PREFACE

Physique, motor ability and cardio-respiratory capacity are integrated in the real sense of the term and this integration is as natural and spontaneous as flowers to a tree and fragrance to flower. Physique that’s refers to the composition, size and shape of an individual is the home for all sorts of faculties and abilities and of them motor ability as the most prominent one comes in the picture as this is backed up by cardio-respiratory capacity as the source of power that keep things going on . To physique, if motor ability is the systole, the cardio-respiratory capacity is the diastole making a complete heart beat functioning of the physique as-a-whole. It is cardio-respiratory organ that derive energy from the food intake of an individual to run the ‘man machine’ and they, in turn, depend on sensory motor, system of the body. Hence, a strong and never failing co-ordination is their working for day in day out till death. All these sums up what a person really is in physique component.

The future health of the nation is the present health of the youth and children. Academic institutions, like college is one such a place where students develop and exchange culture, social, physical and academic caliber among them and transform as the vibrant sect of the nation. But today the college students are overtly-engaged in chatting for long hours, face book, computer and mobile game: all sorts of idle activities; and as a result of that daily energy expenditure for a youth begin dropping drastically. This inactive lifestyle, in turn, gradually alters various aspects of their physique. Consequently, they are exposed for a number of hypo-kinetic diseases and also in deterioration of physical fitness level. So, suitable physique with adequate motor fitness and cardio-respiratory capacity of young adults are essential to perform a lot of physical movements to accomplish the daily tasks efficiently and also to lead a ‘quality of life’.

The written composition about this investigation has been presented in this thesis in five chapters as per the approved format. If the literature review and the reference generate any new thought for the inquisitive researchers and also the critical analysis of collected data with logical conclusions and observation of the study within the investigator’s limited ability, the readers the researcher will feel humbly rewarded.

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