# THE RELATIONSHIP OF SEVERAL PHYSICAL FITNESS 

 VARIABLES IN SELECTED ELEMENTARYSCHOOL CHILDREN

By<br>HAROLD VAUGHN RITCHESON<br>4<br>Bachelor of Science<br>Central State College<br>Edmond, Oklahoma

1961

Submitted to the faculty of the Graduate College of the Oklahoma State University
in partial fulfillment of the requirements
for the degree of
MASTER OF SCIENCE
July, 1966

# OKLAHOMA <br> STATE UNIVERSITY LIBRARY JAN 2 Vt 1867 

THE RELATIONSHIP OF SEVERAL PHYSICAL FITNESS VARIABLES IN SELECTED ELEMENTARY

SCHOOL CHILDREN

Thesis Approved:


## ACKNOWLEDGMENTS

The author expresses appreciation to Mrs. Eva M. Smiley and Mr. Eldred Barnes, principals of Garfield and Woodlands Elementary Schools, and to Mrs. Carolyn Moore and Mrs. Helen Corporon, physical education instructors, for the cooperation given during the time-consuming testing procedures, and to the students who took their time and energy to fulfill the requirements of this study. The author sincerely thanks Dr. M. U. Ayers, Mr. Joe D. Paden, and Dr. Dale Cooper for their most needed assistance in setting up the computer program, and Dr. Aix B. Harrison for his assistance and guidance throughout this study.

## TABLE OF CONTENTS

Chapter Page
I. INTRODUCTION ..... 1
Purpose of Study ..... 1
Definitions ..... 2
Background of Subjects ..... 3
II. REVIEW OF THE LITERATURE ..... 5
Reaction Time and Movement Time Studies ..... 5
Correlation Studies ..... 6
I.Q. Studies ..... 9
III. METHODOLOGY ..... 10
Subjects ..... 10
Test Procedure ..... 11
Analysis of Individual Tests ..... 11
Shuttle Run ..... 11
Fifty-Yard Dash ..... 12
Standing Broad Jump ..... 13
Body Movement Time ..... 14
Leg Strength ..... 16
Intelligence Quotient ..... 18
Analysis of Data ..... 18
IV. RESULTS ..... 20
I.Q. - Height, Age, Leg Strength ..... 20
Weight - Leg Strength ..... 20
I.Q. - Broad Jump ..... 21
Weight - Broad Jump ..... 21
Height - Leg Strength ..... 21
Age - Broad Jump ..... 21
Leg Strength - Shuttle Run ..... 21
Leg Strength - Fifty-Yard Dash ..... 21
Leg Strength Norms ..... 21
V. CONCLUSIONS ..... 30
Recommendations ..... 33
BIBLIOGRAPHY ..... 35

## TABLE OF CONTENTS (continued)

Chapter Page
APPENDIX A ..... 38
APPENDIX B ..... 43
APPENDIX C ..... 47
APPENDIX D ..... 51
Tab1e Page
I. Sigma Scale for Leg Strength ..... 22
II. Correlation for Boys ..... 23
III. Correlation for Girls ..... 24
IV. Correlation for Mixed Group ..... 25
V. Correlation Coefficients ..... 51
LIST OF FIGURES
Figure Page

1. Body Movement Time Test ..... 15
2. Leg Strength ..... 17
3. Mean Movement Time ..... 26
4. Shuttle Run Mean ..... 27
5. Standing Broad Jump Mean ..... 28
6. Fifty-Yard Dash Mean ..... 29
7. Reaction and Movement Timer ..... 43
8. Body Movement Time Equipment Diagram ..... 44
9. Leg Strength Equipment Diagram ..... 45

## CHAPTER I

## INTRODUCTION

This study consisted of the measurement of several variables in fourth grade students and dealt with relationships and interrelationships of these variables. The ones measured were height, weight, and intelligence quotient, movement time, leg strength, distance attained in the standing broad jump, time in running the fifty-yard dash and in the shuttle run.

Previous research has been confined mainly to college students due to their accessibility, with the most popular problem tending to be a comparison of the reaction time of athletes and non-athletes, studied for its predictive value in athletics. Norms for the college student have been established in body movement time and in leg strength. Research, then, has been done in this general area, but none of the studies have dealt with as many variables as does this one, and only a few have been concerned with the grade school student. Of the norms available for the elementary school child, ones indicating leg strength and body movement times were limited, leaving this writer unable to locate any research with which to compare his findings, except for Florence D. Moudy's 1965 study of movement times in elementary school children. ${ }^{1}$

Purpose of Study. The purpose of this study was to determine what, if any, relationships or interrelationships existed between the several

[^0]variables measured in this study: intelligence quotient, height, weight, movement time, leg strength, shuttle run, and standing broad jump. Sub-problems were (1) to establish or substantiate leg strength norms for fourth grade boys and girls using simplified measuring devices; (2) to establish or substantiate body movement time norms for fourth grade boys and girls; (3) to compare levels of achievement of these boys and girls with the national norms on standing broad jump, shuttle run, and fifty-yard dash; (4) to determine if any difference exists between boys and girls of the same age group in intelligence quotient, body movement time, and leg strength.

Definitions. The abbreviation "I.Q." was used to designate intelligence quotients of the fourth grade students measured by the Stanford Achievement Test administered two weeks prior to testing for this study.

