

Bio-Motor Performance of the Meitei Boys of Manipur

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ABSTRACT Six bio-motor performance tests viz., speed acceleration (50 m dash), agility (4 x 10 m shuttle run), cardio-respiratory endurance (600 m run), muscular endurance (flexed arm hang), strength-endurance (bent knee sit ups) and power (standing broad jump) have been administered on 969 boys aged 12 – 18 years belonging to the Meitei ethnic group of Manipur state, India. 488 of the boys are from affluent families and 481 from non-affluent families. The non-affluent boys are superior to the affluent boys in all the six tests in most of the age groups. Elder boys of both the socio-economic categories out-performed the younger ones in all the tests. The rate of performance increments during the growth phase are not uniform in both the boys groups. As revealed by the Hull scale scores, the most preferable event for the non-affluent boys appeared to be the cardio-respiratory test of 600 m run and that of the affluent boys, the power test of standing broad jump.