

Effect of Physical Exercises for the Development of Speed among Female Students of Mahatma Jyotiba Phule Telangana Backward Classes Welfare Residential Educational Institutions Society, Telangana

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Abstract:

Regular Physical activity is important for all Children's in Schools. The Objective of the present study is to find out the effect of physical exercises for development of Speed among Female school children in Telangana. The sample for the Study consists of 30 Female School Children of Grade 9th and 10th between the age group of 13 to 15 Years out of 15 children are experimental group and 15 are Control group studying in Mahatma Jyotiba Phule Telangana Backward Classes Welfare Residential Educational Institutions Society in Telangana. Physical activities such as Running, Jumping, Throwing, Own Body Exercises and playing sports and games were given to experimental group apart from regular physical education classes of calisthenics exercises for 6 weeks on alternate days per week and control group were attended general physical education class on alternate but no special training were given to improve the physical fitness. Pre Test and Post Test were conducted in the physical fitness item such as 30 M Run, for Speed. The Results of the Study shows due to the physical activity programme the Schools Students experimental group improved a lot in Speed compare to control group. Regular physical activity can help Female school children to improve the Physical fitness, build strong bones and muscles, control weight, and reduce symptoms of anxiety and depression. Key words: Physical Exercise, Physical fitness, Running, Jumping, Throwing etc.

Introduction:

Physical activities help in developing students' competence and confidence. It helps them to take part in a wide range of physical activities that are crucial to their lives— both in and out of school. Physical fitness is the key ingredient for a healthy lifestyle. This is why physical education is an important element in most schools. When students have regular fitness activities as part of their daily regimen, they stay fit and healthy. Regular physical activities daily help



in better absorption of nutrients in the body and also helps in improving cardiovascular health and developing muscular strength

Schools are potentially attractive settings in which to promote positive health behaviors because students spend large amounts of time in the school environment, elements of the traditional school curriculum relate directly to health, and schools typically provide extracurricular programs that can promote health. Although academic performance stems from a complex interaction between intellect and contextual variables, health is a vital moderating factor in a child's ability to learn.

Prof. Rajesh Kumar (2025) Physical Education–A Fitness Tool for School Children's.

Physical education in schools is a valuable fitness tool, promoting physical health, developing motor skills, and fostering social-emotional growth, ultimately contributing to a child's overall well-being and academic performance. Physical Education activities play an important role for foundation of physical abilities among Children's in Schools. Many Schools recognized it is an essential component of education which helps a child to promote physical and mental health. Physical education classes within schools play a crucial role in establishing a solid foundation for the development of comprehensive physical fitness and creating opportunities for recreational engagement among school students in India. Physical Education activities include Team Sports such as foot ball, basket ball, Volley ball, cricket etc. Individual sports such as athletics, swimming, cycling etc. promotes all round development of the childrens. The physical education classes include Traditional Sports, Yoga, Kabaddi, Kho, Mass Drill exercises etc. Promotes healthy life style, mental health and also helps in talent identification among children's to train in different sports and games. The school Physical education Programme is foundation stone for athlete development.

Objective of the Study

The Objective of the present study is to find out the effect of physical exercises for development of Speed among Female school children in Telangana.

Methodology:

.The sample for the Study consists of 30 Female School Children of Grade 9th and 10th between the age group of 13 to 15 Years out of 15 children are experimental group and 15 are

Control group studying in Mahatma Jyotiba Phule Telangana Backward Classes Welfare Residential Educational Institutions Society in Telangana. Physical activities such as Running, Jumping, Throwing, Own Body Exercises and playing sports and games were given to experimental group apart from regular physical education classes of calisthenics exercises for 6 weeks on alternate days per week and control group were attended general physical education class on alternate but no special training were given to improve the physical fitness. Pre Test and Post Test were conducted in the physical fitness item such as 30 M Run, for Speed .

Physical Activities Programme for a 6 Week on alternate days

Days	Physical Exercises	Repetitions and Sets
Tuesday	Warming up for 20 min Push ups, skipping, Jumps, sprints, sit ups, Hill Raises etc	12 reps x 3 sets per exercises
Thursday	Warming up for 20 min Crunches, planks, crab walk, Mountain Climbers etc	8-12 reps x 3 sets per exercises
Saturday	Warming up for 20 min Medicine ball exercises, mountain climbers, Squat Jumps hopping, bounding etc.	6-12 reps x 3 sets per exercises Hopping and bounding – 20 M x 3 sets

Results and Discussion

The Results of the Study shows due to the physical activity programme the Schools Students experimental group improved a lot in the 30 M Run compare to control group.

Table I: Mean values of 30 M Run Test between experimental and control groups of School female Students of MJPTBCWREIS, Telangana

Variables	Group	Pre Test Mean $\pm$ SD	Post Test Mean $\pm$ SD	T	P - Value
30 M Run	Experimental	4.39 $\pm$ 0.084	4.10 $\pm$ 0.068	17.014	0.000*
	Control	4.45 $\pm$ 0.056	4.50 $\pm$ 0.049	-4.067	0.001*

*Significant at 0.05 level

In Table –I the Mean Values in 30 M Run of Experimental Group is 4.39 and Control Group is 4.45 in Pre-Test and Post Test is Experimental Group is 4.10 and Control Group is 4.50. The Experimental Group has decreased from 4.39 to 4.10 in mean values due to Physical Exercises Training in Speed compare the Control group mean is 4.50 in post test due to general training.

Conclusions

Regular physical activity can help children to improve the Physical fitness, build strong bones and muscles, control weight, and reduce symptoms of anxiety and depression. It is concluded that physical exercises promote Physical fitness among school children.

Recommendations:

Evidence suggests that increasing physical activity and physical fitness may improve academic performance and that time in the school day dedicated to recess, physical education class, and physical activity in the classroom may also facilitate academic performance. Physical Exercises to the students in schools will improve the Physical fitness, Health related fitness and specific fitness

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