CHAPTER V
SUMMARY, CONCLUSION AND RECOMMENDATIONS
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SUMMARY

The norms for youth physical fitness tests are constructed for college women students in Kadapa District.

To achieve the purpose, the study is conducted on 360 women students studying in Kadapa District and their age is 17 years. The data were collected from the AAHPERD youth fitness test variables namely shoulder strength (flexed arm hang), Abdominal strength (Sit ups), Agility (Shuttle Run) power (Standing Broad Jump), Speed (50 Yards Dash) and Endurance (600 Yards Run / Walk) for women. The data were statistically analysed for the construction of Norms. After computing the mean, standard deviation and Hull scale values, the norms were constructed for each variable.

CONCLUSIONS

On the basis of the hull scale norms in the performance of flexed arm hang, sit – ups, shuttle run, standing broad jump, 50 yards dash and 600 yards run / walk test for women, the following conclusions were drawn.
In flexed arm hang test, for women according to the qualitative grading the constructed norms it is found out that 8 subjects (2.22 per cent) out of 360 subjects have fallen in the failing category, 60 subjects (16.67 per cent) are in the Below average grade, 96 subjects (26.67 per cent) are in the Average grade, 112 subjects (31.11 per cent) are in the Above average category, 73 subjects (20.38 per cent) are in the Good category, 11 subjects (3.06 per cent) are in the outstanding category.

In sit-ups test for women according to the qualitative grading by the constructed norms it is found out 32 subjects (8.89 percent) out of 360 subjects have fallen in the failing category, 80 subjects (22.22 per cent) are in the Below average grade, 116 subjects (32.22 per cent) are in the Average grade, 110 subjects (30.56 per cent) are in the Above average category, 14 subjects (3.89 per cent) are in the Good category, 8 subjects (2.22 per cent) are in the outstanding category.

In shuttle run test for women according to the qualitative grading by the constructed norms it is found out 5 subjects (1.39 percent) out of 360 subjects have fallen in the failing category, 20 subjects (5.56 per cent) are in the Below average grade, 164 subjects (45.56 per cent) are in the Average grade, 66 subjects (18.33 per cent) are in the above average category, 16 subjects (4.44 per cent) are in the Good category, 39 subjects (10.83 per cent) are in the outstanding category.
In standing broad jump, test for women according to the qualitative grading by the constructed norms it is found out 14 subjects (3.89 per cent) out of 360 subjects have fallen in the failing category, 30 subject (8.33 per cent) are in the below average grade, 85 subjects (23.61 per cent) are in the average grade, 176 subjects (48.89 per cent) are in the Above average category, 40 subjects (11.11 per cent) are in the Good category, 15 subjects (4.17 per cent) are in the outstanding category.

In 50 yards dash, test for women according to the qualitative grading by the constructed norms it is found out 15 subjects (4.17 per cent) out of 360 subjects have fallen in the failing category, 58 subjects (16.11 per cent) are in Below average grade 144 subjects (40 per cent) are in the Average grade 91 subjects (25.28 per cent) are in the above average category, 44 subjects (12.22 per cent) are in the Good category, 8 subjects (2.22 per cent) are in the outstanding category.

In 600 yards run/ walk, test for women according to the qualitative grading by the constructed norms it is found out 25 subjects (6.94 per cent) out of 360 subjects have fallen in the failing category, 110 subjects (30.56 per cent) are in the below average grade, 186 subjects (51.67 per cent) are in the Average grade 39 subjects (10.83 per cent) are found in the good category and no one (0 per cent) is found in the outstanding category.
RECOMMENDATIONS

On the basis of the findings and conclusions of the investigation, the following recommendations are made.

➢ The researcher has constructed the norms for youth physical fitness for college women. It is recommended at the time of admission these norms may be used to select the students in the women colleges.

➢ A similar study may be conducted to construct norms for the Arts and Science College Women students in other District.

➢ A study of similar nature may be conducted to construct norms of the Higher Secondary School Girls.

➢ A similar study may be conducted to construct norms for the sports schools girls, in each district.

➢ A similar study may be conducted to construct National norms for women.

➢ A study of similar nature may be conducted to construct national norms in all the Athletic events for women.

➢ A similar study may be conducted to construct norms for the performance variables in each major game for women.

➢ A similar study may be conducted to construct norms for the professional college women students.