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Resource Management and Agricultural Development

Chief Editor
Dr. R. V. Bhole

'Ravichandram' Survey No-101/1, Plot
No-23, Mundada Nagar, Jalgaon

Executive Editors
Dr. N. G. Mali
Principal Sambhaji College (Arts, Commerce &
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CONTENTS

Sr. No.	Paper Title	Page No.
1	Role Of Mgnrega For Empowering Rural Development Special Reference To Maharashtra Dr. Godbole Balasaheb M.	1-4
2	Landuse Pattern Analysis Using Remote Sensing: A Case Study of Nanded Dr. Shinde Sunita Shankarrao, Mr. Fajage Dnyaneshwar Deeliprao	5-7
3	Role of NABARD in Rural Development Dr. Adate Nagnath Mahadeo	8-10
4	To Prepare Physical Fitness Norms for 9th & 10th School going Boy's students. Anirudh Baburao Birajdar	11-15
5	Role of Rural Administration in Agricultural Development Paithankar Nandkumar Laxmanrao	16-17
6	A Geographical Study of Levels of Agricultural Technology In Indapur Tehasil of Pune District Maharashtra DR.Teleshri Rahul Humbe	18-21
7	Problems and Prospectus of Indian Agriculture Dr. Pradeep D. Shelke	22-24
8	Analysis Of Problems And Prospects Of Agricultural Trade In Western Maharashtra Dr. Khandagale Kajal Vijay	25-33
9	Importance of Water Resource Management Practices in Healthcare. Dr. Hanumanth S. Patil , Dr.VeerVrundarani Vijaysinh	34-35
10	Changing Scenario and Development of Co-operative Dairy Industries: It's Impact on Rural Development D.N.Karle	36-38
11	Watershed Management SainathSatawajiKumbhare , MayuriMukundraoWakodkar	39-41
12	Resource Management And Agricultural Development Sruthi R, Soundharya, Monicas	42-44
13	Importance of Green Human Resource Management in Environmental Sustainability Mohammed Nawaz, Dr. Shankar R, Asha A	45-46
14	Cropland Suitability Zonation Mapping & Water Resource Management Using Geospatial Technology for Cachar District, Assam, India Malin Hansepi, Apurba Dutta	47-50
15	Indian Dairy Industry Varsha B. Kharobe	51-53
16	Analysis of Marketing Strategies Using the 4ps: A Case Study of Netflix Asima Begum	54-58
17	Temperature Dependence Dielectric Studies & X-Ray Diffraction of Cu 0.7+X Cd0.3Zrx Fe2-2x04 Spinel System Dr.Balwan Udhaybhanrao Patil	59-64
18	A Geographical Study of Changing Population Density Pattern in Sangli District of Maharashtra Mr. Amol S.Mahajan	65-67
19	Hurdles of Natural Resource Management in Developing Countries: A Critical Study Dr. Sanjay Raosaheb Sawate	68-70
20	Geographical Audit of Surface Water Resources Dr. R.B. Kotalwar , Dr. P. V. Poul	71-76
21	A Comparative Study of Land Use Pattern in the Nashik District Mr. Anil. C. Gaikwad , Dr. S. N. Nikam	77-84
22	Reading Habit of Users of 'A' Grade Public Libraries in Nanded City Shaikh Sajeed Shaikh Bashir, Dr. Rameshwar Suryabhanji Pawar	85-88
23	Mathematical Modeling of Water Management Jadhav Ashok Ramrao	89-90
24	Impact of Soil Physics in Developement of Agriculture Khanapure Hemant Ashok	91-93
25	Tahsilwise Trends of Foodgrain Crops Cultivation in Beed District: A Study of Bajara Crop Dr. Pradip P. Laggad	94-96
26	Agricultural Problem & Prospects in Latur District of Maharashtra Dr. Kulkarni Mukesh Jaykumar	97-99
27	Challenges and Marketing Strategies for Msmes Dr.R.S.Musale	100-103
28	A Comparative Study of Occupational Structure in Solapur and Osmanabad District Dr. Suryakant S. Pawar, Mr. Salunke Rahul Anil	104-107
29	Application Method of Research in Social Development Dr. O.V. Shahapurkar , Mr. Pradip G. Gorambekar	108-111

