

EFFECT OF DIETARY PATTERN ON VITAL CAPACITY OF FEMALE SPORTS PERSON

Dr. Jagdish Chander

Assistant Professor

Department of Physical Education, CDLU, Sirsa

Dr. Rajesh

Assistant Professor

Department of Physical Education, CDLU, Sirsa

Abstract

The purpose of the present study was to find out the role of dietary pattern on Vital capacity of Female sports person of hisar district. Eat foods only and plant origin called vegetarian and Eat Chicken and meat called Non-Vegetarian. Diet and physical activity influence health both together and separately. Although the effects of diet and physical activity on health often interact, particularly in relation to obesity, there are additional health benefits to be gained from physical activity that are independent of nutrition and diet. Physiological variable refer to those physiological functions of different systems of the body that are liable to vary across age or as a result of exercise etc. The selected physiological variables will be examined across age in this study. The sample of the present study was 75 Female & 75 Female sports person. The age ranged between 18-25 and level of participation was Inter University. The data was collected instrument Spirometer (Vital Capacity). The data was analyzed by "t" test method. The study was found having more Vegetarian Female player's vital capacity then non vegetarian Female players. In the end of the study we can say that vegetarian diet more effects on vital capacity

INTRODUCTION

Physical education gives students the knowledge and skill to make for good health. Good health means complete mental, physical and social well being properly balanced and nutritious diet. With the passage of time it becomes an object of research and theoretical knowledge in sports practice. Still there is a lot of scope to have knowledge about effect of diet on sports performance. Therefore, nutritive diet is essential for positive health and optimal body growth and development. Eat foods only and plant origin called vegetarian and Eat Chicken and meat called Non- Vegetarian. Mal nutrition in sports person may even trickle down to the next generation. Physical Education gives students the knowledge and skill to maintain besides learning good health, physical fitness and skills, co-ordination and good sportsman ship, students learn to assess their own physical fitness and maintain healthy levels of physical activity.

Good health means complete mental, physical and social well-being properly balanced and nutritious diet. With the passage of time it becomes an object of research and theoretical knowledge in sports practice. Still there is a lot of scope to have knowledge about effect of diet on sports performance. Therefore, nutritive diet is essential for positive health and optimal body growth and development. Mal nutrition in sports person may even trickle down to the next generation.

Diet and physical activity influence health both together and separately. Although the effects of diet and physical activity on health often interact, particularly in relation to obesity, there are additional health benefits to be gained from physical activity that are independent of nutrition and diet. Physiological variable refer to those physiological functions of different systems of the body that are liable to vary across age or as a result of exercise etc. The selected physiological variables will be examined across age in this study.

PURPOSE OF THE STUDY

The Present study was to find out the role of dietary pattern on Vital capacity of Female sports person of Hisar District (Hisar).

METHODOLOGY

To achieve the objectives of the Present study 75 Female & 75 Female sports person of Hisar District were selected as a sample of the study and who had participated at Inter University Level. The Age ranged between 18 to 25 years constituted the subjects of the study. The data was collected by standardized tools the Spirometer (Vital Capacity) and using statistically analyzed “t” Test method.

TABLE-1

ROLE OF DIETARY PATTERN OF FEMALE SPORTS PERSON ON VITAL CAPACITY

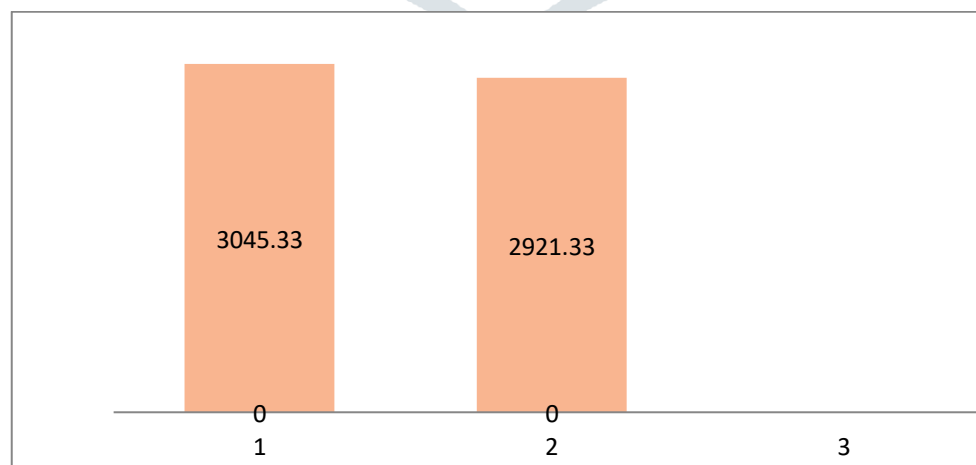
Sex	Mean	SD	SED	“t” Ratio
Vegetarian	3045.33	461.86	53.33	1.67
Non-Vegetarian	2921.33	442.13		

Significant at 0.05(74) =1.66

It is evident from the table that vegetarian Females are having more Vital Capacity than Non Vegetarian Females. The mean score of vegetarian Female was 3045.33 where as in Non-Vegetarian Female it was 2921.33. The SD was 461.86 and 442.13 and SED was 53.33 respectively. The ‘t’ value was 1.67 which is highly than 0.05 value it means the difference is significance.

FIGURE-1

ROLE OF DIETARY PATTERN OF FEMALE SPORTS PERSON ON VITAL CAPACITY



Conclusion

The study was found having more Vegetarian Female player's vital capacity then non vegetarian Female players who had participated at Inter University level from hisar district (Haryana). In the end of the study we can say that vegetarian diet more effects on vital capacity

References

1. Sachwartz , L. Britten, R.N. and Thompson, "the effect of adolescent boys". Public health bulletin 179 (1928):1-24
2. Curdy and Larson, "The validity of circulatory-respiratory measures as an index of endurance condition in swimming". Research quarterly 11: 31 (October 1940)-3-11
3. Ross and Wilson, foundation of anatomy and physiology, p. 150
4. Janelle KC, Barr SI Nutrient in takes behavior scores of vegetarian and non-vegetarian women, Journal of the American Dietetic Association, 1995, 180-185
5. O'Connell JM, Dibley MJ, Wallace B, Mares JS, Yip R (1989). Growth of vegetarian children: the Farm Study. Pediatrics 84, 475-481

