LEG LENGTH AND LEG EXPLOSIVE STRENGTH OF 15 AND 16 YEARS BOYS

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ABSTRACT

In this study an attempt has been made to find out the comparative changes on leg length and leg explosive strength of 15 and 16 years boys. The subjects of the present study were selected randomly from the school Naihati Narendra Vidyaniketan, 24 Pgs (N), WB. Thirty students of each age group’s i.e.; 60 male students were randomly selected for this purpose. The criteria measured in this article were leg length and leg explosive strength. The data on the leg length and leg explosive strength were analyzed by applying ANOVA to find out significant differences if any between the two age groups. Significant results were found in leg length and leg explosive strength. 16 years boys were relatively higher than 15 years boys.

KEY WORDS: Leg explosive strength, Leg length., Height, Weight and 15 & 16 years boys.

References


