

# “AN ANALYTICAL STUDY OF SELECTED PHYSICAL FITNESS COMPONENTS AND PERFORMANCE VARIABLE OF CYCLIST”.

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## **Abstract**

Endurance is the result of physiological capacity of the individual to strain movement over a period of time. The capacity to keep going or put up with physical hardship etc for long time. The ability to withstand physical hardship or strain. Endurance like strength is a conditional ability. Energy liberation processor primarily determines it. The ability of the human body to maintain a certain level of energy production forms the physiological basis of endurance. The purpose of the study was to “An analytical study of selected physical fitness components and performance variable of cyclist.” Players of physical fitness analytical study of Gadag and Vijayapur students selected for the study. The tester was 12mnt walk and run test for endurance. The data were computed “t”test at 0.05 level of confidence. The result of the study showed that the mean scores of physical fitness components of Gadag and vijayapur cyclist.

**Keywords :** Physical Fitness, Endurance, An analytical study of cyclist

## Introduction

Sports includes all forms of competitive physical activity or games which, through casual or organized participation, at least in part aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Hundreds of sports exist, from those between single contestants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. In certain sports such as racing, many contestants may compete, simultaneously or consecutively, with one winner; in others, the contest (a match) is between two sides, each attempting to exceed the other. Some sports allow a "tie" or "draw", in which there is no single winner; others provide tie-breaking methods to ensure one winner and one loser. A number of contests may be arranged in a tournament producing a champion. Many sports leagues make an annual champion by arranging games in a regular sports season, followed in some cases by playoffs. However, a number of competitive, but non-physical, activities claim recognition as mind sports. The International Olympic Committee (through ARISF) recognizes both chess and bridge as bona fide sports, and Sport Accord, the international sports federation association, recognizes five non-physical sports: bridge, chess, draughts (checkers), Go and xiangqi, and limits the number of mind games which can be admitted as sports.

## Benefits of cycling

- Increased cardiovascular fitness
- Increased muscle strength and flexibility
- Improved joint mobility
- Decreased stress levels
- Improved posture and coordination
- Strengthened bones
- Decreased body fat levels
- Prevention or management of disease
- Reduced anxiety and depression

## Methodology

The purpose of the study was to analytical study of physical fitness of male and female cyclist. To achieve the purpose of the analytical study. Selected some tests variables and statistical analyze study is procedure.

Endurance refers to the ability of a muscle or group of muscles to repeatedly move against a sub maximal resistance (**Hoffman, 2006**).

## Discripted of tests

SI.NO	Variables	Test Items	Criterion measurements
1	Endurance	12mnt run and walk	Run and walk both also covered by subject against time taken in minutes.

## Endurance

### (Cooper's 12 Min Run/ Walk)

## Purpose

To measure the cardio vascular endurance of the subjects

## Equipment

A track with markings, stop watch

## Procedure

Subjects were instructed to run, jog or walk about the course. The test continued until they complete 12 minutes.

## Scoring

The distance covered by the subjects for 12 minutes was recorded in meters.

## Statistical Technique

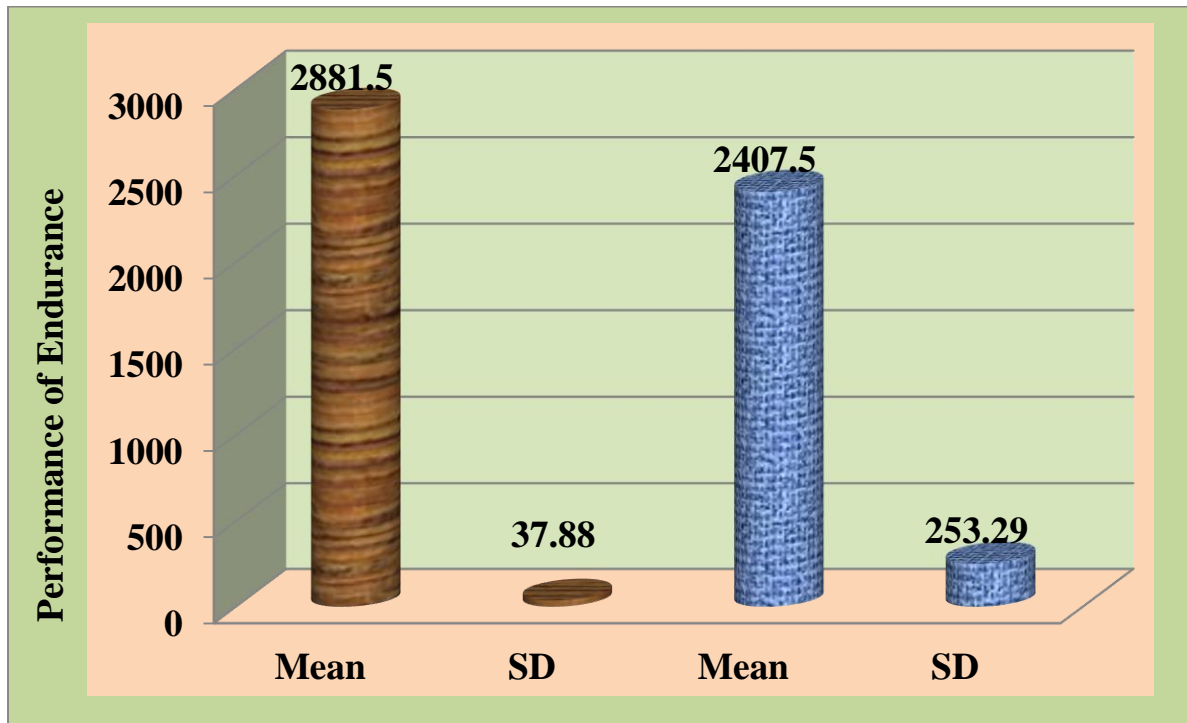
To analyse the data of selected Physical Fitness Components Cycling players, Mean, SD, 't'-Value was applied comparison to determine the significations 0.05 level.