The abbreviation "ML' was used to designate body movement time, discussed in Chapter III, Figure 1. ${ }^{2}$ This variable was measured by the Athletic Performance Analyzer.
"LS." was the abbreviation for leg strength determined by a test explained in Chapter III, "Methodology," and in Figure $2 .^{3}$
"SBIJ" was the abbreviation for the standing broad jump, and "SR." represented the shuttle run, both to be discussed in Chapter III.

The Athletic Performance Analyzer, which was used to indicate body movement time, was abbreviated as "APA" throughout the remainder of this study. ${ }^{4}$
${ }^{2}$ Figure 1, p. 15.
$3^{3}$ Figure 2, p. 17.
${ }^{4}$ Figure 7, Appendix B, p. 43.

Standard abbreviations of "Ht." for height, and "Wt." for weight, were used, with height being measured to the nearest one-half inch and weight to the nearest pound. Each subject's age was recorded in months; for example, a child with a recorded age of 118 months would be approximately nine years, ten months old. Sex of the subjects was indicated in the raw data material as " M " for male and " F " for female, ${ }^{5}$ as " 1 " for male and " 2 " for female in the computer program. ${ }^{6}$

Background of Subjects. The elementary school physical education program in Ponca City, Oklahoma, starts in the second grade and continues through the sixth grade. The subjects used in this study had a physical education class period daily. A typical weekly program included team games and relays, stunts and tumbling, rhythms, as well as classroom studies of health. All these activities were preceded daily by ten minutes of calisthenics. Therefore, norms resulting from this study would apply only to other fourth graders who would have had similar physical education training.

The one hundred students who served as subjects for the study represented the fourth grades from two randomly chosen elementary schools in Ponca City. Forty-nine of the subjects were male, and fifty-one, female.

One of the elementary schools was located in an area made up of people of upper-middle class tastes and incomes. All the children tested from this school were Caucasian. The second elementary school was located in an older section of the city which has a mixture of socio-economic groups; a large percentage of families in this area have

[^1]minimal educations and low incomes. The subjects studied from these homes were composed of seventy-eight percent Caucasian, seventeen percent Indian, and five percent Negro students.

## CHAPTER II

## REVIEW OF THE LITERATURE

Reaction Time and Movement Time Studies. After reviewing the history of movement and reaction time, the author found such studies were not an innovation, but dated back to experiments done by Helmholz as early as 1850. ${ }^{1}$ Further, it was found that many studies were credited to the field of physiology rather than physical education and that leadership in this area of reaction and movement times had shifted frequently from psychologists to physiologists to physical educators.

An abundance of material exists concerning movement and reaction times, but studies of reaction time in elementary school children are extremely limited. In addition, most of these studies do not have the scope of the project at hand due to the many variables involved here. One such study involves the effects of rhythmic versus nonrhythmic stimulation in which the author, Don J. Wilson, found these results:

1. Reaction is faster when the potential stimuli were presented in a rhythmic rather than nonrhythmic series.
2. The speed of movement initiated by such a reaction is not influenced by the rhythm or the nonrhythm.
3. Individual differences in quickness of reaction and quickness of movement are almost completely independent. ${ }^{2}$
[^2]Correlation Studies. Several studies have been made over the past years dealing with the relationships of body size and different measures of speed. In this study the body movement, shuttle run, and times of the fifty-yard dash will be compared with age, weight, height, and sex. Sir Francis Galton, early in his scientific career, came to the conclusion that men of genius tend to be above average in height and weight. In 1869 he stated in his Hereditary Genius:

There is a prevalent belief that men of genius are unhealthy, puny beings--all brain and no muscle--weak-sighted and generally poor constitutions. I think most of my readers would be surprised at the stature and physical frames of the heroes of history, who fill my pages, if they could be assembled together in a hall. I would undertake to pick out of any group of them, even out of that of the Divines, an "eleven" who should compete in any physical feats whatever, against similar selections from groups of twice or thrice their numbers, taken at haphazard from equally well-fed classes . . . . I do not deny that many men of extraordinary mental gifts have had wretched constitutions, but deny them to be an essential or even the usual accompaniment . . . . A collection of living magnets in various branches of intellectual achievement is always a feast to my eyes; being as they are, such massive, vigorous, capable looking animals. ${ }^{3}$

By 1891 Galton discarded this theory and stated:
The experience gained by the measurement of about 2,000 students at Cambridge conclusively proves that success in literary examinations is in no manner connected with stature, weight, strength, or breathing capacity, and but slightly with keenness of eyesight. ${ }^{4}$
${ }^{3}$ Francis Galton, Hereditary Genius (reprinted from the first edition, 1869, by Macmillan and Company, Ltd., London, 1925) quoted in Warren C. Middleton and Donovan C. Moffett, "The Relationship of Height and Weight Measurements to Intelligence and to Dominance-Submission Among a Group of College Freshmen," Research Quarterly, II (December, 1940), pp. 53-54.

4Warren C. Middleton and Donovan C. Moffett, "The Relationship of Height and Weight Measurements to Intelligence and to DominanceSubmission Among a Group of College Freshmen," Research Quarterly, II (December, 1940), p. 54.

