



ADVANCE TECHNIQUES FOR ENHANCEMENT OF FITNESS FOR TRIBAL STUDENTS

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Abstract:

Fitness is the backbone of the academic success. In the academic world the goal of the education cannot be completed, without retaining the knowledge of mental structure and functions. So every student should have sound knowledge of fitness and mental elements. Emphasis must be given on understanding of the human body, health behaviour, personal health, lifetime fitness principles and training techniques, nutrition, weight control, stress management.

Keywords: Health behavior, lifestyle.

Objective: People who do exercise have higher fitness level than who doesn't do. To compare the profile of fitness among tribal and non-tribal.

Methodologies:

➤ **Tool: Aapher test:**

Aapher test is conducted to determine about the performance level of the participants who takes part in the test. It is used to compare the fitness level among the participants.

It consists of five sections:

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First Section: It includes discussion about the test.

Second Section: It includes about the detailed instruction for administrating test.

Third, Fourth, Fifth Section: It includes recording the test result and comparing the results.

600 Yards Walk

Purpose/Hypothesis:

Reduced physical fitness in children with cerebral palsy (CP) has received little attention. The 600 Yard Walk-Run Test is easy to perform and has been used to measure walking endurance and speed in children without disability.

This study examined:

1) The ability of children with CP to walk 600 yards and

2) Differences in walking speeds between GMFCS Levels I, II and III.

Standing Long Jump: The **standing long jump** is an athletics event. It was an Olympic event until 1912.

In performing the standing long jump, the jumper stands at a line marked on the ground with the feet slightly apart. The athlete takes off and lands using both feet, swinging the arms and bending the knees to provide forward drive. Ray Ewry set the world record for the standing long jump (3.47 m (11.4 ft) on 3 September 1904) as well as the standing high jump (1.65 m on 16 July 1900).

The Push Up Test: It measures **muscular strength and endurance**, a combination that better reflects your fitness level than strength tests like the one rep max. Besides being dangerous, single rep max tests also require a lot of equipment (bench press or squat rack, barbells, and other weights).

Goal: Do as many pushups as you can in one minute.

Walking:

Walking is a time taking and slow activity but result in good body shape and thus can be considered as having a positive value.

Walking cannot strengthen the muscles a once although reduces the fat of the body by burning it which is again the slow process thus we cannot expect the quick results from walking.

Walking should be done regularly which is beneficial for the health.

Jogging:

Jogging can be kept in middle in the position as it doesn't require much hard work. It can be considered for perfect cardio work as it increases the level of stamina in the human body.

Jogging must be done regularly and with discipline in proper time every day so that it can pump the muscle and burn the fat in the body and leads to proper shape of the body.

Running: Running is the fastest activity for burning the fat in the body. It can be kept in the

highest position in the rank from jogging and walking.

Running is most important activity for warm-ups for the other physical activity to be carried out.

In spite of having various above features running may lead to leg cramps, body fatigue, and increased heart beat rate.

Yoga:

The most important goal of yoga is ultimate liberation.

Yoga reduces the stress, fatigue from the body and thus provides relaxation in the body.

Yoga is not only important for spirituality but is also important for physical fitness of the human body.

According to **patanjali**, the postures of the body made during yoga reduce various disease of the human body.

Meditation: It is a practice in which an individual trains the mind or induces a consciousness. It develop compassion,^[3] love, patience, generosity and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration.

➤ **Sample:** The purpose of the study was to compare the Health related physical fitness variables and psychomotor ability between tribal and non-tribal school going children. The criterion measures included under Health related physical fitness directly related to improvement of health are

- 1) Sit and Reach test to measure lower back flexibility
- 2) Body Fat Monitor, an electronic device manufactured by Omron model.
- 3) Aerobic /cardiovascular function was measured by the 1.5 mile run test, 4) Abdominal muscular strength and endurance was used measured by Partial Curl Ups.

One thousand students age ranging from 17 to 30 years were selected as subjects for the study of which 500 hundred were Tribal and the remaining five hundred were Non-tribal School

going from different schools of North 24 Parganas District, West Bengal. Health related fitness includes the 3 major components of fitness directly related to improvement of health.

Test component-1: The sit and reach test was used to measure lower back flexibility and was recorded in nearest centimetres.

Test component-2: Body Fat Monitor, an electronic device manufactured by Omron model no. HBF 306 was used to measure body fat percentage and was recorded in percentage.

Test component - 3: Aerobic /cardiovascular function was used measured by the 1.5 mile run test and was recorded to nearest minutes and seconds.

Results: It is usually noticed that lifestyle of the Tribal people is based on hard physical works than that of Non- Tribal people which makes the tribal more hardy, speedy, agile, flexible and laborious and probably due to such reasons they assumed high functional ability in their daily life activities, which rather assists them to be more fit physically and mentally than that of the non-tribal.

Conclusion: Differences were noted in type/category of cases, sputum conversion as well as in outcome between tribal and non-tribal students

Tribal students have significant difference from non tribal on basis of fitness. And tribal students have much more fitness from non tribal students.