

A STUDY ON DEVELOPING 50 YARD DASH 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 50 yard dash 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 50 yard dash has been conducted.*

Key Words: *Physical Fitness Norms, 50 yard dash, DIET*

INTRODUCTION

According to current thinking on the physical education profession physical fitness is either health related or performance related. Physical fitness which is concerned with the development of those qualities that often protect against diseases and frequency are associated with physical activity. Even though there are many tests to measure the ability of individual, attempt should be made to construct norms. Norms are very useful in classifying the students in particular activity according to their ability. Norms are also used to grade the students. Speed has been defined as the capacity of the individual in the rate of making successive movement of the same kind.

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 50yard dash 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 50yard dash have been conducted.

TABLE – I

**MEAN, STANDARD DEVIATION AND HULL SCALE FOR
THE PERFORMANCE OF 50 YARD DASH
(Score in Seconds)**

S.No.	Interval	f	d	fd	fd ²
1	9.6 – 10.5	250	1	250	250
2	8.6 – 9.5	125	0	0	0
3	7.6 – 8.5	0	-1	0	0
4	6.6 – 7.5	75	-2	-150	300
5	5.6 – 6.5	50	-3	-150	450
				-50	1000

TABLE I (A)
THE HULL SCALE NORMS FOR THE PERFORMANCE OF 50 YARD DASH
(Score in Seconds)

	0	1	2	3	4	5	6	7	8	9
00	0	13.05	12.95	12.85	12.75	12.65	12.55	12.45	12.35	12.25
10	12.15	12.05	11.95	11.85	11.75	11.65	11.55	11.45	11.35	11.25
20	11.15	11.05	10.95	10.85	10.75	10.65	10.65	10.45	10.35	10.25
30	10.15	10.05	9.95	9.85	9.75	9.65	9.55	9.45	9.35	9.25
40	9.15	9.05	8.95	8.85	8.75	8.65	8.55	8.45	8.35	8.25
50	8.15	8.05	7.95	7.85	7.75	7.65	7.55	7.45	7.35	7.25
60	7.15	7.05	6.95	6.85	6.75	6.65	6.55	6.45	6.35	6.25
70	6.15	6.05	5.95	5.85	5.75	5.65	5.55	5.45	5.35	5.25
80	5.15	5.05	4.95	4.85	4.75	4.65	4.55	4.45	4.35	4.25
90	4.05	4.05	3.95	3.85	3.75	3.65	3.55	3.45	3.35	3.25
100	3.15									

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

TABLE I (B)
QUALITATIVE GRADING FOR THE CONSTRUCTED HULL SCALE VALUES FOR THE
PERFORMANCE OF 50 YARD DASH
(Score in Seconds)

Score	Qualitative Grading	Number of subjects in each grade
25 and below	Poor	90
26-35	Fair	120
36-50	Average	160
51-65	Good	85
66-75	Very Good	55
76 and above	Excellent	0
		500

To construct the norms for 50 yard dash the hull scale value 0.1 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 0.1 was added to the mean scale of 8.15 the 50 yard performance for the fifty first scale was 8.05 similar the forty ninth point of a subjects performance was 8.25 sec. A subject performing 5.65 sec obtained 75 point the scale. A subject performing 10.65 sec obtained 25 point in scale. A subject performing 3.15 sec obtained 100 points.

The hull scale value from zero to hundred for 50 yard performance of higher secondary school boys has been given in table I (a).

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