

A COMPARATIVE STUDY OF PHYSICAL FITNESS BETWEEN GADAG AND VIJAYAPURA CYCLIST PLAYERS

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Abstract

The ability to adapt and react favourably to physical exertion is defined as physical fitness according to the American Medical Association. This means that people are physically fit when they can safely and successfully handle the normal and unexpected challenges of everyday life without being too tired, and they still have enough energy for fun and relaxation (Hoeger, 1989). The scientists behind the research set out to do just that: compare the fitness levels of two groups of cyclists—the Gadag and the Vijayapura—and their performance. Twenty female pupils from the Gadag and Vijayapura districts were chosen for the research. The flexibility test was a sit-and-reach. A 0.05 level of confidence was used to calculate the data for the t-test. The research found that compared to the female cyclists from Vijayapura, the female cyclists from Gadag had lower mean scores on physical fitness components.

Keywords: Physique, pliability, and the female cycling teams from Gadag and Vijayapura.

Introduction

The goal of physical education (PE) programmes is to help students reach their full potential by engaging in a variety of physically demanding activities. A few goals of physical education include helping students develop and hone their motor skills, increasing their understanding of the importance of physical fitness for overall health and wellness, and encouraging them to form good attitudes towards physical exercise. The goals of physical education programmes extend beyond only improving participants' physical fitness; they also include helping them acquire the skills and mindsets that will enable them to continue learning and growing throughout their lives. Having a well-rounded education that includes physical fitness, mental stimulation and fulfilment, social stability, and leadership development is essential, and physical education programmes provide all three. For young people

like students who are looking for ways to challenge and delight their minds, it is an absolute need. All around the country, people are starting to take notice of how important it is to be physically active. Activities involving large muscle groups and their associated concepts are the focus of physical education.

A well-rounded educational programme must include physical education. Physical education has the potential to play a significant and active role in the realisation of education's goals. It cares about the growth of knowledge and attitude as much as it does about the physical results that came from taking part in activities. Physical education, contrary to popular belief, is not a kind of body education but rather an approach to learning that makes use of the body. Improving one's standard of living by sustained participation in a pleasurable individual plan is the ultimate goal of physical education.

Methodology

Subject and variable selection, research design, test selection, subject orientation, data collection, test administration, and statistical process for data analysis are all detailed in this chapter.

Selection of subjects

The purpose of the study was to find out the “**A Comparative Study of Physical Fitness between Gadag and Vijayapura Cyclist Players**”. Forty of Gadag female cyclist players and

Vijayapura female cyclist players. Were selected as subject for this study the subjects were selected from Gadag and Vijayapura District cyclist. The age level of the subjects ranged from 16 to 20 years.

Selection of variables

The researcher spoke with specialists in the field and perused the scientific literature on the topic of physical fitness component factors analysis. The administrative practicality, including the availability of devices and competence for data measurement and recording, was carefully considered alongside the aforementioned literature and expert opinion when choosing the variables for Physical Fitness Components. As a result, this study's variables are as follows.

Independent Variables

- Gadag and Vijayapura Cyclist Players
Dependent Variables Physical Fitness Variables
- Flexibility

Selection of tests

| Sl. NO | Variables | Test items | Criterion Measurements |
|--------|--------------------|-------------|------------------------|
| 1 | Sit and Reach test | Flexibility | Ruler or measurement |

Flexibility

Sit and reach test

Aim

To measure the flexibility of the subjects

Equipment

Test was conducted on floor. 50 cm long one line on the floor with a gap of one cm is marked. Measuring tape, marking

powder and whistle

Procedure

The subjects will sit on the floor at centimeters touching the heel of the foot joined together. When the subject will be ready, they will stretch the body from the back as much as possible and touch the scale marked on the floor with the middle finger.

Scoring

The result is read from the scale. Two attempts are given at recovery rest at 30 seconds. In case, if a subject is not able to extend his hands even to the level of line, then the distance from the 0 cm mark to the tip of middle finger should be measured.

Statistical Technique

To compare the data of selected Physical Fitness Components variables among Gadag and Vijayapura cyclist players, Mean, SD, t-Value was applied comparison to determine the significations 0.05 level.

Analysis and Interpretation of the Data

The main purpose of this study was to "A Comparative Study of Physical Fitness between Gadag and Vijayapura

Cyclist Players”. To achieve this purpose the data collected in this study were put to statistical analysis and the result which are presented in this chapter for this study 20 Gadag Female cyclist players and 20 Vijayapura female cyclist players of DYSS Sports Hostel of Gadag

and Vijayapura District were selected. They were subjected to Flexibility. The tests were conducted on standard test. Mean, Standard deviation and their values of Flexibility are presented in table 4.1.

Table-4.1 Mean Scores, Standard deviation and,t“-values on Flexibility of Gadag Female Cyclist players and Vijayapura Female Cyclist players

| Variable | Test | N | Mean | SD | t- Value |
|-------------|-----------------------------------|----|---------|---------|----------|
| Flexibility | Gadag Female Cyclist players | 20 | 31.3313 | 5.94672 | 17.499* |
| | Vijayapura Female Cyclist players | 20 | 57.8563 | 7.36304 | |

****Significant at 0.05 level Table value is 1.725**

The Table 4.1 represents the significance of mean difference Gadag Female cyclist players and Vijayapura female cyclist players regarding Flexibility.

The mean values of Gadag Female cyclist players and Vijayapura female cyclist players regarding Flexibility were 31.3313 and 57.8563 respectively. The calculated,t“- value is 17.499 which is significant at 0.05 level of significance. So there is a significant difference in Flexibility of Gadag

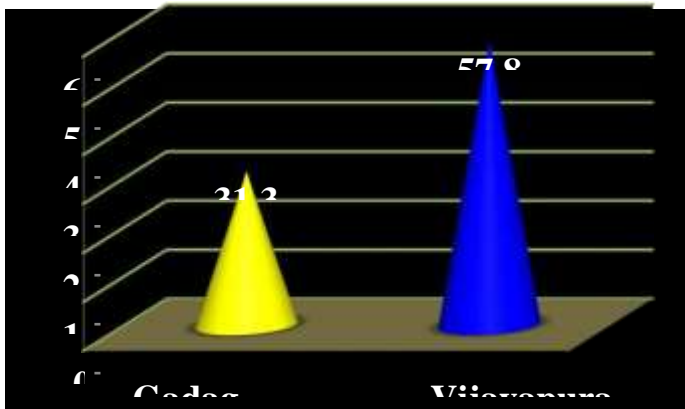
Female cyclist players and Vijayapura female cyclist players. The Flexibility of Vijayapura Female Cyclist player is better than Gadag Female Cyclist players.

Mean scores of Flexibility of Gadag Female cyclist players and Vijayapura female cyclist players are presented graphically in figure -4.1 (a).

Figure 4.1(a) Shows Graphical Representation of Gadag Female Cyclist players and Vijayapura Female Cyclist players

Figure 4.1(a) the above figure indicates that Flexibility Performance mean scores a different the graphs showing of comparison of Gadag Female cyclist players and Vijayapura female cyclist players with to Speed Performance scores.

The mean Flexibility scores of



Conclusions

Based on the data collected and the constraints of the current research, we can say the following: • Female cycling players from Vijayapura have a lot more flexibility compared to their Gadag counterparts.

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Gadag Female cyclist players and Vijayapura female cyclist players with are 31.3313 and 57.8563, SD are 5.94672 and 7.36304 respectively. It means that the Flexibility Performance of Vijayapura female cyclist player is better Gadag Female cyclist players.

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