw scores for AAHPER youth fitness test were statistically treated and percentile scale was computed for each test item. He concluded that there was no significant difference in physical fitness level as obtained from AAHPER youth fitness test between urban and tribal college students. The performance of urban student sin pull-ups and softball throw for distance was significantly greater is tribal students. There was no significant difference between the urban and tribal students in standing broad jump, shuttle run, 600 yards run and walk, 50-yards dash and sit-ups.9

---

8. Ward E. James, “The relationship between physical fitness and certain Psychological, Sociological, Physiological factors in Junior high school boys”, Completed Research, 6(1971), 123.
Sincerer efforts have been made by the Research Scholar to locate literature related to this study. The relevant studies found from various sources, which the investigator has come across, are enumerated below.

Several excellent research reviews on various aspects of physical education and sports have been published. If one or more can be found in the area of the student’s research, they can be an excellent starting point for literature search. Such reviews, of course, are secondary sources and are given in the reviews so they are easily located.

Raju administered AAHPER Fitness test for rural schoolboys showed that they had better physical fitness than urban schoolboys. The rural boys excelled than urban schoolboys in arm strength, running, throwing, jumping, and walking endurance, muscular strength and flexibility.

Hence the hypothesis of the study was that rural schoolboys could have a better physical fitness compared to that of urban school is upheld and hence the hypothesis is accepted.

Hasrani\textsuperscript{13} conducted a test to determine the relationship of selected physical fitness variable (speed, power, cardiovascular endurance and agility) on performance in basketball. The test was conducted on twenty-five basketball players from the professional college of physical education as subjects and administered the AAHPER physical fitness test to collect the data pertaining to the selected physical fitness variables.

The result of the study revealed that the agility, cardio-vascular endurance and power correlated significantly, obtained values of 0.7, 0.55 and 0.52 respectively whereas speed did not show relationship to performance (obtained value is 0.08).

Using the AAHPER Youth Fitness test, Toddonico\textsuperscript{14} studied physical fitness of public school students from economically backward area with traditional norms. He compared the physical fitness of public school students from high poverty and low poverty areas. He found that
there was no significant difference in the physical fitness of boys or girls from the economically deprived areas of boys and girls. No significant difference was found in physical fitness of subjects from high poverty and low poverty areas.

William 15 selected forty-five tenth grade boys, conducted the AAHPERD physical fitness test. The result of physical fitness tests were compared with the result of school physical activity another grades academic subjects. Their intelligence quotient was measured by the California test of mental ability. Little or no relationship was formed between fitness and any of the other three measures.11

14. Ibid.