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ORIGINAL ARTICLE

EFFECT OF QUICK MARCH ON PHYSICAL FITNESS PARAMETER FLEXIBILITY AMONG HIGH SCHOOL BOYS

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Abstract:

The aim of the present study was to evaluate the effect of quick march on physical fitness parameter flexibility among high school boys. Methods: Thirty men students age between 12 and 14 were randomly selected and they were divided into two equal groups (n = 15) namely quick march training group and control group. The quick march group were underwent their respective training programme for five days per week for six weeks in which the CG did not participate any special training programme apart from their regular physical education activities as per their curriculum. Flexibility was chosen as a criterion variable it was measured by Sit and Reach test. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. Statistical Analysis: The analysis of (ANCOVA) was used to analyze the significant difference, if any between the groups if any. Result: The result showed that However, the improvement on flexibility was greater in quick march training group than in control group.

KEY WORDS:

Quick March and Flexibility.

INTRODUCTION

QUICK MARCH

This is an instruction to begin marching at the Quick March speed with the left foot. The standard pace is 120 beats per minute with a 30in. step, although there are variances to this, based on the individual regiments, the pace given by the commander, and the speed of the band's rhythm, Quick March at 140 beats per minute, a legacy of their original role as highly mobile skirmishers. Highland Regiments, which march to bagpipe music, march at 112 paces per minute. The way the march is performed is based on the regiment's nationality. Western Bloc nations typically lift their opposite arm up to the breast pocket, kept straight and used similar to a guided pendulum. Eastern Bloc nations and several Latin American, Asian and African nations frequently used the Goose step, or keep their legs straight during the entirety of the step. Both of these are actually functional, as they maintain individual pace, unit pace uniformity, and actually help the soldiers march in their relatively elevated pace. The United States command is "For-ward, MARCH." Arm movement is kept to 9 inches to the front and 6 inches to the rear (6 inches and 3 inches, respectively, in the U.S. Navy, Marine Corps, and Air Force) while marching, while the interval between ranks and files is both 40 inches. The light infantry version of the march is also used by the Spanish Legion during parades. Step For -Ward or Forward or Forward, March: This causes troops marking time to resume a normal march. If it is implicitly used (as when the marking time is used to align formations or to wait for the former rank to pass when entering "Column of Route" from a depth-style formation) the (typically) Right Marker stomps his

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foot to signal it to the rest of the troops.

EXPERIMENTAL DESIGN

The purpose of the present study is to find out the effect of quick march on physical fitness parameter flexibility among high school boys.. The selected subjects were divided into two equal groups of fifteen subjects each at randomly, which were one experimental groups and a control group. I.e. quick march (Group I) and one control (Group II). Pre-test was conducted for experimental Group I and the control group on flexibility variables. Flexibility was chosen as a criterion variable it was measured by Sit and Reach test. The training period of experimental groups was six weeks, five days per week for duration during evening session between 4.00pm to 5.00pm. The control group did not undergo any training program. After 6 weeks of training period the post test was conducted for both groups. Hence, random group design is employed in this study. Prior and after the training period to find out the variance in each criterion variable due to the application of independent variable analysis of covariance was applied (the process through which the pre test mean difference between the groups can be adjusted to post test mean). Whenever the 'F' ratio for adjusted post test means found significant to determine which of the two paired means (experimental group and control group). Significantly differed, adjusted post test mean enough to find out the difference between the groups. Since only two groups are involved, using any one of the post hoc test not necessary one. The obtained 'F' ratio was tested for significant at 0.05 level of confidence.

TABLE – I

ANALYSIS OF CO VARIANCE FOR PRE AND POST TEST DATA ON FLEXIBILITY OF EXPERIMENTAL GROUP AND CONTROL GROUP

	Experimental Group	Control Group	SOV	Sum of Squares	df	Mean Square	'F'ratio
Pre-test Mean	25.73	25.40	B:	0.83	1	0.83	0.12
			W:	186.53	28	6.66	
Post-test Mean	29.20	25.00	B:	132.30	1	132.30	34.81*
			W:	106.40	28	3.80	
Adjusted Mean	29.09	25.10	B:	118.73	1	118.73	104.29*
			W:	30.73	27	1.13	

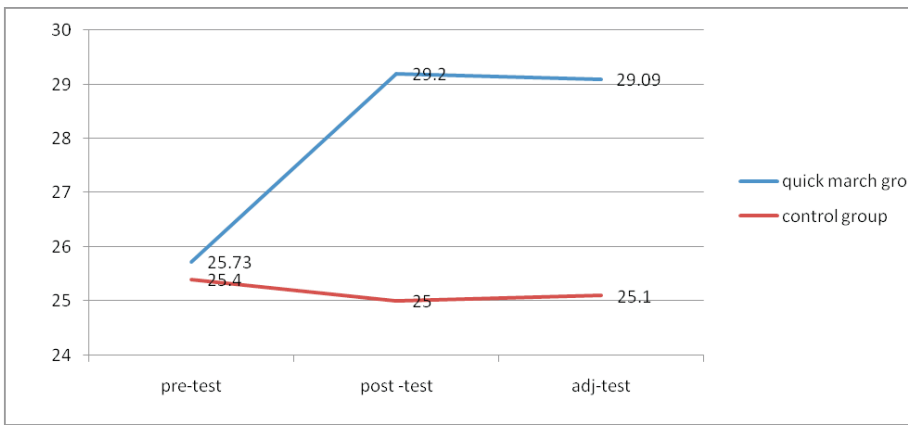
**Significant at 0.05 level. The table value for significance at 0.05 level with 1 & 28 and 1 & 27 degrees of freedom are = 4.41and 4.45 respectively.*

Table –I shows that the pre test means on flexibility of the quick march and the control group are 25.73 and 25.40 respectively. The obtained 'F' ratio value 0.12 for the pre test scores of quick march and control group on flexibility is lesser than the required table value 4.41 for significance at 0.05 levels. Hence, it is not significant and it revealed that there is no significance difference between the quick march and the control group on flexibility before the commencement of experimental training. It is inferred that the random selection of the subjects for the two groups are successful.

The post test means on flexibility of the quick march and the control groups are 29.20 and 25.00 respectively. The obtained 'F' ratio value 34.81 for the post test score is greater than the required table value 4.41 for 1 & 28 degrees of freedom at 0.05 level of significance. It shows that there is a significant difference between the quick march and the control group on flexibility.

The adjusted post test mean on the flexibility of the quick March and control groups are 29.09 and 25.10 respectively. The obtained 'F' ratio value of 104.29 for the adjusted post test data is greater than the required table value 4.45 for 1 & 27 degrees of freedom at 0.05 level of significance. It shows that there is a significant change on the flexibility as a result of the quick march programme of the school boys. Since the result has revealed that there is significant difference between quick march group and control group.

FIGURE –I



BAR DIAGRAM SHOWING THE PRE- TEST, POST- TEST AND ADJUSTED POST-TEST MEAN VALUES OF EXPERIMENTAL GROUP AND
CONTROL GROUP ON FLEXIBILITY

CONCLUSIONS

Flexibility was significantly improved due to 6 weeks quick march programme when compared to the control group.

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