Amar theorized that small built individuals are quicker than tall ones because weight decreases as the cube of the size, while force decreases as the square. ${ }^{5}$
C. H. McCloy, in the 1920's, collected data from many sources and studied the interrelationships statistically. His study dealt mainly with running, jumping, and throwing. The results proved that grade in school added little to the multiple relationships, and this theory was soon given up. Puberty was deemed important, but due to difficulty in obtaining reliable ratings it was dropped from consideration. Thus, the McCloy studies resulted in classification pl ans for boys and girls based upon combinations of age, weight, and height derived from multiple regression equations. ${ }^{6}$

Cureton stated that people with long arms and legs and short trunks might show great speed and endurance at light athletic work, because long third-class levers are noted for speed and range of motion. ${ }^{7}$

In contrast with Amar's earlier study, Miller, in 1952, stated that his data on the sixty-yard dash gives a good indication that speed is an innate factor not significantly related to body size or build. ${ }^{8}$

Anna S. Espenschade, in 1961, studied the relationship of age,
$5^{5}$ J. Amar, The Human Motor (London, 1920) quoted in William R. Pierson, "Body Size and Speed," Research Quarterly, XXXII (May, 1961), p. 197.
${ }^{6}$ C. H. McCloy, "Athletic Handicapping by Age, Height and Weight," American Physical Education Review, XXXII (1927), pp. 635-642.
${ }^{7}$ T. K. Cureton, "Mechanics of Track Running," Scholastic Coach, IV (February, 1935), p. 10.
${ }^{8}$ K. D. Miller, "A Critique on the Use of the Height-Weight Factors in the Performance Classification of College Men," Research Quarterly, XXIII (December, 1952), p. 402.
height, weight to performances of boys and girls on the California Physical Performance Test. She was to evaluate all these factors as basis for the grouping of students and for the establishment of norms for test performance. In her study 7,600 school children ranging in age from ten to eighteen years were tested. The results given in her test for boys show a climbing progression in all test scores. The mean scores of all boys were highly superior to the preceding year. The girls presented a different picture. Scores in the sit-ups and knee push-ups declined with the increased age of the subject, but increases by age occurred in dashes and broad jump. Her results state that all norms should be based on age alone. ${ }^{9}$

Florence D. Moudy, in 1965, investigated these relationships involving elementary school children: (1) age-movement time, (2) heightmovement time, (3) weight-movement time. She figured the correlations, then compared the boys' scores with the girls'. She found that there was a negative correlation of .74 between age and movement time which was significant at the . 01 level of confidence. A t-ratio of 11.3 for movement time was significant at the . 01 level of confidence. She found a negative correlation of .492 between the height and movement time and .505 between weight and movement time which were significant at the . 01 level of confidence. Comparing the sexes, she found boys faster than the girls in the movement time test. The mean movement time score for boys was .90 seconds, and girls had a mean movement time of . 97 seconds. ${ }^{10}$
${ }^{9}$ Anna S. Espenschade, "Restudy of Relationships Between Physical Performances of School Children and Age, Height, and Weight," Research Quarterly, XXXIV (May, 1963), pp. 144-153.
${ }^{10}$ Moudy, pp. 20-26.
I.Q. Studies. In the 1930's a study was made by Warren C. Middleton and Donovan C. Moffett. They found, "The correlation between height and intelligence for the group was $.22 \pm .03$ (. $25 \pm .04$ for the men and $.29 \pm .03$ for the women)." There is a slight correlation with intelligence. "The correlation between weight and intelligence for the group is $.15 \pm .03$ (.18 $\pm .04$ for the men and $.19 \pm .04$ for the women)." They added that "Weight does not correlate as highly with intelligence as does height. There is no sex difference in size of correlation between weight and intelligence."11 The results of this study cannot be valid for the elementary school child because the subjects tested were all college freshmen.

[^3]CHAPTER III

## METHODOLOGY

Subjects. Subjects for this study were one hundred male and female fourth grade students ranging in age from nine to thirteen years. Of the total number there were fifty-one girls and forty-nine boys. The students who served as subjects for this study came from two different elementary schools in Ponca City, Oklahoma. The schools tested were chosen by simple cluster sampling. 1 To utilize this simple cluster process, the names of each of the nine elementary schools were written on separate slips of paper, put into a small box, and then two names were drawn out. Through the use of statistical techniques results can be generalized to all fourth graders in the Ponca City School System.

One of the selected schools was Woodlands Elementary, located in the northeast part of Ponca City. This area contains many new homes, and its inhabitants would be considered in the upper-middle class, being professional people on a whole. All the Woodlands students tested were Caucasian.

The second school was Garfield Elementary which is located in an older section of the city and has a mixture of socio-economic groups although the largest percentage of families have minimal educations and
$1_{\text {M. }}$ Gladys Scott, ed., "Populations and Samples," Research Methods $\frac{\text { in }}{\text { P. Health }} \frac{\text { Physical }}{92 .}$ Education, and Recreation (Washington, D. C. , 1959),
low incomes. The Garfield subjects were composed of seventy-eight percent Caucasian, seventeen percent Indian, and five percent Negro students. No pupil from either school, known to have a physical handicap or an organic deficiency, was included in this study.

Test Procedure. These students were allowed to come three at a time into the health room of the school to get measured for height, to be weighed, and to take the movement time test.

