Chapter - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. More specifically, it is: "The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being."

The BMI is a statistical measurement derived from your height and weight. Although it is considered to be a useful way to estimate healthy body weight, it does not measure the percentage of body fat. The BMI measurement can sometimes be misleading Â– a muscleman may have a high BMI but have much less fat than an unfit person whose BMI is lower. However, in general, the BMI measurement can be a useful indicator for the 'average person'. The
BMI equation (BMI = Body Mass Index) was originally framed by Adolphe Quetelet, a Belgium mathematician and scientist, between 1830 and 1850.

Adolphe was the first person to think of relating weight to height in a statistical, expressible manner.

While the BMI tool is fairly reliable, it is only one tool that physicians use in evaluating a person's health status. It is important to take other measures like blood pressure, cardiac health, physical inactivity and abdominal girth. Also keep in mind that BMI does not distinguish between muscles mass and fat mass. A particularly athletic person whose weight is higher due to muscle may have a BMI that indicates that they are overweight, when their weight is simply higher due to muscle mass. We can find out the BMI by using the formula: BMI = Weight (in kilograms)/ Height (in inches).

The main objective of this study was to compare Body Mass Index and Physical Fitness of Players and Non-Players of tribal school children. For this boys of age 15 to 17 years from different schools of Dahod District were selected.

For this research work, informative statistical analysis was done on 200 boys Players and 200 Non-Players studying in different
schools of Dahod District. To compare Coordination, Muscular Strength, Speed Explosive Strength, Flexibility and Agility of Players and Non-Players boys of Tribal school children, Stick Test of Coordination, Sit-Ups, Standing Broad Jump, 50 Yard Run, Sitting Push-Back and Sit & Reach test were conducted and for Body Composition Variable, Weight, Height and B.M.I. were taken into consideration for the study. To find out the comparison Body Mass Index, Coordination, Muscular Strength, Speed Explosive Strength, Flexibility and Agility scores of Players and Non-Players of tribal school children, ‘t’ test statistical procedure was applied.

**Conclusion**

1. Body Composition Variable of Players in B.M.I. test was more than Non-Players of Dahod District, School children.
2. Coordination of Players in Stick Test Score was more than Non-Players of Dahod District, School children.
3. Muscular Strength of Players in Sit-Ups Test Score was more than Non-Players of Dahod District, School children.
4. Explosive Strength of Players in Standing Broad Jump Test Score was more than Non-Players of Dahod District, School children.

5. Speed of Players in 50 Yard Race Test Score was more than Non-Players of Dahod District, School children.

6. Upper arm explosive strength of Players in Sit & Push Back Test Score was more than Non-Players of Dahod District, School children.

7. Flexibility of Players in Sit & Reach Test Score was more than Non-Players of Dahod District, School children.

**Recommendation**

1. This type of study can be conducted on different college and university level students.

2. This type of study can be conducted on different age group and gender subjects.

3. This type of study can be conducted on large numbers of subjects.

4. This type of study can be conducted on subjects staying in different districts / states and urban / rural area.
5. This type of study can be conducted on different games players participating in indoor / outdoor and team / individual games and sports.