30	Geographical Study of Population Growth in Latur District Dr. Suryakant S. Pawar	112-114
31	Behavioral Patterns of Tourist: A Case Study of Ganpatipule Dr. Ashok U. Nagargoje	115-117
32	अंबाजोगाई तालुक्यातील पीक संयोगाचे भौगोलिक विश्लेषण (2000-01 ते 2015-16) प्रा.डॉ. सोमनाथ संभाजी लांडगे	118-121
33	कोरोना काळ आणि आदिवासी समाजातील रानभाज्यांचे कुपोषणातील महत्व संदर्भ- पालघर जिल्हा प्रा. नितिन विश्वनाथ खरात, प्राचार्य डॉ. रविंद्र भा. घागस	122-125
34	कृषी विकासात ग्रामीण प्रशासनाची भूमिका डॉ.अशोक नारायणराव गायकवाड	126-128
35	औरंगाबाद जिल्ह्यातील कृषी भूमी उपयोजनाचा भौगोलिक अभ्यास प्रा.डॉ. पाटील बी.टी.	129-130
36	भारतीय शेती समोरील समस्या शोभा देविदासराव भोसले, प्रा.डॉ. तोलमारे एस. एस.	131-133
37	उत्तर महाराष्ट्रातील आदिवासी शेतकऱ्यांच्या कृषी विकासात आदिवासी विकास विभागामार्फत राबविल्या जाणाऱ्या कृषी योजनांचा अभ्यास सहा. प्रा. विजय मारुती सुकटे, प्राचार्या. प्रा. डॉ. संजय तुपे	134-141
38	महाराष्ट्रातील कृषी विद्यापीठ ग्रंथालयांची संकेतस्थळे : एक अभ्यास डॉ. बिडवे मारुती शिवाजीराव	142-145
39	टिपराळ या गावातील कुटूंब नियोजनाचा :- भौगोलिक अभ्यास श्री.बिचकुंदे शशिकांत संग्राम	146-150
40	भारतीय कृषी विकासात महापुरुषांचे योगदान डॉ.साईनाथ राधेशाम बनसोडे	151-153
41	मराठवाड्याच्या कृषी क्षेत्रातील भूमी उपयोजनाचा प्रादेशिक असमतोल एक भौगोलिक अभ्यास उद्धव प्रल्हाद पोगलवार, डॉ बी एन पस्तापुरे	154-160
42	गुजराथ राज्यातील कृषी विद्यापीठ ग्रंथालयांच्या वेबसाईट चा अभ्यास डॉ. कटके महावीर माधवराव	161-165
43	प्राचीन भारतातील जलसंस्कृती एक आकलन प्रा. विजय देविदास वाकोडे	166-167
44	महाराष्ट्राच्या शाश्वत शेती विकासात जल व्यवस्थापन भूमिका प्रा. डॉ. रेणुकादास यशवंतराव बोन्नर	168-174
45	लोकसंख्या वाढीस कारणीभूत असणारे घटक विशेष संदर्भ अहमदपूर दोडे रामानंद बालासाहेब	175-177
46	डॉ.बाबासाहेब आंबेडकर यांचे शिक्षणविशयक विचार आणि आजचा तरुण प्रा.महेंद्र अच्युत आल्टे	178-179
47	जलव्यवस्थापन : शासन व प्रशासनासमोरील आव्हान प्रा.डॉ.बन वशिष्ठ गणपतराय	180-183
48	पर्यावरणीय संरक्षण कायदा अंमलबजावणीत प्रघासन व व्यवतीगत भूमिका प्रा. अनिल वैजनाथ इंगोले	184-187
49	कोरोना महामारी आणि शिक्षणवृद्धीतील समस्या प्रा.डॉ. मंडेकर वैशाली सवंतराय	188-189
50	आपत्ती : समस्या व उपाय श्रीमती सोनार मनुजा शारकर	190-191
51	Watershed Management Vinya Bhagwanrao Aute ,Ashwini Ashok Waghmare	192-194
52	ग्लोबल वार्मिंग चे दुष्परिणाम प्रा.डॉ.तोलमारे एस.एस.	195-197
53	अंतःस्फोट आत्मकथनातून व्यक्त होणाऱ्या सामाजिक जाणिवा प्रा. डॉ. बालाजी विठ्ठलराव डिगोळे	198-200

