

STUDY OF MOTOR FITNESS AMONG STUDENTS

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ABSTRACT

The purpose of this study was to investigate and compare Motor ability factors among students, a sample of 1852 male students were selected by employing random technique. The age of the subjects ranged between 13 to 18 years studying in Chandigarh government high schools. The subjects were tested in selected Motor Fitness factors namely: speed, agility, flexibility, leg power, strength and cardiovascular endurance. In order to analyze development patterns the one way analysis of variance was used. The statistical results showed that the male students significantly differed at level $P < 0/05$ in motor fitness factors performed. Superiors were determined with age increase, so the elderly male students were better than their junior counterparts.