

**ASSESSMENT AND CONSTRUCTION OF NORMS ON STRENGTH: ADOLESCENT
BOYS AT DIFFERENT GEOGRAPHICAL REGION**

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ABSTRACT

Physical fitness is a positive and dynamic quality extending and continuum from birth to abundant life. Physical education is the path to establish fitness and health related aspects in the society. The purpose of the study was to compare the strength among coastal, plain and altitude area school boys of Tamilnadu. To achieve this purpose, 13,500 boys from various schools of coastal area (Cuddalore, Nagapatnam, Pudukottai, Villupuram, Chennai and Thottukudi districts), plain area (Vellore, Villupuram, Salem, Tiruvannamalai and Kangipuram district), and altitude area (Udhagamandalam, Dindukkal, Pollachi districts) of Tamilnadu, South India were selected as subjects at random. And there age ranged between 11 to 13 years (Studying in 6th to 8th standard). Strength (shot put performance) was selected as criterion variable and tested. The collected data were statistically examined by using ANOVA to find the significant difference if any. The obtained 'F' ratio was found significant; scheffe's post hoc test was applied to know the paired mean difference. The level of confidence was fixed at .05. To construct the norms, Hull scale value of respected classes was continuously added to and subtracted from the respected means for determining the values from zero to hundred in the scale. The result shows that plain area boys were better in strength compared with coastal and altitude area boys.