54	शेती विकासासाठी जल व्यवस्थापन करणे काळाची गरज : एक चिकित्सा	डॉ.संजीव कोळपे	201-203
55	कृषी उद्योगाचे देशाच्या विकासातील योगदान	प्रा.डॉ.बालाजी वि. डाकोरे	204-206
56	पाणी व्यवस्थापन: शासनाची भूमिका	डॉ. जगदीश देशमुख	207-211
57	महाराष्ट्रातील प्रमुख शेळ्यांच्या जाती : एक तुलनात्मक अभ्यास	प्रा. डॉ. सदिश नारायणराव उबाळे	212-213
58	कृषी उत्पादनातील महिलांचा सहभाग	चंद्रप्रभा त्र्यंबक निकम	214-218
59	कृषी समोरील अल्प उत्पादकतेची समस्या व उपाय	प्रा.डॉ.जितेंद्र पांडुरंगराव काळे	219-220
60	पाणी व्यवस्थापनात शासन व प्रशासनाची भूमिका	डॉ. वैशाली शेषराव पेरके	221-224
61	शिवाजी महाराजांचे गड कित्यावरील जलव्यवस्थापन	डॉ. पावडे ओबाजी वामनराव	225-227

To Prepare Physical Fitness Norms for 9th & 10th School going Boy's students.

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Abstract:

Physical education is now widely recognized. State government is a vital component of a well-rounded education. It is also acknowledged that physical education, like intellectual subjects, plays an essential role in the coordinated development of the personality. The current study will be a pioneering attempt in developing school-wide criteria for evaluating physical fitness. Data was collected for this purpose, and the obtained data was statistically treated. Standard Tests were introduced to assess the pupils' physical fitness abilities. The goal of this research is to "Prepare the Physical Fitness Norms for 15th and 16th grade pupils." We sampled 250 boys in 9th grade and 250 boys in 10th grade from the various reasons of the Latur District School. The following items were included in the Physical Fitness test: 10mX4m, 12 minute Run & Walk Test, Sit-ups, Sit & Rich, B. M. I., 50 meter Dash, Push Ups, Sitting Ball Throw Shuttle Run, Skipping Rope, and a Volleyball Test on the Wall The study's goal was to assess physical fitness components in 9th and 10th grade students and to develop age-specific standards for physical fitness components in children. For sampling, we employ the lottery technique. After confirming content validity and reliability, all tests were included. Before the norms were determined, all of the scores were checked for normality. Standard procedures were followed to perform this research project because it was a normative survey study. The researcher used a step-by-step approach to creating and establishing standard norms. In this study, a new set of physical fitness standards was created using the percentile technique, and the results were expressed as percentile norms. Rank order technique was used to create the grading scale. A grading system was created using the scores, which were divided into four categories of 25% each, i.e. Excellent, Good, Average, and Poor. The study's findings were used to create standards that might be used to evaluate a student's performance on a specific physical fitness test. Students in 9th and 10th grade males have a fitness variable that may be measured. The defined standards can be utilized as criteria for determining a student's fitness. Students can be differentiated using the grading table that has been developed.

Introduction:

Physical education is now widely recognized. The state government is a vital component of the overall educational system. It is also acknowledged that physical education, like intellectual subjects, plays a vital role in the coordinated development of a child's personality in order to make him a physically fit and psychologically acceptable citizen. Since independence, there has been a spirit in our country's youth activities. Youth development programs were established under both official and private auspices. All of these programs, such as physical education, scouts and guides, the national discipline system N.C.C., and others, make a significant contribution to the school found difficult to manage in India, which formed a committee in May 1959 under the leadership of Pt. H.N. Kunzrud.

- 1) Determine the relative benefits and roles of various physical education schemes.
- 2) Recommend measures to ensure effective coordination of approved schemas to avoid duplication and resource waste.
- 3) Investigate methods for establishing the most effective plans and activities for promoting physical education, character development, and discipline among pupils.

Objectives of the study:

-The study's goals were to evaluate physical fitness components in 9th and 10th grade students, -as well as to develop age-based standards for physical fitness components in children.

Methodology: The purpose of this study was to develop physical fitness criteria for evaluation and performance assessment of 9th and 10th grade students. Standard procedures were followed to perform this research project because it was a normative survey study. The researcher used a step-by-step approach to creating and establishing standard norms.

"To Develop Physical Fitness Standards for Students in 9th and 10th Grades."

Population: The present study's population is made up of boys in 9th and 10th grades from several Talukas in the Latur region. It is split into four sections. There are three of them: south, north, and east and west. Researchers selected 250 9th and 10th grade students from each block. The Physical Fitness Test was used by the researchers to gather data.

Sample: The sample for the current study was chosen using the purposive sampling approach. The data was collected for the 9th and 10th grades. The table below shows the details of the data collection. A total of 500 boy samples were used to compile the data.

9th std. - 250 10th std. - 250

Procedure of the Study: The following is the detailed process for the aforementioned stages of the study: Physical Fitness Test Table: The investigator has evaluated the following physical fitness test Table based on many study papers.

