Current Global Reviewer

Peer Reviewed Multidisciplinary International Research Journal
PEER REVIEWED & INDEXED JOURNAL

ISSN 2319-8648 | Impact Factor - 7.139 | Indexed (SJIF)

February 2020 Special Issue-22 Vol. 1

The Role of Women in Global Development

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CURRENT GLOBAL REVIEWER

Special Issue 22 , Vol. 1	Peer Reviewed	ISSN : 2319 - 8648
February 2020	SJIF	Impact Factor : 7.139

"Preparation Of Norms For The School Going Boys Between 11 To 14 Years Of Age In Explosive Strength"

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ABSTRACT:

The purpose of the present study was to prepare develop explosive strength test reference norms for the assessment to assess on different age students of Osmanabad district.The School Boys age 11 to 14 years. The sample for the present study consists of 11 Year of age in School boys (555), 12 year of age in school boys (582), 13 year of age in school boys (615) and 14 year of age in school boys (585) Selected. To find out the Explosive Strength the Standing Broad Jump test were used.For this study data have been collected samples from Osmanabad District. The researches descriptive statistics use to test the data are reported in this study (SPSS calculated Mean, Standard Deviation, Maximum, and Minimum). Percentile scale was be used.The maximum (minimum) score means highest (lowest) score was obtained on the Standing Broad Jump Test (Centimeter) of 11 years of age students were 233 (101), 12 years of age students were 228 (115), 13 years of age students were 234 (112) and 14 years of age students were 236 (118) respectively.

KEYWORDS: Explosive Strength and Boys.

INTRODUCTION:

In everyday life of human being Physical Fitness has considered as an essential element.Physical Fitness should be a part of everyone's life. Today, world represent the age of advantage technology to use in our day to day life. children become inactive in their lifestyle due to the continuous use of mobile, computer, video games, television and sleeping. The daily Physical Activity and movement slowly decreases and some place electronic apparatus and machines of use for example (e.g.) for daily playing play in ground instead of playing computer game but not increase for physical and healthy life and may be invited to obesity and different disease.The capacity to carry out the day's activities without undue fatigue is called fitness. Strength is the ability to generate force or the maximum amount of force that a muscle can exert in a single contraction. According to Harnek and Phillip 1979, said that the strength is the constructive power of muscles attained by a single maximum effort. According to Kansal D. K.1996, Maximal contraction power of the muscle is known as Muscular Strength.

OBJECTIVES OF THE STUDY:

The main objective of the study is to prepare develop norms (age wise) in Strength Test of boys of Osmanabad district.

METHODOLOGY:

The present study was to prepare new norms in Strength test of boys of Osmanabad district. The School Boys age 11 to 12 years. The sample for the present study consists of 11 Year 555 School boys, 12 year 582 school boys, 13 year 615 school boys and 14 year 585 school boys. To find out the ExplosiveStrength the Standing Broad Jump test were used.For this study data have been collected samples from Osmanabad District.

VARIABLE:

Specific Component	Elements tested	Test Items	Valid Measurement Unit's
Strength	Explosive Strength of Leg	Standing Broad Jump test	Centimetre

STATISTICAL METHOD:

The researches descriptive statistics use to test the data are reported in this study (Mean, Standard Deviation, Maximum, and Minimum). In order to prepare the norms, Percentile scale was be used. The percentile scale was calculated from 5^{th} to 99^{th} percentile. All test the 99^{th} percentile represents the highest performance score and 5^{th} percentile represents the lowest performance score.

ANALYSIS AND INTERPRETATION OF RESULTS:

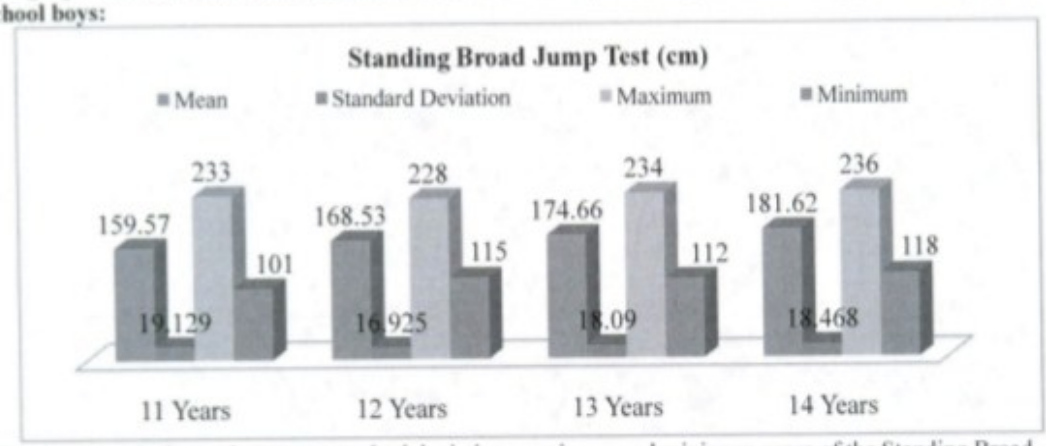
The following table shows the statistical information of mean, standard deviation, maximum and minimum of Standing Broad Jump test (cm) for school boys:

Statisticians	Age in Years			
	11 Year	12 Year	13 Year	14 Year
Number of Students	555	582	615	585

Mean	159.57	168.53	174.66	181.62
Standard Deviation	19.129	16.925	18.090	18.468
Maximum	233	228	234	236
Minimum	101	115	112	118

The above table indicates that the SPSS calculated mean and standard deviation of the Standing Broad Jump test (cm) among the school students. The mean (standard deviation) for the Standing Broad Jump test (cm) of 11 years of age students were 159.57(19.129), 12 years of age students were 168.53 (16.925), 13 years of age students were 174.66 (18.090) and 14 years of age students were 181.62 (18.468) respectively. The maximum (minimum) score means highest (lowest) score was obtained on the Standing Broad Jump Test of 11 years of age students were 233 (101), 12 years of age students were 228 (115), 13 years of age students were 234 (112) and 14years of age students were 236 (118) respectively.

