METHODOLOGY

In this procedure adopted for the selection of subjects, selection of variables, criteria measures, administration of test, testers availability and reliability of test, instrument reliability collection of data and statistical technique to be used has been described.

Selection of subjects

For this study 400 subjects were selected randomly from different colleges of age between 18-25 years. 100 boys and 100 girls from professional college and 100 boys and 100 girls from non professional college. The colleges were located at various places at university of Kerala.

Selection of Variables

To assess the Health Related Physical Fitness, American Alliance for Health, Physical Education, and Recreation, (AAHPER) Washington, DC was used.

The Revised AAHPER Youth Fitness Test is a battery of six items designed to give a measure of physical fitness. The tests were selected to evaluate specific aspects of physical status which, taken together, give an overall picture of fitness. Tests can be given in the gymnasium or outdoors. They are as follows: 9a) pull-up (with flexed –arm hang for girls)—for judging arm and shoulder girdle strength; (b) flexed leg sit-up – for judging efficiency of abdominal and hip flexor muscles; (c) shuttle run—for judging speed and change of direction; (d) standing broad jump—for judging speed; and (e) 600-yard run-walk (with optional runs of one mile or 9 minutes for ages 10-12, or one and a half miles of 12 minutes for ages 13 and older).. for judging cardiovascular efficiency.

To access the Mental Health, Mental Health Inventory (MHI) was used. This inventory standardized and constructed by Dr. Jagdish and Dr. A.K Srivastav 5 items are in the questionnaire and each of the items has our responses. Total inventory mental health reliability coefficients was 0.73 and Construct validity of the inventory is determined by findings coefficient of correlation between scores on mental health inventory and general questionnaire it was found to be 0.54.

PROCEDURE FOR COLLECTION OF DATA

The physical fitness variable and mental fitness test are conducted in the subjects of following colleges
Professional College
• Mar Baselios Engg. College
• St. Thomas Engg. College
• Heera College Engg. College
• Lourd Matha Engg. College

Non professional College
• Mar Ivanios College
• St. Xaviers College
• Mother Teresa Arts & Science College
• University College

All subjects were properly oriented and the test was very clearly explained. They were allowed of few trails. Then one after another test were administrated and data were recorded carefully.

Statistical technique

The assessment of Health related physical fitness components and mental fitness will do by SPSS software. Descriptive as well as inferential statistical will be determined. The Significant Mean Difference (critical ratio), SD, Co-relation, F- Test.

WORK PLAN

1. Introduction
2. Collect different reviews
3. Experiment and organised the camp & test
4. Collect data
5. Data interpretation
6. Results, findings
7. Discussion and conclusion
8. Recommendation