All students were tested under similar conditions during the school day, at least one hour after meals. Since the students were in class, no strenuous physical activity took place before the test. Uniform directions were given to all subjects prior to testing during which time each was informed that while he was expected to do his best, the results of his efforts would have no bearing upon his physical education grade. In order to avoid the possibility of competition between subjects, test results were not shown to the subjects. The study was conducted in a nine-day period with the first two days spent measuring height and weight, obtaining the intelligence quotient, and administering the body movement time test to each student. Two days each were spent giving the leg strength test, body movement time test, and standing broad jump test. The fifty-yard dash and shuttle run tests were given on two separate days. With the exception of the I.Q. test, all tests given in this study were administered by the author.

## ANALYSIS OF INDIVIDUAL TESTS

Shuttle Run. Subjects, dressed in street clothes and tennis shoes, took this test in the school gymnasium.

The testing equipment included two wooden blocks with the dimensions of $2^{\prime \prime} \times 2^{\prime \prime} \times 4^{\prime \prime}$ and an area marked for a thirty-foot runway. The
starting and finish lines of this runway were designated by taped lines. A stopwatch was used for timing.

The blocks were placed behind one of the lines; the subject then stood behind the line opposite the blocks to begin the test. On the starting signal, "Ready? Go!" the subject ran to the blocks, picked up one, returned, and placed it behind the starting line. (He was not allowed to throw or drop the block at the starting line.) Immediately upon placing the block on the floor, he ran, picked up the second block, and carried it back across the starting line to complete the test.

The tester began recording a subject's time from the instant the "Go!" signal sounded and stopped the watch just as the subject crossed the finish line on the final run. Each subject had a rest period between trials. The period was not of a determined length since the investigator was calling the names from the class roll and rotating the students. The speed results were recorded three times to the nearest tenth of a second with the best of the three runs being used for the calculation.

Fifty-yard Dash. Testing for the fifty-yard dash took place outside on two perfect autumn days of above normal temperature; the wind was at a minimum. Students again ran in their street clothes and tennis shoes.

Testing followed this procedure. The student stood behind the starting line while the tester took a position at the finish line, using as equipment a stopwatch and record sheet. Preparatory to giving the start signal, the tester raised one hand as a warning to the child to get in a starting position; then he signaled the start of the test
by bringing down his hand quickly, and hitting his leg. As the pupil crossed the finish line, the tester stopped the clock, both noting and recording the student's time.

The subject ran the fifty-yard dash three times with a rest period which varied in length due to the rotating of the class roll. The best time of the three tests was used as the correlation factor.

Standing Broad Jump. This test gives an indication of the strength, spring power, and agility of the child's legs.

The tester selected a tumbling mat to provide a level and padded surface for the child to land on. A tape measure was attached to the mat at a right angle to the take-off line in order to measure the length of the jump. The tester stood to the side with a yardstick to indicate the subject's point of impact after jumping. He then measured the results to the nearest inch. In judging the distance of the jump, the tester measured from the take-off line to the heel or any part of the body that touched the surface nearest the take-off line. Three tries were allowed, and the distance of the best jump was used in figuring the results.

The subject's actual procedure during the test followed this pattern. The pupil stood with his feet comfortably apart and with toes just behind the take-off line. Preparatory to jumping, the pupil should have had his knees flexed and should have swung his arms backward and forward in a rhythmical motion. As he jumped, his arms swung forcefully forward and upward as he pushed off from the balls of his feet. Students were familiar with this procedure in that the tester had explained and demonstrated the jump to all the class. The students also did a series of practice jumps.

Body Movement Time Test. The test required the total body to complete an execution of jumping onto an electric switch mat following a sound stimulus. This test utilized a device known as the Athletic Performance Analyzer (APA), manufactured by the Dekan Timing Device Company of Glen Ellyn, Illinois, a mechanism quite useful in measuring reaction and movement time. It consisted of an electric switch mat attached to an electronic chronoscope which measured time to the nearest one hundredth of a second.

In preparation for the movement time test, the subjects were allowed to come into the school health room three at a time. The instructions had previously been given to the whole group so only a brief review concerning the test was necessary. The tester had placed the analyzer on top of a desk; the switch plate attachment was located on the floor two feet from the controls and was taped to the floor to eliminate slipping. The location of the starting point was eighteen inches away from the switch mat with the starting line represented by a twenty-four inch length of tape. The tester stood between the controls and switch mat to proceed with the operation and to obtain a thorough view of the subjects.

The pupil stood in a ready position with knees bent, feet apart, and toes behind the starting line. His hands and arms were back for more accelerated movement from the upswing in preparation for the jump. The subject reacted to a sound stimulus produced by the APA. The tester gave the command "Ready" and pushed the button on the control panel. A delay-start circuit kept the subject from learning a definite rhythm of starting. The delay-start circuit was adjustable from one to six seconds. As the subject jumped to the switch mat, landing on both feet, he stopped the clock.


Figure 1. Body Movement Time Test

Equipment: Athletic Performance Analyzer and switch mat.
Starting Position: The subject stands in a ready position with knees bent, feet apart, and toes behind the starting line. His hands and arms were back for more accelerated movement from the $u^{\circ}$ swing in preparation for the jump. On an auditory stimulus caused by the sounding of a buzzer from the APA, the subject jumped the 18 -inch distance to the switch mat, 1 anding on both feet, thus stopping the clock.

