Abstract

The study is conducted on the Health related fitness of Rural boys and Urban boys. The subjects were selected from various Rural and Urban Schools of Punjab (fifty boys from Rural and fifty boys from Urban schools). The age of both groups was ranging between 13 -17 years. The data was collected by test method. The data for the study on health related fitness were collected through three health related fitness components. Two components of AAHPER youth physical fitness test that is 50 yards dash for speed and 600 yards run/ walk for cardio-respiratory endurance and one component from Roger’s strength test that is push up test for strength were taken. The total sample was constituted of 100 hundred boys and girls of Rural and Urban schools of Punjab. For the purpose of this study the entire sample was divided into two groups. One group consist of 50 boys from Rural schools and 50 boys from Urban schools. All the three tests were administered on two groups and the data was gathered. In order to examine the hypothesis of present study mean, standard deviation and standard error deviation were employed for speed, strength and endurance tests scores. Where ‘t’ test was found significant to find out the differences among the mean of different groups. The result were examined at 0.05 level of confidence (98, 47 degree of freedom)