

**STUDY ON PHYSICAL FITNESS STATUS OF BACHELOR OF
PHYSICAL EDUCATION STUDENTS WITH AND WITHOUT
SPORTS BACKGROUND**

A THESIS

PRESENTED TO THE VIDYASAGAR UNIVERSITY

A THEORY PAPER

FOR THE DEGREE OF

MASTER OF PHYSICAL EDUCATION

BY

SOURAV DUTTA

**DEPARTMENT OF PHYSICAL EDUCATION
MUGBERIA GANGADHAR MAHAVIDYALAYA
BHUPATINAGAR, PURBA MEDINIPUR (W.B)**

PIN-721425

JULY, 2023



DEDICATED
TO
MY PARENTS

DEPARTMENT OF PHYSICAL EDUCATION

Mugberia Gangadhar Mahavidyalaya

VIDYASAGAR UNIVERSITY

Mugberia-721425, West Bengal

Sourav Dutta

M.P.Ed Scholar

DECLARATION

I do hereby declare that the research work entitled " **STUDY ON PHYSICAL FITNESS STATUS OF BACHELOR OF PHYSICAL EDUCATION STUDENTS WITH AND WITHOUT SPORTS BACK GROUND** " is an original piece of work done by the under the supervisor of **Arup Mahato** Assistant professor of Mugberia Gangadhar Mahavidyalaya which was approved by the research committee. I have specified, by means of reference, the information from where the work taken. To the best submitted for a degree or other academic qualification at any other University.

Sourav Dutta

Sourav Dutta

(M.P.Ed Scholar)

DEPARTMENT OF PHYSICAL EDUCATION

MUGBERIA GANGADILAR MAHAVIDYALAYA

VIDYASAGAR UNIVERSITY OF MUGBERIA-721425,

West Bengal

Arup Mahato

Assistant Professor

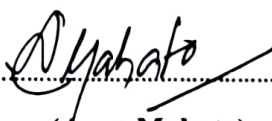
Ref. No.....

Date.....

CERTIFICATE BY THE SUPERVISOR

This is to certify that Sourav Dutta regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar University, in the session of 2021 -2023. He is a student of master of physical education, semester-IV, carried out his research study my supervision and guidance in partial fulfillment of the requirements for the master of physical education degree with his thesis entitled " **STUDY ON PHYSICAL FITNESS STATUS OF BACHELOR OF PHYSICAL EDUCATION STUDENTS WITH AND WITHOUT SPORTS BACK GROUND.**" the material and data composed from students in this study are genuine and were collected by him.

Date: 27.07.23

.....


(Arup Mahato)

Assistant Professor

ACKNOWLEDGEMENT

The investigator acknowledges sincere gratitude Dr. Swapan Kumar Mishra, Principal of Mugberia Gangadhar Mahavidyalaya, who gave me the opportunity to undertake the study

The scholar wishes to extend his deepest appreciation to Dr. Debasish Ray, Head of the Department Mugberia Gangadhar Mahavidyalaya for his valuable suggestions and critical evaluation of the project outline, which gave immense confidence to me for successful completion of the study.

The investigator places on record his guide, Assistant professor Arup Mahato, Mugberia Gangadhar Mahavidyalaya, Vidyasagar University, for his critical evaluation, successful valuable guidance and suggestion, constant encouragement in the formulation completion of the study.

The investigator sincerely appreciates the positive and courageous attitude of the performers who were subject of the study.

The investigator wishes to expresses his heartiest thanks to all the assistant professor, Mugheria Gangadhar Mahavidyalaya for their help and support for the successful completion of the study.

The researcher expresses his obeisance to his parents without the guidance and inspiration of whom the researcher could never be able to reach to his present position, finally the researcher expresses his deep indebtedness to his friends for taking the pains while providing continuous inspiration and encouragement throughout the course of study.

Last but not the least, research scholar would like to thanks all the subjects, officials and all friends without whose voluntary efforts study could not have come out as a research product.

