STUDIES ON PHYSIOLOGICAL FITNESS OF FEMALE COLLEGE PLAYERS FROM WALWA TEHSIL OF SANGLI DISTRICT, MAHARASHTRA

MINOR RESEARCH PROJECT

Completion submitted to

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FINDINGS, SUMMARY AND CONCLUSION OF THE STUDY:

FINDINGS:

Studies on physiological fitness of female college players from Walwa tehsil of Sangli district, Maharashtra were carried out. Female players (100 subjects) of Walwa Tehsil of Sangli District, Maharashtra revealed physiological characteristics (Hb) within 9.0 to 13 g/ 100 ml of blood. Female players (100 subjects) revealed peak expiratory flow rate (PEFR) within 120 to 350 L/Minutes. Female players (100 subjects) revealed blood pressure (BP) within 132 to 71/ mmHg and pulse rate per minutes within 82 to 69. Female players (100 subjects) revealed increased (excellent) back fitness of female players. The effects of training like jogging, stretching, rotation at various joints, walking on heels and toes, forward bend, and backward bend, side word stretch, hip joints, stretching of calf and quadriceps muscle groups and Sit-ups and push-ups showed increase in experimental values.

SUMMARY:

1. In the present study female players of Walwa Tehsil of Sangli District, Maharashtra physiological characteristics (Hb) was found to be within 9.0 to 13 g/ 100 ml of blood.
2. Peak expiratory flow rate (PEFR) was noted within 120 to 350 L/Minutes.
3. The blood pressure (BP) of subjects was showed within 132 to 71/ mmHg.
4. Pulse rate per minutes attempted to be within 82 to 69/ Minutes.
5. The increased (excellent) back fitness of female players may be due to the effects of training like jogging, stretching, rotation at various joints, walking on heels and toes, forward bend, and backward bend, side word stretch, hip joints, stretching of calf and quadriceps muscle groups and Sit-ups and push-ups.

CONCLUSION:

Physical activity is known to be associated with the reduction of mortality, and is believed to induce longevity. Although physical activity levels are an integral part of a healthy lifestyle. A sport is an innate quality of human society and it has achieved a universal status in modern family. Other form of social activity has become an integral part of educational process, many people participates in sports activity for health and fitness. Physical education is an important field for the development and growth of players. The sports are obligatory and continues process needed for skill, strength and suppleness. Effective use of the human force depends upon the administration. This may suggest that physical activity remains stable over this age period. In the present study female players of Walwa Tehsil of Sangli District, Maharashtra physiological characteristics (Hb) were found to be normal. Peak expiratory flow rate was also excellent. The blood pressure of subjects was also normal with good cardiac function. Pulse readings were normal due to good chemical compositions of blood.

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