

Review Of Research

EFFECT OF CALLISTHENIC EXERCISE ON MOTOR ABILITY OF SECONDARY SCHOOL CHILDREN

Abstract:

Physical Education is that phase of education which is concerned, first, with the organization and leadership of children in big-muscle activities to gain the development and adjustment inherent in the activities according to social standards and second, with the control of health or growth, continues naturally, associated with the leadership of the activities so that the educational process may go on without growth handicaps. Physical education should aim to improve the mass of students and to give them as much health strength and stamina as possible them to perform the duties that awards them after they leave the college.

Key Words:

Callisthenic Exercise ,Secondary School Children , organization.

Chennamma D. Chilamur¹ and N. Chandrappa²

¹Research scholar , Department of studies in Physical Education and Sports Science,
K.S.W. University, Bijapur.

²Guide/ Chairman , Department of studies in Physical Education and Sports
Science, K.S.W. University, Bijapur.



INTRODUCTION

Callisthenic exercises are easy on your joints. Exercises such as leg extensions and machine chest presses are safe enough but for some exercisers, these movements can be hard on your joints. If you have a long history of hard training or are over forty and beginning to experience the onset of joint pain, callisthenic exercises are one of the best ways to keep your joints moving while minimizing any discomfort. As many martial artists and ex-military personnel have proven, callisthenic exercises are suitable for older exercisers looking to maintain a high level of fitness despite worn joints.

MOTORABILITY

A recruitment method used to test the physical skills of an individual. For instance, the movement speed of the arm, reaction times as well as the right use of fingers is tested.

Abilities are genetically predetermined characteristics that affect movement performance such as agility, coordination, strength, and flexibility. Abilities are enduring and as such, difficult to change in adults. Abilities differ from skills in the sense that skills are learned, whereas abilities are a product of both learning and genetic factors. Skills are a level of proficiency on a specific motor task, while abilities are part of an individual's traits that affect her capability to become skillful when learning a new motor task. For example, abilities that are required for a skilled race car driver include rate control, manual dexterity, stamina, control precision, and reaction time; a typist needs to have abilities in aiming and finger dexterity; a surgeon requires arm-hand steadiness and multilimb coordination; and a figure skater performing the triple axel requires abilities such as explosive strength, dynamic flexibility, gross body coordination, and multilimb coordination.

STATEMENT OF THE PROBLEM

The purpose of the Study was find out, "Effect of callisthenic exercise on motor Ability of secondary school children."

DELIMITATION

- The study is delimited to girls of secondary school.
- The study is delimited to age group of 14-16 years.
- The study is delimited to Govt. Urdu High school Dallathkoti Bijapur City.
- The study is delimited to callisthenic exercises.
- The study is delimited motor Abilities, Speed.

LIMITATIONS

- The study is based on practical approach
- The study will be based on sophisticated equipment for measure to Speed of School children.
- All the measurement and performance of the subjects will be consider as a data
- The measurement taken into consideration of geographical condition, motivation, as limitation of the study

HYPOTHESIS

- It is hypnotized that the training it may Effect Speed of the individual.
- It is hypnotized that the effects of Calisthenics Exercises it may improve the Speed.
- Further it hypnotized that it may not be improve the Speed of individual

SIGNIFICANCE OF THE STUDY

- The result of the study provides guidelines for determining the most effective programmed to improve motor variables among the secondary school girls.
- The result of the study provide valuable information for sports promotion and organizers if positive links are established between calisthenics exercises & motor ability variables.

Definition of the terms

Calisthenics Exercises & Motor Abilities

Callisthenic exercises are a natural form of exercise with of a variety of simple movements using only your body weight for resistance.

MOTOR ABILITIES

The present acquired and innate ability to perform motor skills of a general or fundamental nature,

explosive of highly specialized sports or gymnastic techniques.

•Speed

REVIEW OF LITERATURE

Several sports are played in the world. The main object of any sport is to entertain still in addition to it physical exercise takes place due to sports and it also accompanies the development of factors of physical fitness and health in general. And therefore due to this only sport has got important place in human life today.

Padmanathan, (2011), conducted a study on the effect of low impact aerobic exercises on selected health related physical fitness variables such as muscular endurance, cardio respiratory endurance, flexibility and Bodymass index of male adolescents. Their age ranged from 12 to 15 years. They were divided in to two groups and designed as Experimental group 'A' and Control group 'B' The Experimental group-A was given aerobic and calisthenics exercises for a period of twelve weeks, both morning and evening for five days in a week, whereas control group-B is not involved any specific exercise programme other than their regular physical activities programme as per their school curriculum. The result of this study indicated that muscular endurance and cardio respiratory endurance were significantly improved and also it was observed that Body mass Index significantly reduced.

Ramesh and Subramaniam (2011) conducted a study on the effect of aerobic and calisthenics exercise on health related physical fitness variables such as muscular strength, muscular endurance, flexibility, cardio respiratory endurance and body mass index (BMI) of obese adolescents. Their age ranged from 12 to 18 years. They were divided into two groups and designed as the experimental group and control group. The Experimental group was given aerobic and calisthenics exercise for a period of three months, both morning and evening for five days in a week. However, the control group was not allowed to participate in aerobic and calisthenics exercise training programmed. The result of this study indicated that muscular strength, muscular endurance, cardio respiratory endurance were significantly improved, and also it was observed that Body mass Index significantly reduced.