Details of test for 9th and 10th standard

Sr. no	Test	Criterion Measure
1	12 minute Run & Walk Test	Cardiovascular Endurance
2	Sit-ups	Muscular Endurance
3	Sit & Reach	Flexibility
4	B. M. I.	Body Composition
5	50 meter Dash	Speed
6	Push-ups & Modified Push-ups	Muscular Strength
7	Sitting ball Throw	Power
8	10 m.×4m. Shuttle Run	Agility
9	Skipping Rope	Co-ordination
10	Ball Valley	Co-ordination

Data Analysis and Interpretation:

Data collection was completed, and the data was then processed using statistical analysis; the findings of the step-by-step data analysis are provided below. The raw data obtained from the tests done on the individuals was transformed into norms. The statistical methods that were carried out were as follows.

Descriptive Statistics: The obtained score was subjected to descriptive statistics. The average and median were determined. The skewness and kurtosis were used to determine the normalcy of the scores. Outliers were eliminated from the data, therefore some of the scores were deleted. With the aid of Box plots in SPSS, the outliers were discovered.

Norms: For students in grades 9 and 10, the percentile for each test item will be determined.

Data analysis: 500 people were tested in a total of ten tests. The table shows the results of the specified physical fitness tests.

Sr. No.	Name of test items	Measurement unit	Sr. No.	Name of test items	Measurement unit
1	Body Mass Index	Units	6	Shuttle run	Seconds
2	12 Minute Run & Walk	Meters	7	Shitting Ball Throw	Number
3	Push ups/Modified Push up	Number	8	Skipping	Number
4	Sit & Reach	Centimetres	9	Wall Volley	Number
5	50 yard dash	Seconds	10	Sit ups	Number

Data Analysis: The descriptive statistics of the obtained score were calculated. The average, median, and mode were determined. The skewness and kurtosis were computed to determine the scores' normalcy. With the aid of Box plots in SPSS, several of the scores (outliers) were eliminated. To generate norms, the Percentile technique was utilized. According to the tests, the descriptive statistics and percentile norms are provided in detail below. Percentile norms for 9th grade males were computed for the 12 minute run or walk, sit ups, sit and reach, 1 minute skipping and shuttle run, push ups, wall volley, sitting ball throw 50 meter sprint, and BMI. **Percentile Norms of 9th Std. Boys**

Perce ntile.	12 min. R/W	Sit Ups	Sit & Reach	1 min. Skipping	10x4m. Shuttle Run	Push ups	Wall Volley	Sitting Ball Throw	50m Dash	B M I
5	1491	16.	20	27	10.13	10	37	3.60	7.60	17.67
10	1512.3	19	21	34	10.38	12	38	4.10	7.95	18.11
15	1560	20	22	42	10.50	13	40	4.32	8.1	18.44
20	1562.6	20	23.2	47	10.64	14	42	4.4	8.21	18.67
25	1629	21	24	51	10.79	14.	43	4.50	8.46	18.83
30	1629.3	23	24	54	11.01	15	44	4.59	8.51	19.39

35	1635	23	25	56	11.14	16	44	4.88	8.55	19.61
40	1693.2	25	25	59	11.47	16	46	5.14	8.59	20.08
45	1704	25	26	61	11.54	17	46	5.32	8.75	20.58
50	1711	25	26	64	11.68	17	47	5.4	8.91	20.82
55	1792	27	26.05	67	11.78	18	48	5.46	9.15	21.38
60	1793.2	27	27	70	11.91	18	49	5.5	9.36	21.63
65	1801	28	28	74	12.01	19	51	5.55	9.50	21.83
70	1810	29	29	79	12.52	19	52	5.6	9.55	22.38
75	1909	30	30	82	12.64	20	53	5.67	9.57	22.63
80	1919.4	30	32	86	12.80	21	55	5.9	9.70	22.73
85	2087.3	31	33	90	13.28	22	56	6.3	10.04	23.50
90	2224.9	32	37	99	13.63	23	58	6.5	10.51	23.77
95	2295	33	41	102	14.55	25	60	6.62	10.82	24.17

Percentile norms for 10th grade males for a 12-minute run or walk, a sit-up sit-and-reach, a one-minute skip, and a shuttle run were computed as follows.

