

**STUDY OF CORE ENDURANCE AMONG PHYSICAL  
EDUCATION DEGREE COLLEGES**

**BY**

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**SUBMITTED TO**

**VIDYASAGAR UNIVERSITY**



**DEPARTMENT OF PHYSICAL EDUCATION  
MUGBERIA GANGADHAR MAHAVIDYALAYA  
FOR THE DEGREE OF MASTER OF  
PHYSICAL EDUCATION  
BHUPATINAGAR, PURBA MEDINIPUR  
WEST BENGAL, PIN -721425**

**AUGUST 2023**

**DEDICATED**  
**TO**  
**MY PARENTS**  
**TEACHERS**  
**&**  
**FRIENDS**

**APPROVED BY**

*Mimu Seikh.*

.....  
**Signature of the Supervisor**

**(Dr. MIMU SEIKH)**

**DEPARTMENT OF PHYSICAL EDUCATION**

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**Dr. Mimu Seikh**

Assistant Professor (SCAT)

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Ref. NO: MGM/2021-2023

Date: 16.08.2023

**CERTIFICATE**

This is to certify that Mr. Biltu Mistri is a regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar University, in the season of 2023-2024. For the Master of Physical Education, semester-IV, carried out his research study under my supervision and guidance in lieu of the requirements for the master of Physical Education degree with his thesis entitled “**STUDY OF CORE ENDURANCE AMONG PHYSICAL EDUCATION DEGREE COLLEGS**” the material and data composed from student in this study are genuine and were collected by him.

Place – Mugberia

Date: 16.08.2023

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Assistant Professor (SCAT)

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This is to certify that Mr./Miss. **BILTU MISTRI**

Roll <sup>PG/VUEGS32/PED-IVS</sup> Number **21003** a PG / ~~UG~~ student of

SEM **IV**, Department of **PHYSICAL EDUCATION** has

successfully completed a dissertation / ~~project~~ entitled **STUDY OF CORE**

**ENDURANCE AMONG PHYSICAL EDUCATION DEGREE COLLEGES**

for the paper **MPCC - 403** in the year **2023**

Signature of HOD

Signature of Principal

Date : 16.08.2023

Principal  
Mugberia Gangadhar Mahavidyalaya

## **DECLARATION**

I do hereby declare that the research work entitled “**STUDY OF CORE ENDURANCE AMONG PHYSICAL EDUCATION DEGREE COLLEGS**” is an original piece of work done by me under the supervision and guidance of Dr. Mimu Seikh, Assistant professor, (SACT), Department of Physical Education, Mugberia Gangadhar Mahavidyalaya. I have specified, by means of reference, the sources of information.

**Date: 16.08.2023**

**BILTU MISTRI  
(M.P.Ed Scholar)  
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## **VITA**



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## **ACKNOWLEDGEMENT**

The investigator acknowledges sincere gratitude to Dr. Swapan Kumar Misra, the principal of Mugberia Gangadhar Mahavidyalaya, & Dr. Debasish Ray, H.O.D Department of physical education, Mugberia Gangadhar Mahavidyalaya who gave me the opportunities to undertake the study. The investigator places on record his guide Dr.Mimu Seikh, Assistant professor (SACT) of 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 wishes to express his heartiest thanks to all the Associate Professor and Assistant Professor, Mugberia Gangadhar Mahavidyalaya, for their help and support for the successful completion of the study.

The scholar 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 co- operation, inspiration and encouragement throughout the course of study.

The scholar expresses his sincere appreciation and thanks to all institutes and their teachers, those are providing help for my study. The investigator sincerely appreciates the courageous attitude of the performance who was the subject of the study.



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## **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

### **SUMMARY**

The purpose of this study was to –Study of core endurance of physical education students in Degree College“. To achieve the purpose of the study, researcher selected 150 male and female students from physical education students in Degree College. The age ranges from 18-21 years. Prior to the testing days, the researcher explained the purpose of the study, tests that would be completed, the methodology used to conduct each test, the purpose for testing and how these results would be used in order to help explain the core endurance of physical education students in degree college students.

