

## **A COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS COMPONENTS OF DIFFERENT RESIDENTIAL SCHOOL STUDENTS**

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*(Received October 23, 2013, accepted November 07, 2013)*

### **ABSTRACT**

*A comprehensive fitness program tailored to an individual typically focuses on one or more specific skills, and on age or health-related needs such as bone health. Many sources also cite mental, social and emotional health as an important part of overall fitness. With the arrival of the British Raj in India, the modern European education came to India. British Raj was reluctant to introduce mass education system as it was not their interest. The colonial educational policy was deliberately one of reducing indigenous culture and religion, an approach which became known as Macaulayism. Now the sportsman has been able to give outstanding performance because of involvement of new scientifically substantiated training methods and means of execution of sports exercise such as sports techniques and tactics. The purpose of the study was to investigate the difference on selected physical fitness components between the Sainik School students and Ramakrishna Mission Vidyapith students. 50 male Sainik School students and 50 male Ramakrishna Mission Vidyapith students of two deferent schools from Purulia district, West Bengal were selected as the subjects for the study. The age of the subjects was 11–14 years. Speed, Agility, Explosive leg strength, Abdominal strength and Endurance were consider as physical fitness components for the study. To compare the study Student 't' test was applied to calculate the collected data at 0.05 level of significance. . The result showed that there was no significant difference found between the Sainik School and Ramakrishna Mission Vidyapith students of Speed, Agility, Explosive leg strength, abdominal strength and endurance.*