METHODOLOGY

The purpose of investigation was to see the effect of 6 week callisthenic exercises training on Speed Performance of Secondary School Children. To execute the investigation selected 25 Experimental Group and 25 Control Group. To fulfill required data for the experimenter given six week training to experiments group and non experiment group was not made expose to any treatments, sample was chosen on probability purposive sampling technique. The total sample consists 50 Girls the Age Levels was 14 to 16 Years. Packaged of callisthenic exercises was used to impart training to experimental group and pre and post test and riding of speed has taken and 't' test was applied to see the is there significant difference has taken as result of six week training on motor variables of secondary students, and 400mts track has used to measure the speed ability of experiment group.

CALISTHENICS EXERCISES

Basically all these exercises are freehand movements in nature and done with two counts or four counts to complete one movement.

- 1)Arm rotation
- 2)Trunk forward bending and back
- 3)Trunk bending – Sideways: Left and Right
- 4)Legs stretching sideways from crouch sit position with a hop (Alternate - Left and Right)
- 5)Back curling
- 6)Squatting
- 7)Dips
- 8)Front kick
- 9)Sit ups with straight legs
- 10)Jumping jacks

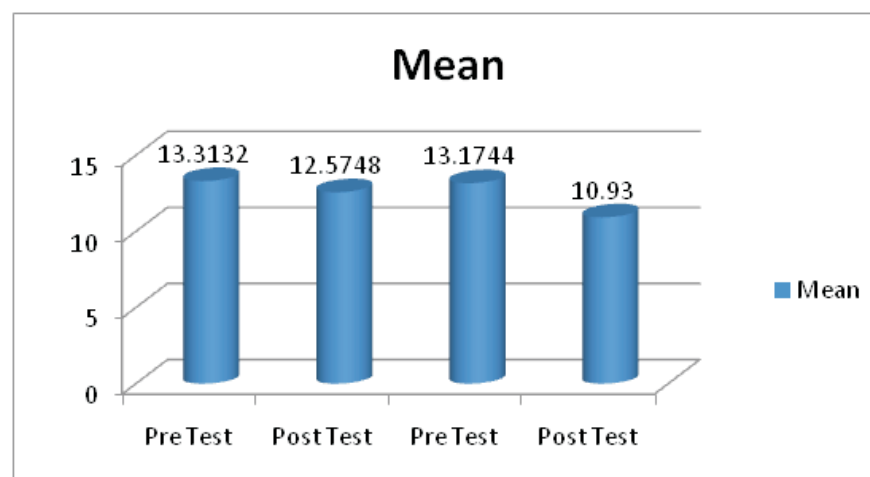
MOTOR ABILITIES

•Speed

ANALYSIS AND INTERPRETATION OF DATA

Speed [50mtr Dash] of Control Group and Experimental Group between Pre Test and Post Test

Sl. No	Test	Mean	S. D	Df	t-value	P	Rem
1	Pre Test and Post Test	13.3132	1.77116	24	1.504	1.27	NS
		12.5748	1.58250				
2	Pre Test and Post Test	13.1744	1.85417	24	4.981	.000	S
		10.9300	1.27968				



The above figure clearly indicates that the six weeks callisthenic exercises training performance is drastically improved speed of the subjects.

Table No-1

The Group showing there is no significant difference of the pre-test and post-Test as well Mean, standard Deviation and t- Value. The mean Score of Pre-Test 13.31, Post-test 12.57, Standard Deviation. Pre-test 1.77, post-test 1.58, The Variables of the study clearly shows that the impact of calisthenics exercise increase the Speed ability among the students , it was measured through 50mtr dash in seconds . The t- value is 1.50, This indicate there is no significant difference between Pre-Test and Post-Test of the Subject.

The group showing the significant difference of the pre-test and post-Test as well Mean, standard Deviation and t- Value. The mean Score of Pre-Test 13.17, Post-test 10.93, Standard Deviation. Pre-test 1.85, post-test 1.27. The Variables of the study clearly shows that the impact of calisthenics exercise increase the Speed ability among the students and it has Measured through the 50mtr dash in seconds. The t- value is 4.98, This indicate the level of significant difference between Pre-Test and Post-Test of the Subject.

CONCLUSION :

Through study it has rationalized that callisthenic exercises training plays significant explosive power and increases in working capacity of muscle, hence, it is found significant improvement in working capacity of muscle and increases in the speed capacity of school students and callisthenic plays in increasing speed abilities factors,

REFERENCE

- 1.Abu Marak, G.Z. (1988). A study of the relationship between exam anxiety and academic achievement in the first year of secondary school students of Makkah Almokarramah. Unpublished master's dissertation (in Arabic), Om-Alkora University.
- 2.Advance Twentieth Century Dictionary. (1995). New Delhi: Educational Publishing House.
- 3.Advanced Learners Dictionary of Education. (2000). New Delhi: Anmol Publishers Pvt. Ltd.
- 4.Aggarwal, J.C. (1997). Education in India since 1991. New Delhi: Vikas Publishing House Pvt. Ltd.
- 5.Aggarwal, Laxmi Vijay. (2007). Social maturity of adolescents in relation to cognitive and non-cognitive variables. Unpublished doctoral dissertation, Punjab University, Chandigarh.