



Atya-Patya is a Key for Improve Agility

Prof. Subhash M. Wankhade
Director of Physical Education

JDMVPS Shri S.S. Patil Arts, Shri Bhausaheb T.T.Salunkhe Commerce and Shri G.R.Pandit Science College Jalgaon

Introduction -

In the modern scientific age in every field of human endeavoured, systematic objectives and scientific procedure are followed in accordance with the principles based on experiences understanding and application of knowledge of science. Atya-Patya is one of the most popular traditional sports in India and it is played quite extensively in the country. The propose of this investigation was to collect information about the fitness component Agility.

Methodology -

Fifty Male students (n=50) of aged 12-14 years from Mahatma Gandhi School Varangaon in Jalgaon were randomly selected for this investigation. The selected fifty boys students were randomly assigned into two equal groups viz., the control group (Group A; n1=25) and the experimental group (Group B; n2=25) for the experiment. Daily one hour Atya-Patya practice was given in morning for eight weeks to the experimental group. Pre, Post and experimental design was used to conduct this experiment.

Statistical Procedure -

Standardstatistic technique 't' test were used to analyzed the data.

Result of 4X10 Shuttle Run Test -

In case of Experimental group, the mean scores of pre and post test of Agility test were 11.5435 (SD.87715) and 8.1304 (SD 5.02090) respectively, Whereas, the mean difference was 3.41304 and the 't' values of post test was 3.211 Its reflects that the mean score of pre and post test of agility of experimental group were differ significantly.

Discussion -

The above statistics is helping us to understand the result of this investigation . The time of post test of the experimental group decreased by 3.413 seconds, it means the subjected of the experimental group were faster than the pre test, in agility test.

Conclusion -

The conclusion of this experimental study suggests that, daily Atya-Patya practice helps to improve Agility of school going boys

Reference

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3. Training for Sports, Speed and Agility - Paul Gamble
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