Trials: Subject made ten jumps. The mean of the last five was computed and considered as each subject's body movement time。

Each subject made ten jumps. A11 times were recorded, but on1y the last five scores were used to compute the mean.

Leg Strength Test. P1ans for constructing this device were developed by Mary A. Heintz, in 1959. She reported that the apparatus showed a reliability of .90 (test-retest method) and validity of .75 (criterion Narrangansett back dynamometer). ${ }^{2}$ The equipment for this test, called the tennometer, ${ }^{3}$ consisted of a homemade apparatus which was constructed from a $2^{\prime \prime}$ x $12^{\prime \prime}$ board six feet long for the base or platform. The lever section was a $4^{\prime \prime} \times 4^{\prime \prime} \times 5^{\prime}$ board connected with a metal hinge to the fulcrum, a $4^{\prime \prime} \times 4^{\prime \prime}$ block bolted to the platform. Near the fulcrum and under the lever were the bathroom scales which were read in pounds. At the end opposite the scales the subject stood, straddling the lever with his feet on the edge of the platform. Attached to this end of the lever was a chain which was, in turn, attached to a padded bar that rested across the subject's thighs. The length of the chain was adjusted to fit each subject, determined by the distance from the platform to the top side of the subject's thighs when he bent his knees to an approximate $115^{\circ}$ to $120^{\circ}$ angle. To prem vent the padded bar from slipping off the subject's thighs, the bar was secured by cotton webbing tied around the subject's waist.

When the subject was in kneembent position and ready for the test, he applied pulling force to the bar by extending the knees, thus exerto ing force on the lever. Force was measured in pounds on the scales at the opposite end of the lever. The subject had three recorded trials with his best showing of leg strength being used for computing.

[^4]

Figure 2. Leg Strength Test

Equipment: Leg strength testing apparatus and scales.
Starting Position: The subject stands straddling the lever with his feet at the edge of the platform. His knees are bent with a padded bar resting across the thighs. The bar is attached to the end of the lever directly under the subject. In addition, the bar is tied around the waist of the subject by a cloth belt to prevent slipping. When pupil is in knee-bent position and ready, he applies pulling force to the bar by standing straight up. Since there was a 3-1 ratio in distance $A B-B C$ the scale reading was multiplied by 3 to get leg strength.

Trials: The subject has three recorded trials; the subject's best pull was used for computing.

Intelligence Quotient. The tester transcribed the individual intelligence quotient results from the subjects' cumulative folders, results based on the Stanford Achievement Test which the elementary school principal had administered two weeks prior to the testing for this study.

Victor H. Noll in his book Introduction to Educational Measurement cites the Stanford Achievement Test as holding a position of leadership in the field for thirty years and as still being probably one of the best known and most widely used batteries in existence. ${ }^{4}$

Analysis of Data. After the raw data was obtained, it was punched on IBM cards. The cards were then read into a digital computer, a computer using numbers, symbols, etc., consisting of coded digits to solve problems. A Fortran program was written to compute the mean movement time from the raw data. A second computer program was used to study correlations of the variables. This computer program based on a multiple correlation method of analysis was used to study the correlation of the various combinations of the variables. All work was done on an IBM 7040 digital computer which took only six seconds to perform the required calculations.

Means were computed for eighty-two of the one hundred subjects. The scores of the remaining subjects in this study were dropped in that these eighteen were retained students at some point in the early school years, thus making them significantly older than the other eighty-two students, lower in I.Q., stronger in leg strength, and much taller and heavier than the average of the remaining subjects. The

[^5]eighty-two students were then used to compute the mean values for the mixed group of children and then for the groups of boys and girls separately. The author studied data for the difference between boys' and girls' I.Q., movement time, and leg strength.

The scores were then compared with the established norms of the AAHPER tests ${ }^{5}$ and Moudy's results ${ }^{6}$ for body movement time. The next step was to establish a Sigma scale table of leg strength norms which included three standard deviations on either side of the mean.
${ }^{5}$ American Association of Health, Physical Education, and Recreaw tion, Youth Fitness Test Manual (Washington, D. C., 1962).
$6_{\text {Moudy , p. }} 21$.

## CHAPTER IV

## RESULTS


#### Abstract

An analysis of the experimental data showed that significant correlations did exist between certain variables. A significant correlation means that it is reasonable to assume that a functional relationship exists between the variables. The determination of a meaningful functional relationship would require data over a wider age group and was not included in the scope of this research program.

The variables that do not show a significant correlation may be influenced by the fact that the data covers approximately only one elementary grade group. The lack of significant correlations indicated by this data should not be interpreted as a lack of significant correlation of the same variables over a wider age group. Significant correlations were found between the variables indicated by the special notation shown in Tables II, III, and IV at the end of this chapter. I.Q. - Height, Age, Leg Strength. The negative correlations, significant at the 0.05 level of confidence were undoubtedly biased by the presence of data for students who were retained. Eighteen of the one hundred students had been retained in some earlier grade. These eighteen, then, were heavier, taller, and lower in I.Q. than most of the other eighty-two students tested.

