

IMPACT OF SPECIFIC PHYSICAL EDUCATION PROGRAM ON SPEED AND AGILITY AMONG SCHOOL CHILDREN IN HYDERABAD.

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ABSTRACT

The purpose of the study is to find out the effect of specific physical education program on speed and agility among school children in Hyderabad. A total number of 200 boys will be selected as subjects from Amrita vidyalayam and Brigades Public School from Hyderabad, Telungana. 100 boys from Amrita vidyalayam will act as the Experimental group and will undergo Specific Physical Education program for the period of 6 months. 100 boys from Brigades Public School will act as control group and will undergo their regular activities. Specially designed Physical Education program will be administered to the experimental group the intensity and duration of the programme were arranged in such a way to show a progressive increase to impart favorable changes. The selected variables will be tested among both the control and experimental group before and after completion of the training. The data will be collected on selected criterion variables prior and immediately after the experimental period as pre and post tests were tested. The results of the study also shows that specific physical education program have improved in speed and agility.

Keywords: specific physical education program, speed and agility.

INTRODUCTION

Today, we desperately require physical fitness not only to improve our health and wellness. Besides, this will also benefit to advance healthy environment around us along with community health, thus nation will be benefitted. By the physical fitness programmes, we can improve our fitness wellness and health.

Man has been considered the 'man of action'. His activities are full of movements and for this he must have a good physical fitness level. The objective of 'physical education' is said to achieve when the sufficient level of physical fitness is achieved as per one's requirement. Physical fitness is cast-off as one of the means through which the purpose of physical education is accomplished (a complete developed individual). The life of a man is filled of physical and mental hassles which can be comforted only if he is physically efficient. Thus, physical fitness is a substance of concern for wholesome development of an individual. It takes up the ideal health and also helps the civilization to produce a healthy setting to nurture to the supreme.

Speed is the ability to perform a particular movement very rapidly. It is the function of distance and time. Agility is the ability to move and change the direction and position of the body

quickly and effectively while under control. It requires quick reflexes, coordination, balance, speed, and correct response to the changing situation.

METHODOLOGY

The purpose of the study is to find out the effect of specific physical education program on speed and agility among school children in Hyderabad. A total number of 200 boys will be selected as subjects from Amrita vidyalayam and Brigades Public School from Hyderabad, Telungana. 100 boys from Amrita vidyalayam will act as the Experimental group and will undergo Specific Physical Education program for the period of 6 months. 100 boys from Brigades Public School will act as control group and will undergo their regular activities. Specially designed Physical Education program will be administered to the experimental group the intensity and duration of the programme were arranged in such a way to show a progressive increase to impart favorable changes. The selected variables will be tested among both the control and experimental group before and after completion of the training. The data will be collected on selected criterion variables prior and immediately after the experimental period as pre and post tests were tested.

ANALYSIS OF DATA

The data collected prior to and after the experimental periods on speed and agility on specific physical education program and control group were analyzed and presented in the following table -I.

TABLE-I
ANALYSIS OF COVARIANCE FOR SPEED AND AGILITY ON SPECIFIC
PHYSICAL EDUCATION PROGRAM AND CONTROL GROUP

Variable Name	Group Name	Experimental group	Control group	F ratio
Speed	Pre-test Mean \pm S.D	8.80 \pm 0.072	8.80 \pm 0.03	0.276
	Post-test Mean \pm S.D.	8.72 \pm 0.067	8.81 \pm 0.035	10.11*
	Adj. Post-test Mean \pm S.D.	8.724	8.803	49.368*
Agility	Pre-test Mean \pm S.D	12.10 \pm 0.57	12.02 \pm 0.50	0.002
	Post-test Mean \pm S.D.	10.18 \pm 0.35	12.08 \pm 0.56	24.444*
	Adj. Post-test Mean \pm S.D.	10.26	12.11	55.008*

* Significant at 0.05 level of confidence (The table value required for significance at 0.05 level of significance with df 1 and 198 and 1 and 197 were 3.84 and 3.83 respectively)

RESULTS

The “F” ratio was used to find out the significant difference if any, among the experimental group and control group on selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as an appropriate.

Table - I showed that the results of the study there was a significant difference between specific physical education program and control group on speed and agility. Further the results of the study showed that there was a significant increase on speed and agility after six months of specific physical education program. However the improvement was in favour of experimental group.

CONCLUSIONS

Within the limitations and delimitations of this study the following conclusions were drawn from the result.

It was found from the effects of the specific physical education program that speed had enhanced for the specific physical education program group when compared with the control group. Acar and Eler (2019) found that balance exercises had improved speed. Honer and Demetriou (2014) found that significant improvement on speed after school-based health-promotion programme. Mikolajec, et.al (2012) has discovered that speed improved after the stretching and strength exercises.

It was found from the effects of the training that agility had enhanced for the specific physical education program group when compared with the control group. Acar and Eler (2019) found that significant improvement on agility after balance exercises.. Kumar, et.,al (2019) found that significant improvement on shoulder strength after skill based training.

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