

## Effect of physical activity on physical fitness factor among first year college students

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### Abstracts

The main purpose of the study was to examine the effects of physical activity on physical fitness factors among first year college student on the bend knee sit-ups variable. The study was being conducted on 250 first year college student. In the pre-post research design method use for study, the college student acted as their own control. Simple Systematic sampling was used for the collection of data. The data were anatomized using the students t- test. The position of significance was fixed at 0.05.

It was plant that the pre and post-intervention mean score of Bend knee sit up was  $25.15 \pm 5.17$  and  $30.11 \pm 6.66$  independently. T rate was plant to be 2.63 for fraudulent bend knees sit-ups, which was significant at .05 position. Thus, the null thesis that there won't be significant differences between pr and post-intervention fraudulent knee sit-ups was rejected.

**Keywords:** exercise, physical fitness, college students.

### 1. Introduction

Every existent is blessed with a body that is involved both in physical internal functions. These functions inclusively determine the character of an existent. They also prompt his geste and conduct. In a nutshell, they keep a person happy, energetic, content or make him sad lazy inactive or displeased. An energetic person, for illustration, can do internal and physical conditioning gormandize whereas an inactive can't. The capacity, therefore, depends upon the multiple factors that determine a particular existent. Thus, to develop and to ameliorate one's health and fitness physical education is essential.

Physical fitness is the capacity to eagerly, effectively, with interest and delectation. Also, his recovery must be briskly and hastily. Physical fitness is a veritably important moment. We say a person is a fit means a person is fit physically as well as mentally fit. If a person is fit in a factual sense also person is can perform each and every task efficiently. Suppose if work is demanded to be done this work can be done by both healthy and unhealthy person but the difference lies in timing as the work may be done by a healthy person in lower time but same work may be done by an unhealthy person in further time.

Physical fitness helps a person to fight with conditions and a physically fit person may get recovered fluently and snappily. While a person who isn't physically fit will

suffer from serious problems indeed by small illness. There are occasionally those situations where only physical fitness can be helpful. Though there are numerous physical fitness variables that can be used to determine overall strength fraudulent knee sit-ups are important for determining the core muscle strength.

## 2. Objective of the study

To study Effect of physical activity on bent knee sit up's ability among first Year college students.

## 3. Method

A sample of total 250 first year students was selected as a subject for present study. The variable selected in this study was. Only one trail was given. To analysis the data Mean, Standard deviation and t value was used at significance level of 0.05.

The subject is asked to lay down on ground on back side with knees bend, feet on the floor & heels not more than 12 inches from the buttocks. The angle at the knees should less than 90\* angles the hands of the subject is on the back of the neck with the figures clasped & has to place the elbows squarely. On the mat the mat the subject's feet are to be held by assistant to keep them in touch with surface. The subject is asked to tighten the abdomen muscles & bring the head and elbows forward as he or she sit – ups. Finally, to touch the to the knees the entire above process constitutes one sit up. The subject is asked to return to the starting position & to do sit ups again.

## 4. Results and Discussion

Table 1:

Shows effect of physical activity on bent knee sit up's ability among first Year college students.

	Students No	Mean	S.D	S.ED	T-Value
Pre	250	25.15	5.17	1.79	2.63*
Post	250	30.11	6.66		

From the table-1, it is observed that that the Mean Value for Pre intervention Bend Knees Sit-Ups was  $25.15 \pm 5.17$ , and Post intervention value was  $30.11 \pm 6.66$  and S.Ed (1.79) Tt Value was 2.63\* which is significant at 0.05 level of confidence. Thus, the null hypothesis was rejected.

### 4.1 Discussion and finding

The present study deals with the effects of physical activity on bend knee sit-up among first year college student and one variable was selected i.e. Bend knees sit ups. Association of physical fitness components and health-related quality of life in women with systemic lupus erythematosus with mild disease activity.



## 5. Conclusion

In the light of finding, it was concluded that there can be significant effect of exercise on bent knee sit up's ability among male college students of of age group from 20-24 in first year colleges.

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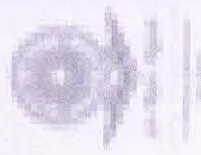
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