Weight - Leg Strength. The positive correlations, significant at the 0.01 level of confidence for all three groups, indicated that heavier children tended to show more strength on the leg strength test; this


was not a surprising result in that the same bias which affected the correlation of I.Q. to height, age, and leg strength was likely in this correlation.
I.Q. - Broad Jump. The positive correlation significant at the 0.01 level of confidence indicated that the boys with a higher I.Q. tended to jump farther.

Weight - Broad Jump. A significant correlation at the 0.05 level of confidence for the boys' group indicated that the lighter boys jumped farther. No significant correlation existed for the girls' group and mixed group.

Height - Leg Strength. A significant correlation at the 0.05 level of confidence for all three groups indicated that taller children had stronger legs.

Age - Broad Jump. A significant correlation at the 0.01 level of confidence for the boys' group indicated that younger boys jumped farther. No significant correlation existed for the girls' group or mixed group.

Leg Strength - Shuttle Run. A significant correlation at the 0.01 level of confidence for the girls' group indicated that girls with stronger legs ran the shuttle run faster. No significant correlation existed for the boys' group. The shuttle run is supposed to be a feat of agility, but it probably gives a measure of speed also.

Leg Strength - Fifty-Yard Run. A significant correlation at the 0.05 level of confidence for the boys' group and at the 0.011 evel of confidence for the girls' group and for the mixed group indicated that children with stronger legs run faster.

Leg Strength Norms. A Sigma scale table for leg strength of
fourth graders using the tennometer follows in Table I. The investi= gator constructed this table to give meaning to the raw data obtained in physical education tests.

TABLE I
SIGMA SCALE FOR LEG STRENGTH


TABLE II
CORRELATION FOR BOYS

|  | Independent Variables |  |  |  |  | Dependent Variables |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | I. Q. | Wt. | Ht. | Age | L. $\mathrm{S}^{\text {d }}$ | M, Mo T. | Shut. Run | $50-\mathrm{Yd}$. | S.B.J. |
| I. Q |  | -0.285 | $-0.351 * *$ | -0.572* | $-0.346 \%$ \% | 0.040 | -0.025 | -0.028 | 0.414* |
| Wt. |  |  | 0.782* | 0.430\% | 0.520* | 0.078 | 0.019 | -0.174 | -0.395*\% |
| Ht. |  |  |  | 0.413\% | 0.413\% | 0.140 | -0.004 | -0.213 | -0.233 |
| Age |  |  |  |  | 0.231 | 0.144 | 0.033 | 0.069 | -0.411* |
| L. S. |  |  |  |  |  | -0.051 | -0.270 | $-0.336 * *$ | -0.019 |

[^6](To determine the significance of these correlations, see Table V, Appendix D, p.51.)

TABLE III

## CORRELATION FOR GIRLS

|  | Independent Variab1es |  |  |  |  | Dependent Variables |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | I. Q 。 | Wt. | Ht . | Age | L.S. | M.M.T. | Shut. Run | 50-Yd. | S.B.J. |
| I. Q. |  | 0.093 | 0.028 | $-0.457 \%$ | 0.049 | -0.309\%\% | -0.016 | 0.094 | 0.164 |
| Wt. |  |  | 0.669\% | 0.207 | $0.308 \%$ | -0.056 | 0.178 | 0.080 | 0.137 |
| Ht. |  |  |  | 0.292 \% | $0.392 \%$ | -0.084 | 0.159 | 0.093 | -0.031 |
| Age |  |  |  |  | 0.109 | -0.006 | 0.067 | 0.050 | -0.077 |
| L. S. |  |  |  |  |  | -0.247 | $-0.382 *$ | $-0.442$ | -0.027 |

* 0.01 Level of Confidence
$* * 0.05$ Level of Confidence
(To determine the significance of these correlations, see Table V, Appendix D, p. 51.)

CORRELATION FOR MIXED GROUP

|  | Independent Variables |  |  |  |  |  | Dependent Variables |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Sex | I. Q. | Wt. | Ht . | Age | L. S. | M. M. T. | Shut. Run | $50-\mathrm{Yd}$. | S.B.J。 |
| Sex |  | 0.196\%* | -0.227** | -0.157 | -0.180 | -0.254** | 0.226** | 0.246** | 0.104 | 0.049 |
| I.Q. |  |  | -0.177 | -0.230** | -0.540\% | -0.230** | -0.078 | 0.029 | 0.055 | 0.149 |
| Wt. |  |  |  | $0.753 \%$ | $0.389 \%$ | 0.481\% | $-0.031$ | 0.030 | -0.079 | 0.038 |
| Ht. |  |  |  |  | $0.394 *$ | 0.428\% | 0.009 | 0.028 | -0.088 | -0.045 |
| Age |  |  |  |  |  | 0.230** | 0.039 | -0.002 | 0.038 | -0.085 |
| L. S. |  |  |  |  |  |  | -0.181 | -0.352* | $-0.385^{*}$ | -0.029 |

* 0.01 Level of Confidence
$\% 0.05$ Level of Confidence
(To determine the significance of these correlations, see Table $V$, Appendix $D, p .51$. )


Figure 3. Mean Movement Time - Age 108-119 Months


Figure 4. Shuttle Run Mean


Figure 5. Standing Broad Jump
s+me - secinas
10.0


Figure 6. 50-Yard Dash Mean

## CHAPTER V

CONCLUSIONS

The purpose of this study was to determine if a significant correlation existed between any of the measured variables. Sub-problems were to establish leg strength norms for fourth grade boys and girls, to establish or substantiate body movement time for fourth grade children, to compare levels of achievement of these boys and girls with the national norms on standing broad jump, shuttle run, and fifty-yard dash, and to determine if any difference exists between boys and girls of the same age group in body movement time and leg strength.