Initial explanation about the aim and purpose of the study, test procedure, method of testing, instructions on how to perform test was given. All the students were tested under similar environmental condition. The Anthropometric data which included height (cm), weight (kg) was noted.

McGill’s trunk muscle endurance tests were used to assess core stability. Results from previous studies show that the 4-trunk isometric muscle endurance tests have excellent reliability coefficients; A handheld stopwatch was used to measure the length of time participants were able to hold each isometric position. Individuals were given a minimum of 5 minutes of rest between each test:

- (1) Trunk Flexion (Flexor endurance) test.
- (2) Back extensor (Trunk extension) test.
- (3) Right Flexion (Right side Bridge) test.
- (4) Left Flexion (Left Side Bridge) test.

Analysis of variance of Mc. Gill core endurance tests among Physical Education Degree colleges have been analyzed by one way ANOVA are tabulated and presented in the table.

## **CONCLUSION**


Within the limitation of the study it is concluded that

- 1) A significant difference was found in core endurance among different degree colleges in Mc Gill's core endurance test particular in Trunk Flexion and Left Flexion
- 2) Further this study also concluded that no significant difference were observed on Mc Gill's core endurance test particular in Right Flexion and Back extensors among different degree colleges of Contai sub-deviation, Purba Medinipur district.

## **RECOMMENDATION**

- Similar study can be done on large sample group.
- From the results of the study the researcher recommended that proper core endurance training should be included in physical education classes to improve the core endurance of the students.
- Similar study can be done on female student or male student.
- Further similar study may be conducted on different courses.
- Similar study may be conduct with urban and rural student (a comparative).
- This study can be done on other district or state or country.
- Similar study may be conducted on house wife & working woman.

Appendix – I

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219-126

**KHEJURI COLLEGE**  
[ Govt. Aided ]  
P.O. - Baratala | Dist. - Purba Medinipur | Pin - 721431  
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---

Ref. No. .... Date


Date - 04/05/2023

**To whom it may concern**

This is certify that Mr.Biltu Mistri,Post Graduate 4th semester student of Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Purba Medinipur, West Bengal has visited our Department for the purpose of data collection for his research project on date-04/05/2023.

The title of his research work is " status of core Endurance of Physical Education student in general College"

I wish him all the success for his future.

 H.O.D  
Department of Physical Education  
Khejuri College, Purba Medinipur  
**HEAD**  
**DEPTT. OF PHY.EDN**  
**KHEJURI COLLEGE**

## Appendix – II

**Department of physical Education**  
**Mugberia Gangadhar Mahavidyalaya**  
Purba Medinipur West Bengal

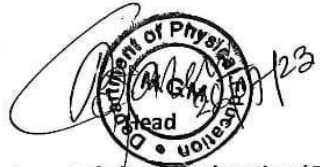
Date -10/05/2023

### TO whom it may concern

This is to certify that M.r Biltu Mistri, 4<sup>th</sup> semester student of Department of physical Education, Mugberia Gangadhar Mahavidyalaya, (M.P.Ed) Purba Medinipur West Bengal has visited our general Department for the purpose of data collection for his research project on dated 10/05/2023.

The title his research work is –“Status of core endurance of Physical Education Students in General college”

I wish him all the success for his future.



Department of Physical Education (General)

Mugberia Gangadhar Mahavidyalaya



### Appendix – III

Department of Physical Education  
Prabhat Kumar College, Contai  
Purba Medinipur , West Bengal

Date- 17/05/2023

#### To whom it may concern

This is to certify that Mr. Biltu Mistri , Post Graduate 4<sup>th</sup> semester Student of Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Purba Medinipur West Bengal has visited our Department for the purpose of data collection for his research project on dated 17/05/23.

The title of his research work is- "Status of core endurance of Physical Education Students in General College."

I wish him all the success for his future.



Head

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Prabhat Kumar College Contai  
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