

# A STUDY ON DEVELOPING STANDING BROAD JUMP NORMS FOR MALE STUDENTS OF THE DISTRICT INSTITUTE OF EDUCATION AND TRAINING IN ANDHRA PRADESH

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**Abstract:** *The purpose of the study on developing Standing Broad Jump norms for male students of the district institute of education and training in Andhra Pradesh. After collecting the raw data to compute the norm, Mean, Standard Deviation and Hull scale were computed. In order to construct the norms for Standing Broad Jump has been conducted.*

**Key Words:** *Physical Fitness Norms, Standing Broad Jump, DIET*

## INTRODUCTION

According to Mere House and Miller physical fitness is the quality of the whole body in terms of the state of adoption to physical activity. A physically fit person has good neuro muscular coordination, strength, strong connective tissues and good cardiorespiratory endurance. According to Ebel A norm as the term is used in relation to test scores is the average or typical test scores (or other measure) for number of a series of different homogenous groups such as students in a grade or students in a given age. The Standing Broad Jump is a physical fitness test used to measure explosive leg strength and power. It requires the participant to jump forward as far as possible from a standing start, using both legs together.

## METHODOLOGY

Investigator has selected Five hundred male students in ten different District Institutes of Education and Training [DIET (Teacher Training College)] viz. 1) DIET, Bukkapatnam, Anantapur District 2) DIET, Kurnool, Kurnool District 3) DIET, Karvetinagaram, Chittoor District 4) DIET, Rayachoti, Kadapa District 5) DIET, Pallepadu, Nellore District 6) DIET, Mynampadu, Prakasam District 7) DIET, Dubacherla, West Godavari District 8) DIET, Vikarabad, Ranga Reddy District 9) DIET, Neredimet, Hyderabad 10) DIET, Nalgonda, Nalgonda District, randomly in Andhra Pradesh

## ANALYSIS OF THE DATA

The analysis of the data collected with regard to a study on developing standing broad jump norms for male students of the district institute of education and training in Andhra Pradesh. The raw scores were converted into standard score and the Hull Scale norms were constructed.

The scores for each test items were gathered for all the subjects separately and they pooled together to form a common norms for college male students.

While construction of the norms in all the six test items for District Institute of Education and Training [DIET (Teacher Training College)] male students, it was observed that the data obtained were normally distributed although the sample was large enough in this situation if indicates the use of any one of the standard scales and hence the hull scale was considered for all the test items. In order to construct the norms for Standing Broad jump have been conducted.

**TABLE – V**  
**MEAN, STANDARD DEVIATION AND HULL SCALE FOR THE PERFORMANCE OF**  
**STANDARDING BROAD JUMP**  
**(in Meters)**

S.No.	Interval	f	d	fd	fd <sup>2</sup>
1	2.1 – 2.2	50	3	150	450
2	1.9 – 2.0	70	2	140	280
3	1.7 – 1.8	30	1	30	30
4	1.5 – 1.6	200	0	0	0
5	1.3 – 1.4	50	-1	-50	50
6	1.1 – 1.4	100	-2	-200	400
				70	1210

**TABLE V(A)**  
**THE HULL SCALE NORMS FOR THE PERFORMANCE**  
**OF STANDING BROAD JUMP**  
**(in Metres)**

	0	1	2	3	4	5	6	7	8	9
00	1.06	1.07	1.08	1.09	1.10	1.11	1.12	1.13	1.14	1.15
10	1.16	1.17	1.18	1.19	1.20	1.21	1.22	1.23	1.24	1.25
20	1.26	1.27	1.28	1.29	1.30	1.31	1.32	1.33	1.34	1.35
30	1.36	1.37	1.38	1.39	1.40	1.41	1.42	1.43	1.44	1.45
40	1.46	1.47	1.48	1.49	1.50	1.51	1.52	1.53	1.54	1.55
50	1.56	1.57	1.58	1.59	1.60	1.61	1.62	1.63	1.64	1.65
60	1.66	1.67	1.68	1.69	1.70	1.71	1.72	1.73	1.74	1.75
70	1.76	1.77	1.78	1.79	1.80	1.81	1.82	1.83	1.84	1.85
80	1.86	1.87	1.88	1.89	1.90	1.91	1.92	1.93	1.94	1.95
90	1.96	1.97	1.98	1.99	2.00	2.01	2.02	2.03	2.04	2.05
100	2.06									

On the basis of the above constructed table the subjects were given qualitative grading as shown below.

**TABLE V (B)**  
**QUALITATIVE GRADING FOR THE CONSTRUCTED HULL SCALE VALUES FOR THE**  
**PERFORMANCE OF STANDING BROAD JUMP**  
**(in Meters)**

Score	Qualitative Grading	Number of subjects in each grade
25 and below	Poor	40
26-35	Fair	75
36-50	Average	95
51-65	Good	120
66-75	Very Good	90
76 and above	Excellent	80
		500

To construct the norms standing broad jump, the hull scale value 0.01 was continuously added to and subtracted from the mean for determining the values from zero to hundred on the scale. When the hull scale value of 0.01 was added to the mean scale of 1.564 the standing broad jump performance for the fifty first scale was 1.57 similarly the forty ninth point of a subjects performance was 1.55 meters. A subject performing 1.81 metres obtained 75 point in the scale. A subject performing 1.31 metres obtained 25 point in scale. A subject performing 2.06 metres obtained 100 points.

The hull scale value from zero to hundred for 600 yard run and walk performance of higher secondary school boys has been given in table V(a).

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