PHYSICAL FITNESS OF COLLEGE STUDENTS LIVING AT HIGH AND LOW ALTITUDE

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(Received December 9, 2011, accepted December 15, 2011)

ABSTRACT

The study aim to compare the physical fitness of professional students living at high altitude with professional students living at low altitude students. To measure the physical fitness APPHER test battery was used, which measures variables of physical fitness that is speed, abdominal strength, endurance, agility and explosive strength. 110 *students were selected, the subject were doing one year diploma course in physical education after completing their graduation.* 55 *students who were residing and performing physical training at high altitude, at Government College of Physical Education Ganderbal (Kashmir) which is situated at high altitude of more than* 3000 *meters above sea level. Other* 55 *were residing and doing training at low altitude at Government College of Physical Education, Punjab. As the nature of course/ trainning is same all over India, The training schedule is same according to syllabus of both the institutions. This includes morning activity plus conditioning, theory work and evening session activities. To measure physical fitness level of the subjects AAPHER six test item batteries that includes (a) Sit ups: for abdominal strength, (b)* 50 *yards dash: to measure speed, (c) Pull up: to measure strength, (d) Shuttle run: agility, (e) Standing broad jump: explosive strength, and (f)* 600 *yards run: to measure the endurance were applied. It was concluded that the Students living and doing training at high altitude was better than the Students trained at low altitude in endurance, power and agility, while as students from low altitude were better in strength and speed.*