Date:

SOURAV DUTTA

M.P.Ed Scholar

TABLE OF CONTENTS

	PAGE NO
Declaration	i
Certificate	ii
Acknowledgement	iii
Contents	iv-vi
List of Tables	vii
List of figures	viii
List of Abbreviation	ix
CHAPTER-1 INTRODUCTION	1-11
1.1 General Introduction	2-8
1.2 Statement of the Problem	9
1.3 Purpose of the Study	9
1.4 Delimitation	9
1.5 Limitation.	9
1.6 Hypothesis	9-10
1.7 Definition of the teams	10-11
CHAPTER-II REVIEW OF LITERATURE	12-20
CHAPTER-III METHODOLOGY	21-30
3.1 Selection of Subject	22
3.2 Criterion measure	22
3.3 Instrument's and tool	23
3.4 collecting of data	23

3.4.1 Test-I Pull-ups	23-24
3.4.2 Sit-ups	24-25
3.4.3 Standing Broad Jump	25-26
3.4.4 Shuttle Run (4x 10 Yards)	26-27
3.4.5 50 Yard Dash	28
3.4.6 600 Yards Run	29
3.5 Statistical Analysis	30
CHAPTER-IV RESULT AND DISCUSSION	31-43
4.1 Personal data	32-33
4.2 Physical Fitness Components	33-42
4.2.1 Muscular strength of shoulders	33-34
4.2.2 Muscular strength and endurance (Trunk)	35-36
4.2.3 Agility	36-37
4.2.4 Leg explosive strength	38-39
4.2.5 Speed	39-40
4.2.6 Endurance	41-42
4.2.7 Physical fitness	42
4.3 Discussion of the Result	43
CHAPTER-V SUMMARY, CONCLUSION & RECOMMENDATIONS	44-47
5.1 Summary	45-46
5.2 Conclusion	46
5.2.1 Height	46
5.2.2 Weight	46
5.3 On Physical fitness variables	46-47

5.3.1 Muscular strength of shoulder	46
5.3.2 Muscular strength and endurance	46
5.3.3 Agility	46
5.3.4 Leg explosive strength	46
5.3.5 Speed	46
5.3.6 Endurance	47
5.4 Recommendations	47
BIBLIOGRAPHY	48-53
APPENDIX	54-57
Appendix-I Data collection certificate from different universities.	55-57

LIST OF TABLES

TABLE NO.		PAGE NO
1	Personal data of without sports background and sports background of B.P.Ed students.	32
2	Mean and SD Muscular strength of Shoulders (number) of without sports background and sports background B.P.Ed students.	33
3	Mean difference and t-values of Muscular strength of Shoulders of without sports background and sports background B.P.Ed male students.	34
4	Mean and SD Muscular strength and Endurance (Trunk) of without sports background and sports background B.P.Ed students.	35
5	Mean difference and t-values of Bent-knee sit ups of without sports background and sports background B.P.Ed male students.	35
6	Mean and SD Muscular Agility (Second) of without sports background and with sports background B.P.Ed students.	36
7	Mean difference and t-values of Shuttle agility of without Sports background and Sports background B.P.Ed male students.	37
8	Mean and SD Leg Explosive Strength of without Sports background and Sports background B.P.Ed students.	38
9	Mean difference and t-values of Leg Explosive Strength of without sports background and sports background B.P.Ed male students.	38
10	Mean and SD Speed (second) of without sports background and sports background B.P.Ed students.	39
11	Mean difference and t-values of speed of without sports background and sports background B.P.Ed male students.	40
12	Mean and SD Endurance (minute) of without sports background and sports background B.P.Ed students.	41
13	Mean difference and t-values of Endurance of without sports background and sports background B.P.Ed male students.	41
14	Mean and SD of Physical Fitness variable of without sports background and Sports background B.P.Ed students.	42

LIST OF FIGURES

FIGURE NO.		PAGE NO.
1	Pull-ups	24
2	Bent-knee sit ups	25
3	Standing broad jump	26
4	Shuttle run (10x4 yards)	27
5	50-yard dash	28
6	600-yard run-walk	29
7	Graphical representation shows that the mean value of Height and Weight of without sports background and sports background of B.P.Ed students.	33
8	Graphical representations showing the mean value of Muscular strength of Shoulders of without sports background and with sports background B.P.Ed male students.	34
9	Graphical representation shows that the mean value of Muscular strength and endurance (Trunk) of without sports back ground and sports background of B.P.Ed male students.	36
10	Graphical representation shows that the mean value of agility of without sports back ground and sports background of B.P.Ed male students.	37
11	Graphical representation shows that the mean value of Leg Explosive Strength of without sports back ground and sports background of B.P.Ed male students.	39
12	Graphical representation shows that the mean value of speed of without sports back ground and sports background of B.P.Ed male students.	40
13	Graphical representation shows that the mean value of Endurance of without sports back ground and sports background of B.P.Ed male students.	42

LIST OF ABBREVIATION

Sec	: Second/Seconds
m	: Meter/Meters
cm	: Centimeter/ Centimeters
n	: Number
kg	: Kilogram
SD	: Standard Deviation
Fig	: Figure
Df	: Degree of freedom
Std. Error	: Standard Error
Sig	: Significant
NS	: Not Significant