## Analysis and Interpretation of the data

The main purpose of this study was to An analytical study of physical fitness male female of cyclist. To achieve this purpose the data collected in this study were add to statistical analysis and the result which are presented in this chapter for this study of Gadag and Vijayapur total subjects 40in both district were selected. The test were conducted on standard test. Mean, Standard deviation and their values of endurance are presented in table 4.1.

**Table-4.4(a) Mean Scores, Standard deviation and t- values on Endurance of Gadag Cyclist Boys and Girls.**

Variable	Players	Number	Mean Scores	Standard Deviation	t-Value
Endurance	Boys	10	2592.800	158.79603	6.180*
	Girls	10	2186.100	165.91929	



**Significant at 0.05 level Table value is 1.725**

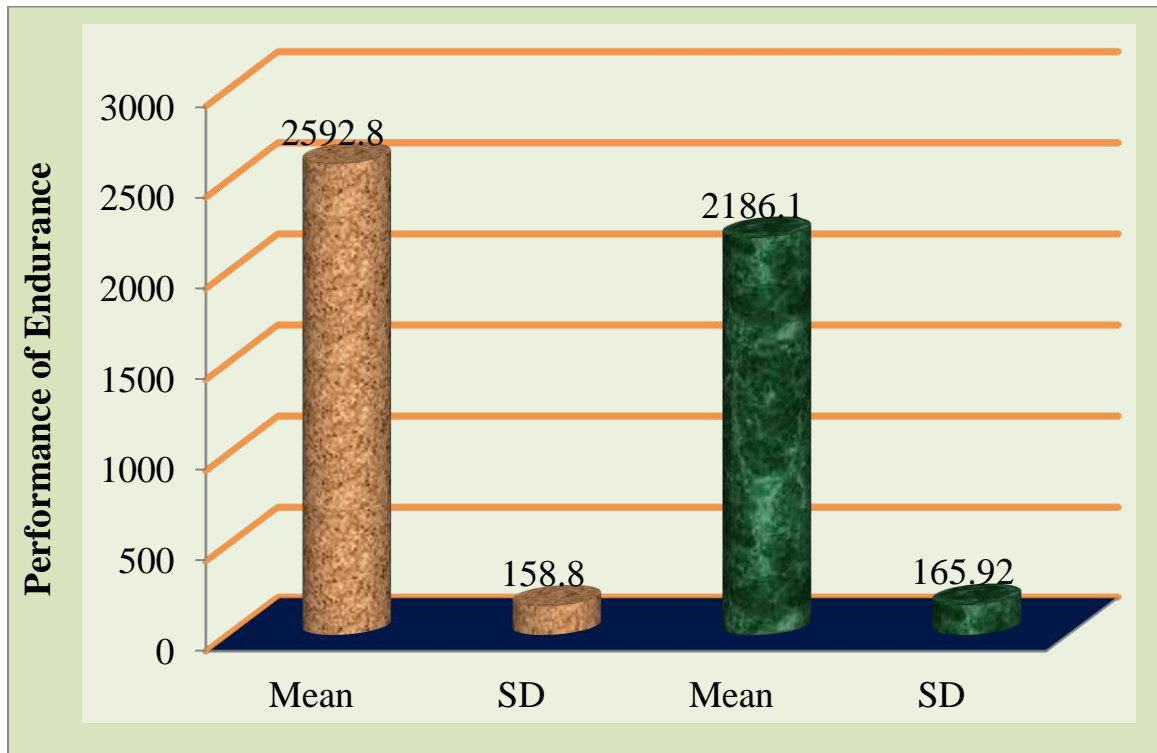
The Table 4.4 (a) represents the significance of mean difference of Gadag District Boys Cyclist and Girls Cyclist players regarding Endurance.

The mean values of Gadag District Boys Cyclist and Girls Cyclist players regarding Endurance were 2592.800 and 2186.100 respectively. The calculated 't' value is 6.180 which is significant at 0.05 level of significance. So there is a significant difference in Endurance of Gadag District Boys Cyclist and Girls Cyclist players. The Endurance of Gadag District Boys Cyclist player is better than Girls Cyclist players.

Mean scores of Endurance of Gadag District Boys Cyclist and Girls Cyclist players are presented graphically in figure-4.4 (a).

**Table-4.4 (b) Mean Scores, Standard deviation and t- values on Endurance of Vijayapura Cyclist Boys and Girls.**

Variable	Players	Number	Mean Scores	Standard Deviation	t-Value
Endurance	Boys	10	2881.5000	37.87998	3.158
	Girls	10	2407.5000	253.29221	



**\*\*Significant at 0.05 level Table value is 1.725**

The Table 4.4(b) represents the significance of mean difference of Vijayapura District Boys Cyclist and Girls Cyclist players regarding Endurance.

The mean values of Vijayapura District Boys Cyclist and Girls Cyclist players regarding Endurance were 2881.5000 and 2407.5000 respectively. The calculated 't' value is 3.158 which is significant at 0.05 level of significance. So there is a significant difference in Endurance of Vijayapura District Boys Cyclist and Girls Cyclist players. The Endurance of Vijayapura District Boys Cyclist player is better than Girls Cyclist players.

Mean scores of Endurance of Vijayapura District Boys Cyclist and Girls Cyclist players are presented graphically in figure-4.4 (b).