



# Certificate

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## Golden Research Thoughts

This is to certify that our Editorial, Advisory, and Review Board Accepted Research Paper of Dr. /Shri. /Smt.: Amit Anurag Topic:- Comparative Study Of Health Related Fitness Of Children From Some Selected Government & Private Schools Of Jharkhand State College:- Dept. of Physical Education & Sports , Shri Ramdeobaba College of Engineering & Management, Nagpur, M.S. The Research paper is Original & Innovative it is Done Double Blind Peer Reviewed. Your Article is Published in The Month of May Year 2014



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## Article Review Report



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### ABSTRACT:

The estimation of and improvement of the physical fitness of youth have rapidly become an important part of every senior secondary school program and as an effort to make such an examination more efficient and many new tests and methods have been revised. It seems particularly wise in these days to make a testing program as brief and yet as helpful as possible.

**Abstract Report:** The Title Accurately Said The Study was About.

### INTRODUCTION:

A Physically fit child is the pride of the nation. The children are world's greatest source. Investment in Childs development is an investment in future of a nation. Today child will be the tomorrow's leader and scientist. Because children are our future, our most precious resources, the quality of tomorrows world perhaps even fits survival will be determined by well being, safely and development of today's children.

**Introduction Report:** This Article Include Full Introduction, Methods, Results & Introduction Section.

### METHODS & MATERIALS:

Cardio-Vascular Efficiency was measured in distance in mts. by using Coopers 12 min run & walk test. Muscular strength was measured in numbers by using chin- ups on horizontal bar, faulty performance was not counted, chin up performed non-stop were only be counted for the record. Muscular endurance was measured in numbers by using one-minute bent-knee sit-ups, recorded the number of correctly sit-ups the student to do in 60 seconds. Flexibility was measured by using sit and reach test (Trunk flexion).

**Methods & Materials Report:** The study methods are one of the most important parts used to judge the overall quality of the paper.

### RESULT:

Must add the result to your article.

**Result Report:** Result is blank.

### DISCUSSION:

A Comparative study of health related physical fitness components of Govt & Private schools of Jharkhand state indicate significant difference in composite items performance as whole at 0.05 level of confidence. The private school boys exhibited better performance in composite scores as a whole along with 12 min run/walk test and sit-ups scores particularly than the Govt schools.

**Discussion Report:** The Text is Rounded off with a Conclusion that Discusses the Implication of The Findings & Ideas Discussed & Their Impact on Future Research Direction.

### REFERENCES:

- Boone Harman. "A comparision of physical fitness of urban and rural boys." completed reserach in health physical education and rearch 9 (1967): 18-20.
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- Uppal Dr. A.k. Physical Fitness how to develope. India: Friends Publication, 1992.

**Reference Report:** There are Places where the Author Amit Anurag Need to Cite a Reference, but Have Not

### RECOMMENDATIONS:

**Abstract Report:** Introduce New Regular For Content & Communication.

### SUMMARY OF ARTICLE:

|   | Very | High | Average | Low | Very Low |
|---|------|------|---------|-----|----------|
| 1. Interest of the topic to the readers                                     | ✓    |      |         |     |          |
| 2. Originally & Novelty of the ideas  | ✓    |      |         |     |          |
| 3. Importance of the proposed ideas   |      | ✓    |         |     |          |
| 4. Timelines  | ✓    |      |         |     |          |
| 5. Sufficient information to support the assertions made & conclusion drawn |      |      | ✓       |     |          |
| 6. Quality of writing(Organization, Clarity, Accuracy Grammer)              | ✓    |      |         |     |          |
| 7. References & Citation(Up-to-date, Appropriate Sufficient)                |      |      | ✓       |     |          |

**This Article is Innovative & Original, No Plagiarism Detected**

### Future Research Suggestions

This Article can expand further research for MINOR/MAJOR Research Project at UGC



### Future Research Planning :

1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
3. Regarding Professor Promotion (<http://academicprofile.org/Professor/regardingPromotion.aspx>)
4. Fellowship for Post Doctoral (<http://academicprofile.org/Professor/FellowshipForPD.aspx>)
5. Online Course on Research (<http://onlineresearch.in/Default.aspx>)

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