

Minor Research Project
Executive Summary Report
On
PHYSICAL FITNESS, AGILITY, AND FLEXIBILITY
AMONG THE TRIBAL AND NON-TRIBAL CHILDREN OF
AGE 13 TO 17 YEARS

Main purpose of this minor research project was to measure physical fitness, agility and flexibility of tribal and non-tribal children of age 13 to 17 years, and search whether the tribal and non-tribal children, as well as, male and female children differ significantly from each other or not.

Chapter I :- Detailed and relevant information regarding physical fitness measures, agility and flexibility is given in this chapter, along with details of tribals and non-tribals. The chapter also contains significance of physical fitness, and the ways in which tribals are benefitted because of their lifestyle, while how non-tribals are at disadvantage due to their sophisticated lifestyle.

Chapter II :- In this chapter relevant research studies are reviewed, and in the form of summaries main features of the studies done earlier are given. The studies quoted in this chapter are recent, generally published after 2000. Each summary provides brief information regarding sample, tools used for data collection, hypotheses, statistical techniques applied and conclusion drawn.

Chapter III :- This chapter provides details about the methodology employed for conducting this study. Sampling technique used for selecting sample, is given in detail. Before that aim, objectives and hypotheses are given specifically. Tools used for collecting data are described with possible details. Procedure employed for measuring varied parameters is mentioned in detail. Information regarding the research design, statistical treatment etc. is given in details.

Chapter IV :- It deals with statistical interpretation of results. Data collected for the study are presented in tabular forms. Descriptive statistical values, such as means, standard deviation etc. are interpreted in this chapter. Results of inferential statistical techniques, such as analysis of variance etc. are interpreted with reference to the relevant factors. In this chapter all the tables and figures are given along with their interpretation.

Chapter V :- This chapter relates to discussion of the findings and results. Here each hypothesis is treated independently. Whether the results provided support to the hypothesis or not was finalized and probable reasons for obtaining such results are given in this chapter.

Chapter VI :- This chapter presents brief summary and conclusion drawn on the basis of results of study. Along with these a few suggestions are given for further research work. Also, a few recommendations are made.

On the whole the study fulfilled most of the objectives, but a few assumptions remained unstained.

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