



ISSN: 2456-0057
IJPNE 2018; 3(1): 123-124
© 2018 IJPNE
www.journalofsports.com
Received: 18-11-2017
Accepted: 21-12-2017

Nisar Ahmad Hurah
Research Student S.R.T.M.
University, Nanded,
Maharashtra, India

Dr. RV Patil
Research guide in physical
education, S.R.T.M. University,
Nanded, Maharashtra, India

Effectiveness of physical education academic program on selected physiological characteristic among varsity students

Nisar Ahmad Hurah and Dr. RV Patil

Abstract

The main purpose of the study was to access selected physiological characteristic among varsity students and one variable was selected for the presented study i.e. heart rate. For this, data was collected on individually through 20 subjects of Swami Ramanand Teerath Marathwada University Nanded. The age range between 18 ± 28 years was selected as the subject for the study. Simple random sampling was used for collection of data. The data was analyzed using descriptive and t test. The level of significance was fixed at 0.05. Only one variable of physiological characteristic was selected i.e. heart rate and palpation of the radial artery in one minute was used in this study.

Results: The mean value and standard deviation in relation to heart rate was (76.5pr #69.5ps) and (2.14pr# 1.92ps) respectively. Calculated t-ratio was found 7.37 in relation to heart rate.

Conclusions: Significant difference was found among varsity students of Swami Ramanand Teerath Marathwada University Nanded in relation to hear rate.

Keywords: physical education academic program, physiological character, heat rate, varsity students

Introduction

Daily physical education class may provide the opportunity for students to meet Healthy People to guide for physical activity. Many schools districts, however, are reducing physical education Requirements and some are eliminating programs. The percentage of schools requiring physical education in each grade decreases from approximately 50% in grade Physical education classes are being replaced with other classes in an effort to increase the students' academic achievement as measured by standardized tests. Despite this trend, no clear evidence indicates that academic achievement will improve if physical education classes are cut. But it is not fact it is only misunderstanding and misconception among general line administrators. (Ahamed Y, *et, al.* 2007) [1] Now a day we see Physical education classes provide an opportunity for students to be physically active during the school day. School-based physical education has many benefits, including increasing physical activity and improving physical fitness and muscular endurance. Increasing physical activity through physical education is also a proposed public health strategy to reduce childhood obesity. Although there has been no evidence to date to show that maintaining or increasing time in physical education class negatively affects academic achievement in other subjects, there is concern that physical education classes could take time away from those subjects. More information is needed to address this concern and support public health objectives to maintain or expand physical education programs. (Cameron M, *et, al.* 2000)

We examined the influence of physical education in US elementary schools on direct measures of academic achievement in mathematics and reading from kindergarten through fifth grade. Our study was unique in at least ways: first, the measurement of academic achievement was a standardized test administered at time points. Second, we examined the association between physical education and academic achievement with a prospective cohort design. Finally, we examined participation in physical education as it existed in a representative sample of US students entering kindergarten in fall 1998 who were followed through spring 2004. (Davis CL, *et, al.* 2007).

Correspondence
Nisar Ahmad Hurah
Research Student S.R.T.M.
University, Nanded,
Maharashtra, India

Objectives of the study

1. To characterize the level of heart rate among students of Swami Ramanand Teerth Marathwada University Nanded.
2. To compare the level of heart rate among students of Swami Ramanand Teerth Marathwada University Nanded.

Materials and Methods

The sample comprised of Total 20 subjects were selected as a subject for the presented study & their age ranged from 18 to 28 years. Physiological variable selected in this study was heart rate and palpation of the radial artery in one minute was use. To analysis the data mean, standard deviation and t-ratio was used at significant value of 0.05 levels. Only one variable was selected as independent variable for the study.

- Heart rate.

Observation and Discussion

The data collected on 20 subjects were computed by using t-ratio statistical technique. The result of these data has been depicted in the following table.

Statistical Comparison of the Physiological Variable In Relation To Heart Rate

Variable	N	Group	Mean	S.D	T-Ratio
Heart rate	20	Pre-test	76.5	2.14	7.37
		Post test	69.5	1.92	

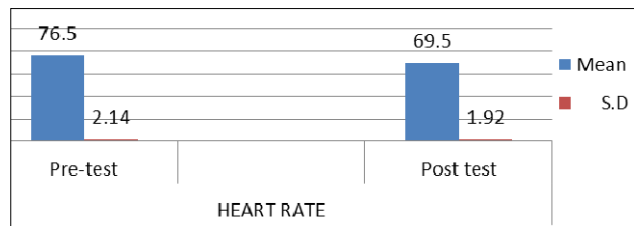


Fig 1: Graphical Representation of S.R.T.M University Students In Relation To Heart Rate

Discussion and Findings

The present study deals with the effectiveness of physical education academic program on selected physiological characteristic among varsity students of S.R.T.M. university Nanded and one variable was selected i.e. heart rate. Their range of age is between 18-28 years. The hypothesis of the present study was that there would be significant effect of heart rate among varsity students. The result of the study related (Table-1) in which t=7.37, which was not significant at 0.05 level of significance. So the hypothesis was accepted.

Conclusions

In the light of the findings, it was concluded that significant effect of physical education academic program was found on selected physiological characteristic in relation to heart rate among students of S.R.T.M. University Nanded.

References

1. Ahamed Y, MacDonald H, Reed K, Naylor PJ, Liu-Ambrose T, McKay H. School based Physical activity does not compromise children’s academic performance. *Medicine and Science in sports and Exercise.* 2007; 39:371-376. *American Education Research Journal.* 1995; 32:845-864.

2. Chomitz. Is there a relationship between physical fitness and academic achievements. 40 positive results public school children in the north eastern united states j sch health, 2009.
3. Carlson SA, Fulton JE, Lee SM, et al. Physical education and Academic achievement in elementary school: data from the early childhood Longitudinal study, *American Journal of Public Health.* 2008; 98:721-727.
4. French SA, Story M, Perry CL. Self-esteem and obesity in children and adolescents: a literature review. French SA, Story M, Perry CL, 1995.
5. Sallis JF. Effects of health-related physical education on academic Achievements: Project SPARX. *Research Quarterly for Exercise and Sports.* 1999; 70:127-134.