From the data collected and computed, the following conclusions were reached.

1. These were the significant correlations:
Boys Girls

| a. I.Q. with Age | -.572 | a. I.Q. with Age | -.457 |
| :--- | :--- | :--- | :--- | :--- |
| b. I.Q. with S.B.J. | +.414 | b. Wt. with Ht. | +.669 |
| c. Wt. with Ht. | +.782 | c. Ht. with L.S. | +.392 |
| d. Wt. with Age | +.430 | d. L.S. with S.R. | . . 382 |
| e. Wt. with L.S. | +.520 | e. L.S. with 50.Yd. | -.442 |
| f. Ht. with Age | +.413 | f. I.Q. with M.T. | -.309 |
| g. Ht. with L.S. | +.413 | g. Ht. with Age | +.292 |
| h. Age with S.B.J. | -.411 | h. Wt. with L.S. | -.308 |

Mixed Group
At the . 01 Level of Confidence. At the . 05 Level.
a. Wt. with Ht. +.753
a. Sex with I.Q. $\quad+.196$
b. Wt. with Age $\quad+.389$ b. Sex with Wt. 227
c. Wt. with L.S. $\quad+.481$ c. Sex with L.S. -254
d. Ht. with Age +. 394 D. Sex with M.T. +. 226
e. Ht. with L.S. $\quad+.428$
e. Sex with S.R. +. 246
f. I.Q. with Age -.540
f. I.Q. with Ht. $-.230$
g. L.S. with S.R. $\quad .352$
g. I.Q. with L.S. $-.230$
h. L.S. with 50-Yd. -. 385
h. Age with L.S. $\quad+.230$
2. The results of the leg strength test showed the mean for boys to be 240 pounds and for the girls, 199 pounds. A Sigma scale table was made in Chapter $I V^{1}$ to show norms for the elementary school boy and girl ranging in age from 107 to 119 months.
3. The mean movement time of elementary school children in this study was .88 seconds compared to the mean found by Moudy in 1964 of .94.
4. The subjects tested ranged in age from 107 to 119 months. The norms set by the AAHPER stops at ten years or 120 months. The subjects did compare well on the tests even though they were younger. For example, in the shuttle run boys ran 11.2 seconds compared to the AAHPER score of 11.3 seconds; the girls had a 11.5 second record, and the AAHPER, 11.8 seconds. In the standing broad jump boys measured $4^{\prime} 6^{\prime \prime}$, and AAHPER, $5^{\prime} 0^{\prime \prime}$; the girls' norm was $4^{\prime} 0^{\prime \prime}$ compared to the AAHPER's $4^{\prime} 8^{\prime \prime}$. In the fiftyayard run the boys ran 8.5 seconds compared to the

$$
1_{p, 22}
$$

AAHPER's 8.3; the girls ran in 8.6 seconds while the AAHPER subjects ran in 8.5 seconds. (The AAHPER scores are based on the 1965 norms.)
5. Boys and girls of the same age group showed differences between their body movement times and in their leg strengths. In body movement time boys scored a . 85 compared to the girls' .89. In leg strength the boys' mean was 240 pounds, whereas the girls' mean was 199 pounds.

Recommendations. When an electronic computer is to be used in core relating test resulics, it is advised that the investigator consult with individuals in charge of the computer before such tests are administered. Considerable time and money may be saved if the data is recorded in the most efficient form for the purpose of transcription to the cards on which it will be punched. Companies have set up computing centers with manuals of program abstracts which describe the various functions the computer will perform. If the investigator locates a program in which he is intexested, he may send to the company for a copy of the complete program which describes in detail its purpose, method of funca tioning, limitations, and precautions. Copies of program details will also usually be available at the center where the computer is located. In a correlation analysis study with as few as twenty variables, 190 intexcorrelations would be present, imposing a terrific calcula tional burden even if an automatic calculator were available. The electronic computer can provide the means and standard deviations for each of the variables and the coefficients for all of the intercorrela tions. In an analysis of variance problems, the computer can find the sums of squares for the various exrox estimates.

Fuxther studies involving relationships or norms for any group of children should be based on age rafher than on grade level. The author recommends that the raw data from this study and data from other studies be compiled to establish norms for children, aged 107 through 119 months, in leg strength and movement time. Investigators must remember that norms are established only to the fifth grade level by the American Association fox Health, Physical Education, and Recreation.

A further recommendation for a study is a project to determine the
fatigue factor in elementary school-aged children by testing in the morning and in the late afternoon of the same day in order to compare the differences in their times and distances.

The raw data from this study should be further analyzed for dif. ferences that might exist between students in the two schools.

## BIBLIOGRAPHY

AAHPER Youth Fitness Manual. Washington, D. C.: American Association of Health, Physical Education, and Recreation, 1965.

Amar, J. The Human Motor. London: George Routledge and Sons, 1920. Quoted in Pierson, William R. "Body Size and Speed." Research Quarterly, XXXII (May, 1961), 197-200.

