

## Effect of Four Weeks Summer Sports Coaching Camp on Physical Fitness of Students of Classes 6<sup>th</sup> to 9<sup>th</sup> in Government Schools

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### Abstract

The study was conducted to determine the effect of four weeks summer sports coaching camp on physical fitness of students of classes 6<sup>th</sup> to 9<sup>th</sup> in government schools of zone 27, Delhi. For the purpose of the study 120 students were selected from three different government schools of Zone 27. The students selected were in the age group of 11- 14 years and never exposed to any structured physical activity before that. The selected students attended the four weeks summer sports coaching camp in their respective schools. AAHPER Youth Fitness test was administered to measure the improvement in physical fitness. The results showed a significant improvement in physical fitness as the Muscular Strength & Endurance was improved by 49.68%, Agility was improved by 7.69%, Explosive Strength was improved by 10.05%, Speed was improved by 7.54% and the Cardio Respiratory Endurance was improved by 9.52%. It is concluded that summer sports coaching camp are essential for holistic development of a child. These camps are best way to provide a platform to every child to do physical activity and joyful play.

**Key Words:** Youth Fitness Test. Cardio Respiratory Endurance.

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### Introduction

Physical exercises in any sorts of activities may it sports, games or yoga activities plays major role in the life of a child for their holistic development. This can be done by joyful play way method and also through different activities so that a child is able to do physical activity.

Many parents send their children to camps during the summer to keep them entertained and to help develop their maturity and teach them life lessons. Sports camps, in particular, benefit children in many ways that other less active camps simply can't. Benefits of sports camps include valuable life lessons about responsibility, hard work, and even health and fitness. And, of course, children get to improve their skills on the field or

court. Most importantly, children have a great time at sports camps and make memories that last a lifetime.

According to the World Health Organization, children ages 5 to 17 should participate in at least 60 minutes of moderate-vigorous physical activity daily. Children who participate in sports camps are guaranteed to meet this requirement during their time at camp, and many sports camps even make it a point to teach children the importance of physical activity and living a healthy lifestyle. Children who attend sleep away sports camps are also usually fed nutritious meals and are taught the importance of eating healthy. Sports camps inspire children to enjoy physical activity and to adapt

healthy lifestyle habits that will last them a lifetime.

All the above facts might have motivated the Directorate of Education, Govt. of National Capital Territory of Delhi to issue an order vide letter no. DE.41/Sports/2019-20/852-901 dated 8<sup>th</sup> May 2019 and instructed all the government schools to conduct summer sports coaching camp during summer vacations mandatorily in their respective schools during the summer vacations to benefits the students of government schools who cannot pay heavily on sports camps and to utilize the efficacy of their competent physical education teachers to improve the physical as well as mental wellbeing among children's.

This step by the government had motivated the researcher to utilize this

opportunity to implement a structured physical training programme and get fruitful results.

### Methodology

For the purpose of the study, three government schools from Zone 27 who volunteered to administer similar training protocol in their respective schools were selected. From each school 40 male students (10 from each class i.e. 6<sup>th</sup>, 7<sup>th</sup> 8<sup>th</sup> & 9<sup>th</sup>) who were never exposed to any kind of structured physical activity were randomly selected and hence making the sample size to 120 students. The students selected were in the age group of 11- 14 years. The selected students attended the four weeks summer sports coaching camp in their respective schools. The training protocol was as follows:

Monday, Wednesday and Friday's	Tuesday, Thursday and Saturday's
1. Warm Up- 10 Minutes	1. Warm Up- 10 Minutes
2. Circuit Training- 20 Minutes	2. Fartlek Training- 20 Minutes
3. Strides- 5 (60 m)	3. Strides- 5 (60 m)
4. Sprints- 5 (60 m)	4. Sprints- 5 (60 m)
5. Sports Specific Training (90 Minutes)	5. Sports Specific Training (90 Minutes)
6. Cool Down (30 minutes)	6. Cool Down (30 minutes)

- a) **Circuit Training** included Rope skipping, Half Squats, Lunges, Sit Ups, High Knee Jumps, Split Squat Jumps, Sit- Stand and Jump.
- b) **Fartlek Training** included slow speed running for 400m followed by 50m sprint then 200 m slow speed running followed by 50m sprint. The same was followed for 20 minutes duration.
- c) The load in circuit training and fartlek training was increased in the second week and the third week by 10%.

