

Comparison of Physical Fitness status of Rural and Urban Male Collegiate students in Kurukshetra

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Abstract

The main purpose of the study was to compare the physical fitness level of urban and rural male collegiate students in Kurukshetra. A battery of five tests i.e, Harvard Step Test, Zig Zag run, Sit and reach, Shot Put throw and 50 Meter Sprint- was used to collect the required data. The results indicated that in cardiorespiratory endurance, agility, flexibility, power and speed rural students were significantly different ($p > .05$) from urban students.

Key Words: Physical Fitness, Male collegiate students, Urban, Rural

Introduction

All-round fitness is a key to quality of life. To be able to carry out daily tasks without undue fatigue or to enjoy leisure-time pursuits requires a certain degree of fitness. A physically fit person looks better, feels better and thinks better and so lives better. Likewise, physical fitness is closely associated with good health. *Blair et al (1989)* showed that people with “good” fitness level have less heart disease risk than those with “low” fitness. Compared with inactive, people moderately or vigorously active people are less likely to suffer premature all-cause mortality; cardiovascular diseases (CVD) such as coronary heart disease (CHD), stroke, and high blood pressure; colon cancer; non-insulin dependent diabetes mellitus (NIDDM); and osteoarthritis (*USDHHS, 1996*). *Plowman (1992)* suggests that muscle fitness is necessary to prevent back-pain. A higher level of physical fitness is associated with a lower risk of developing hypertension, which is related to coronary heart disease (*Marti, 1991*). Furthermore, adequate flexibility and sufficient muscular strength and endurance may

reduce risks of low back pain as well as muscular and joint injuries (*Liemohn et al, 1988*). Recent research shows that physical activity is one of the most important factors related to maintaining good health (*Corbin & Pangrazi, 1993; USDHHS, 1996*). Physical activity can help ‘control body weight’ (*Epstein & Wing, 1980*) and ‘reduce risks of cardiovascular diseases’ (*Morris et al, 1980*). In July 1992, the American College of Sports Medicine and the Centers for Disease Prevention and Control (CDC), in cooperation with the Presidents Council on Physical Fitness and Sports recommended that a level of physical activity is sufficient for reducing the risk of morbidity and premature mortality from a range of diseases like CVD, NIDDM.

For developing a good level of physical fitness the U.S. Center for Disease Control & Prevention and American College of Sports Medicine (1992) recommends, a minimum of 30-minute of moderate intensity physical work out activities such as walking up stairs (instead of taking the elevator), gardening, raking leaves, dancing, and