Percentile Norms of 10th Std. Boys

Percentile	12 min. R/W	Sit Ups	Sit & Reach	1 min. Skipping	10*4m. Shuttle Run
5	1353.1	18.	20	25.	11.2155
10	1490	20	22	35	11.46
15	1550	20	23	41.	11.5465
20	1561.2	21	24	46	11.716
25	1628	22	25	48	11.9875
30	1629	23	26	52.	12.257
35	1645	23	26	58	12.5085
40	1654.4	24	27	60.	12.64
45	1699.9	24	28	64.	12.78
50	1704.5	25	29	70	12.955
55	1732	25	30	72	13.31
60	1790.8	26	32	74.	13.51
65	1795.3	26	33	76	13.65
70	1844.8	27	35	80	13.86
75	1910.75	28	37	84	14.1825
80	1977.4	28	38	86.	14.558
85	2015	29	40	93.	14.9105
90	2097.2	30.	45	97	15.456
95	2204.45	33	48	101	15.67

Grading: A grading scale of the selected physical fitness tests conducted on the students was also created based on the analysis and raw score received. Rank order technique was used to create the grading scale. It is described in full further down. A grading system was created using the scores, which were divided into four categories of 25% each, i.e. Excellent, Good, Average, and Poor. In the table below, the grade is listed.

Grading Scale on Item-wise Performance for 9th School going boys student

Test-Items	Poor	Average	Good	Excellent
12 Minute Run & Walk	Below 1629	1630 to 1711 21	1712 to 1909	Above 1909
Push ups/	Below 14	15 to 17	18 to 20	Above 20
Sit & Reach	Below 24	25 to 26	27 to 30	Above 30
50 yard dash	Above 9.57	9.56 to 8.91	8.90 to 8.46	Below 8.46

Shuttle run	Above 12.64	12.63 to 11.68	11.67 to 10.79	Below 10.79
Shitting Ball Throw	Below 4.50	4.51 to 5.40	5.41 to 5.67	Above 5.67
Skipping	Below 51	52 to 64	65 to 82	Above 82
Wall Volley	Below 43	44 to 47	48 to 53	Above 53
Sit ups	Below 21	22 to 25	26 to 30	Above 30

Grading Scale on Item-wise Performance for 10th School going boys student

Test-Items	Poor	Average	Good	Excellent
12 Minute Run & Walk	Below 1620	1621 to 1704	1705 to 1977	Above 1977
Sit & Reach	Below 25	26 to 29	30 to 38	Above 38
Shuttle run	Above 14.56	14.55 to 12.78	12.77 to 11.98	Below 11.98
Skipping	Below 48	49 to 70	71 to 86	Above 86
Sit ups	Below 22	23 to 25	26 to 28	Above 28

All statistical analyses are discussed in detail: Physical education is now considered an integral element of the general education system by the state government. It is also acknowledged that physical education, like intellectual subjects, plays an essential role in the coordinated development of the personality. The current study will be a pioneering attempt in developing school-wide criteria for evaluating physical fitness. Data was collected for this purpose, and the obtained data was statistically treated. Standard Tests were introduced to assess the pupils' physical fitness abilities. After confirming content validity and reliability, all tests were included. All the scores were tested for normality before their norms were calculated. After which the scores were converted into norms by computing them into percentile using SPSS. From the analysis and the raw score obtained a grading scale of the selected physical fitness tests conducted on the students was also prepared. The grading scale prepared using Rank order method. Using the scores which were divided into four groups of 25 % each and grading system was prepared, i.e. Excellent, Good, Average and Poor.

Summary: Physical education is now considered an integral element of the general education system by the state government. It is also acknowledged that physical education, like intellectual subjects, plays an essential role in the coordinated development of the personality. The current study will be a pioneering attempt in developing school-wide criteria for evaluating physical fitness. Data was collected for this purpose, and the obtained data was statistically treated. Standard Tests were introduced to assess the pupils' physical fitness abilities. After confirming content validity and reliability, all tests were included. Before the norms were determined, all of the scores were checked for normality. The goal of this research is to prepare 15th and 16th grade pupils for physical fitness standards. There are 250 boys in 9th grade and 250 boys in 10th grade. The following items were included in the Physical Fitness test: 10mX4m, 12 minute Run & Walk Test, Sit-ups, Sit & Rich, B. M. I., 50 meter Dash, Push Ups, Sitting Ball Throw Shuttle Run, Skipping Rope, and a Volleyball Test on the Wall In this study, a new set of physical fitness standards was created using the percentile technique, and the results were expressed as percentile norms. Result of the study prepared norms suitable to evaluate the student's performance on selected physical fitness test.

Conclusion: Physical fitness standards for 9th and 10th grade boys in the Latur District were developed, which may be used to grade pupils in this element of the mandatory physical education program in the curriculum.

1. Students in 9th and 10th grade boys have a quantifiable fitness variable.
2. The generated standards can be utilized as criteria for evaluating the students' fitness.
3. The created grading table can be utilized to distinguish students.

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