AAHPER Youth Fitness test was administered to measure the improvement in physical fitness before and after four weeks of training. The Variables selected to measure physical fitness were Muscular Strength & Endurance measured by Bent Knee Sit Up Test and recorded in the numbers of correctly executed sit ups, Agility measured by Shuttle Run and recorded in nearest tenth of a second, Explosive Strength measured by standing

broad Jump and recorded in nearest centimeter, Speed measured by 50m Dash and recorded in nearest tenth of a second and Cardio Respiratory Endurance measured by 600m Run/ Walk Test and

recorded in nearest tenth of a second. The results obtained were quantified and 't' test was employed to measure the improvement in the physical fitness of the students..

### Results and Discussions

**Table – I: Effect of four Weeks Summer Sports Coaching Camp on Physical Fitness of Students of Classes 6<sup>th</sup> to 9<sup>th</sup> in Government Schools**

Variables	Mean	Percentage Change	' t'
<b>Muscular Strength &amp; Endurance</b>	<b>Pre test</b> 23.47± 6.70	49.68%	7.630*
	<b>Post test</b> 35.13± 5.57		
<b>Agility</b>	<b>Pre test</b> 11.70± 0.64 Sec	7.69%	5.607*
	<b>Post test</b> 10.80± 0.59 Sec		
<b>Explosive Strength</b>	<b>Pre test</b> 143.24± 14.68 Cms	10.05%	3.367*
	<b>Post test</b> 157.63± 18.25 Cms		
<b>Speed</b>	<b>Pre test</b> 7.69± 0.58 Sec	7.54%	3.83*
	<b>Post test</b> 7.11± 0.59 Sec		
<b>Cardio Respiratory Endurance</b>	<b>Pre test</b> 116.23± 10.32 Sec	9.52%	4.60*
	<b>Post test</b> 105.17± 7.72 Sec		

\*\*Significant at 0.05 level

Table- I clearly shows that the summer sports coaching camp resulted in the significant improvement of physical fitness among the students. The Muscular Strength & Endurance measured by Bent Knee Sit Up Test was significantly improved by 49.68% as the pretest score obtained was 23.47± 6.70 while the post test score obtained was 35.13± 5.57. The Agility measured by Shuttle Run was significantly improved by 7.69% seconds as the pretest score obtained was 11.70± 0.64 Sec while the post test score obtained

was 10.80± 0.59 Sec. The Explosive Strength measured by standing broad Jump was significantly improved by 10.05% centimeters as the pretest score obtained was 143.24± 14.68 Cms while the post test score obtained was 157.63± 18.25 Cms. The Speed measured by 50m Dash was significantly improved by 7.54% seconds as the pretest score obtained was 7.69± 0.58 Sec while the post test score obtained was 7.11± 0.59 Sec. The Cardio Respiratory Endurance measured by 600m Run/ Walk Test was significantly

improved by 9.52% seconds as the pretest score obtained was  $116.23 \pm 10.32$  Sec while the post test score obtained was  $105.17 \pm 7.72$  Sec.

### Conclusions

The Directorate of Education, Govt. of National Capital Territory of Delhi mandatory order to all the government schools to administer summer sports coaching camp in their respective schools was found to be fruitful in inculcating the regularity of physical activity in school children and improving their physical fitness and above all it provided a platform to learn a lot of many things like team work, discipline, values and prohibition of child abuse. Hence it is concluded that these sorts of sports coaching camps must be included as a mandatory activity in all future course of actions to benefits student especially at grass root level for the physical and mental wellbeing.

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