The graphshows the different statistical scores of 11 to 14 years of age on Standing Broad Jump Test for school boys:



The above graph shows the mean, standard deviation, maximum and minimum score of the Standing Broad Jump Test of the school boys in the study sample.

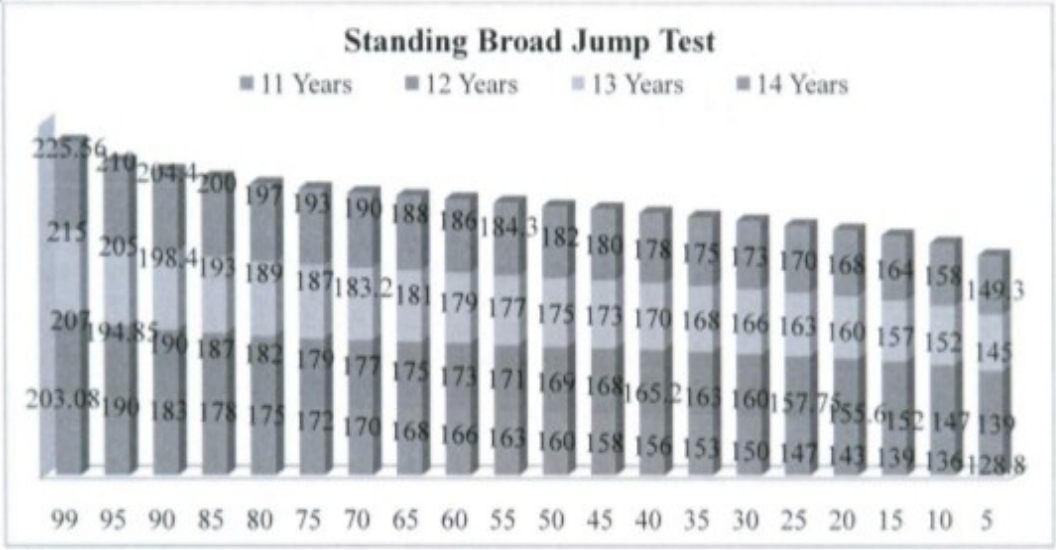
The table shows the percentile scores of Standing Broad Jump test (cm) for school boys based on age:

Percentile score	Age in Years			
	11 Year	12 Year	13 Year	14 Year
99	203.08	207.00	215.00	225.56
95	190.00	194.85	205.00	210.00
90	183.00	190.00	198.40	204.40
85	178.00	187.00	193.00	200.00
80	175.00	182.00	189.00	197.00
75	172.00	179.00	187.00	193.00
70	170.00	177.00	183.20	190.00
65	168.00	175.00	181.00	188.00
60	166.00	173.00	179.00	186.00
55	163.00	171.00	177.00	184.30
50	160.00	169.00	175.00	182.00
45	158.00	168.00	173.00	180.00
40	156.00	165.20	170.00	178.00
35	153.00	163.00	168.00	175.00
30	150.00	160.00	166.00	173.00
25	147.00	157.75	163.00	170.00
20	143.00	155.60	160.00	168.00
15	139.00	152.00	157.00	164.00
10	136.00	147.00	152.00	158.00
5	128.80	139.00	145.00	149.30

The above table shows that lowest value of Standing Broad Jump Test is at 5th percentile while the highest value of Standing Broad Jump Test is at 99th percentile for different age groups.

The above percentile score shows the 99th percentile and 5th percentile values of the Standing Broad Jump test among the students. The percentile score of 11, 12, 13 and 14 years of age for the Standing Broad Jump test is highest of 99th percentile values 203.08, 207.00, 215.00 and 225.56 respectively, as higher value indicates better than lowest of 5th percentile values 128.80, 139.00, 145.00 and 149.30respectively has been observed among the students. The result of percentile scale of Standing Broad Jump test among four age groups of school students formed on the basis of Standing Broad Jump test in the following presented in graph.

The graph shows percentile scores of 11 to 14 years of age on Standing Broad Jump Test (cm) for school boys:



The above graph clearly shows that the percentile scores of 11 to 14 years of age on Standing Broad Jump Test for school boys.

CONCLUSION AND DISCUSSION:

The mean (standard deviation) for the Standing Broad Jump Test (cm) of 11 years of age students were 159.57(19.129), 12 years of age students were 168.53 (16.925), 13 years of age students were 174.66 (18.090) and 14 years of age students were 181.62 (18.468) respectively. The maximum (minimum) score means highest (lowest) score was obtained on the Standing Broad Jump Test (cm) of 11 years of age students were 233 (101), 12 years of age students were 228 (115), 13 years of age students were 234 (112) and 14years of age students were 236 (118) respectively. The Standing Broad Jump test mean score of boys 14 years better than 13, 12, and 11 years, 13 years better than 12 and 11 years and 12 years better than 11 years.

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Special Issue 22 , Vol. 1 | Peer Reviewed | ISSN : 2319 - 8648
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