



## A comparative study of socio economic status of physical fitness & morphological analysis of track & field athletics & team game athletes in Karnataka universities

Naganna M. S, Physical Education Director, Government First Grade College,  
Arkalgud Taluk, Hassan District, Karnataka state

### ***Abstract***

*Sports is a very popular medium of expression for active youth. Sports attracts youth more than anybody. The youth who wish to take part in their favorite sports often find it hard to enroll themselves in sports training or sports colleges or sports hostels because they hail from poor socio economic background. The poor background hinders player's progress sometimes he is denied access to costly sports clubs. Trainers / sports clubs often hire only those athletes who are rich or come from rich family background. Socio economic status environmental & individual factors affect their sporting performance & physical fitness standards. This paper focuses on a strong strategy from all universities across India to exhibit the ability to involve all students in sporting programs & a policy which makes economically weaker student to understand the need of physical fitness programs along with support to identify the challenges of risk management, liability and negligence.*

*Key words ; Socio economic status , sporting performance , physical fitness standards, Karnataka universities*

### **Introduction**

Study of socio economic status of physical fitness & morphological analysis of track & field athletics & team game athletes in Karnataka universities has been a topic of study & research( Dr. Paulo Brian The relation between socio economic status & competitive sports anxiety in youth 2012).

The poor background hinders player's progress sometimes he is denied access to costly sports clubs.

Trainers / sports clubs often hire only those athletes who are rich or come from rich family background. (Socio economic status environmental & individual factors & sport ( Kamphus & others 2008 sports medical journal International journal 2008).

**challenges faced by athletes of Universities cross Karnataka** - the socio economic status of the athletes exhibits

1. their lack of knowledge with sporting event participation ,



2. their lack of awareness about their enrollment ,
  3. their lack of awareness about their training ,
  4. their lack of awareness about their involvement ,
  5. their awareness about health care provisions ,
  6. their lack of awareness about sports scholarships ,
  7. their lack of awareness about sports hostels ,
  8. their lack of awareness about sports events ,
  9. their lack of awareness about sports sponsorships,
  10. their lack of awareness about updated trainings,
  11. their lack of awareness about updated sport equipments,
  12. their lack of awareness about coaches & trainers,
  13. their lack of awareness about global interactions,
- strategies to improve**
1. Demonstrating knowledge and basic skill in the prevention, recognition and evaluation of sports related injuries among track & field athletics & team game athletes in Karnataka universities. (Rajeev Kumar - Dimensions of Physical education 2012).
  2. Track & field athletics & team game athletes in Karnataka universities should be made aware about recognizing acute injuries and work with a sports medicine team to ensure the athlete's optimum health rehabilitation for an injury. (Rajeev Kumar - Dimensions of Physical education 2012).
  3. Sports federations & Youth Departments should design programs of training , conditioning , and recovery that properly utilize exercise physiology and biomechanical principles among track & field athletics & team game athletes in Karnataka universities.( Dr. Paulo Brian The relation between socio economic status & competitive sports anxiety in youth 2012).
  4. Sporting colleges / hostels / universities / higher educational institutions should demonstrate the ability to conduct training sessions , practices and competitions that enhance the physical, social and emotional growth of the athletes and develop and monitor goals for individual athletes and overall programs among track & field athletics & team game athletes in Karnataka universities. ( Dr. Paulo Brian The relation between socio economic status & competitive sports anxiety in youth 2012).



5. A strategy to recognize & integrate a variety of sporting tools that are available to reduce stress and performance anxiety track & field athletics & team game athletes in Karnataka universities. (Ram Mohum Majumdar Basics of Physical education & sports 2010).
  6. A policy to demonstrate organizational and administrative efficiency in implementing sports programs reaching all track & field athletics & team game athletes in Karnataka universities is required .  
(Ram Mohum Majumdar Basics of Physical education & sports 2010).
  7. A policy to express an understanding of the scope of legal responsibilities that comes with assuming a coaching or sports performance specialist position among track & field athletics & team game athletes in Karnataka universities is needed . ( Dr. Paulo Brian The relation between socio economic status & competitive sports anxiety in youth 2012).
  8. A policy to develop reasonable objectives and goals for individuals and team and determine effective evaluation techniques for athletes motivation, individual performance, and team performance is required.
- Learning outcomes for university students:** A special capacity building session for fitness and wellness management irrespective of their socio economic status among track & field athletics & team game athletes in Karnataka universities can support learning outcomes such as
1. Supports the ability to examine and describe how any illness / injury / ill health / disease and illness can affect various body systems among track & field athletics & team game athletes in Karnataka universities.
  2. develops expertise about healthy lifestyles through physical activity, fitness, wellness, and sports
  3. Supports best practices learned by designing , implementing , and evaluating health promoting activities and inter university college sports competitions & programs.
  4. Supports to successfully respond in a rational, sensitive , and critical thinking manner about values and ethics in the health and wellness field.
- University Sports and Administration :
1. University Sports and Administration will have the ability to analyze problems, devise solutions, develop a plan of action , and evaluate



the plan's performance in area pertinent to the field of sports and athletic administration including : Sports communication , college /university coaching and athletic recruiting, compliance, fundraising in college athletics, sport law in college athletics, sport business management , and sport marketing. ( Dr. Paulo Brian The relation between socio economic status & competitive sports anxiety in youth 2012).

2. Exhibit leadership skills and an understanding of how to identify and address ethical issue in sport management and administration.
3. Develop a marketing plan for a sport organization being able to defend the accounting , budgeting , and revenue development .
4. Develop effective communication skills with clients, employers, media, and other sport management professionals to be used in the role of an athletic administrator needs to be implemented in all universities.
5. A strategy to exhibit the ability to critique the sports concepts, issues and concerns as they pertain to sport entities, including risk management,

liability and negligence across all universities is needed .

#### **Sports and Athletic Counseling in universities:**

1. acquisition of counseling skills fundamental to the counseling process.
2. the ability to work successfully with individual athletes, athletic coaches, and their teams, by providing appropriate and supportive services. (Clifford lee - Administrative problems of Sports &physical education2012).
3. The ability to design and apply appropriate interventions intended to help strengthen an individual's performance
4. Recognize and integrate a variety of tools that are available to reduce stress and performance among socio economically poorer athletes. (Clifford lee -Administrative problems of Sports &physical education 2012 ).

**Conclusion** – Thus University sports and State youth administration departments have to frame an integrated policy towards involving socio economically poorer students in university level sports programs. A uniform strategy to exhibit the ability to understand the issues and concerns of sports & physical activity needs meticulous planning. Socio economic background should not deter athletes from identifying their self confidence, sporting



- entities, across all universities is needed .
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