Cureton, T. K. "Mechanics of Track Running." Scholastic Coach, IV (February, 1935), 7-13..

Espenschade, Anna S. "Restudy of Relationships Between Physical Performances of School Children and Age, Height, and Weight." Research Quarterly, XXXIV (May, 1963), 144-153.

Galton, Francis. Hereditary Genius. London: Macmillan and Company, Ltd., 1869.

Heintz, Mary A. "Device for Testing Back Strength." Research Quarterly, XXXIII (December, 1962), 638.

Helmholtz, H. Popular Lectures on Scientific Subjects. New York: D. Appleton and Company, 1891.

McCloy, C. H. "Athletic Handicapping by Age, Height and Weight." American Physical Education Review, XXXII (1927), 635-642.

Middleton, Warren C., and Donovan C. Moffett. "The Relationship of Height and Weight Measurements to Intelligence and to DominanceSubmission Among a Group of College Freshmen." Research Quarterly, II (December, 1940), 53-59.

Miller, K. D. "A Critique on the Use of the Height-Weight Factors in the Performance Classification of College Men." Research Quarterly, XXIII (December, 1952), 402-416.

Moudy, Florence D. "Reaction Time and Movement Time in Elementary School Children." (unpub. M. A. thesis, Oklahoma State University, 1965).

Noll, Victor H. Introduction to Educational Measurement. Cambridge: Riverside Press, 1957.

Scott, M. Gladys, ed. Research Methods in Health, Physical Education, and Recreation. Washington, D. C.: American Association of Health, Physical Education, and Recreation, 1959.

Wilson, Don J. "Quickness of Reaction and Movement Related to Rhythmia city or Nonrhythmicity of Signal Presentation." Research Quarterly, XX (March, 1959), 101-109.

Young, Hugh D. Statistical Treatment of Experimental Data. New York: McGraw-Hill Book Comapny, Inc., 1962 。

APPENDIXA

APPENDIX A
RAW DATA

| Case | Sex | I.Q. | Wt. | Ht. | Age | M.M.T. | Shut. Run | 50-Yd. | S.B.J. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |

APPENDIX A
Raw Data (continued)

| Case | Sex | I.Q. | Wt. | Ht. | Age | M. M. T. | Shut. Run | $50-\mathrm{Yd}$. | S.B.J. | L.S. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $27^{\circ}$ | F | 114 | 063 | 53.0 | 109 | 100 | 12.5 | 9.8 | 4'2' | 60 |
| 28 | M | 099 | 103 | 60.0 | 199 | 94 | 11.1 | 7.7 | 3'2' | 142 |
| 29 | F | 107 | 057 | 54.0 | 108 | 108 | 12.0 | 9.8 | 4'6" | 45 |
| 30 | F | 120 | 056 | 51.5 | 112 | 94 | 11.4 | 8.5 | 4'6" | 40 |
| 31 | F | 103 | 059 | 51.5 | 118 | 82 | 10.4 | 8.3 | $4^{\prime} 6^{\prime \prime}$ | 40 |
| 32 | F | 113 | 064 | 55.0 | 114 | 77 | 11.1 | 7.8 | 4'5' | 70 |
| 33 | F | 126 | 077 | 53.5 | 112 | 88 | 11.2 | 8.4 | $4^{\prime} 0^{\prime \prime}$ | 60 |
| 34 | F | 126 | 063 | 54.0 | 117 | 79 | 11.6 | 9.1 | 3'8' | 58 |
| 35 | M | 100 | 069 | 52.5 | 128 | 87 | 11.1 | 8.6 | 3'6' | 75 |
| 36 | M | 100 | 076 | 57.5 | 137 | 105 | 11.5 | 8.3 | 3'7' | 65 |
| 37 | F | 102 | 063 | 52.5 | 110 | 96 | 11.5 | 8.9 | 3'6' | 50 |
| 38 | M | 109 | 063 | 51.5 | 115 | 80 | 10.8 | 8.3 | 4'3' | 47 |
| 39 | F | 097 | 060 | 53.0 | 109 | 92 | 11.6 | 8.9 | 3'6" | 60 |
| 40 | F | 124 | 058 | 52.0 | 109 | 66 | 10.5 | 7.8 | $38^{\prime \prime}$ | 86 |
| 41 | F | 112 | 098 | 56.0 | 119 | 81 | 10.9 | 9.0 | 3'2' | 73 |
| 42 | M | 086 | 074 | 55.0 | 112 | 74 | 11.0 | 7.7 | $4^{\prime \prime \prime}$ | 110 |
| 43 | F | 129 | 077 | 53.5 | 116 | 80 | 13.0 | 9.3 | $3{ }^{\prime \prime}$ | 40 |
| 44 | F | 104 | 071 | 54.0 | 115 | 84 | 12.1 | 8.7 | 4'2' | 47 |
| 45 | F | 096 | 064 | 54.5 | 127 | 84 | 12.5 | 8.4 | 4'0" | 95 |
| 46 | F | 091 | 086 | 58.0 | 120 | 124 | 14.1 | 9.8 | 2'8' | 50 |
| 47 | M | 108 | 063 | 53.0 | 109 | 73 | 10.4 | 7.7 | $3^{\prime} 11{ }^{\prime \prime}$ | 73 |
| 48 | F | 114 | 070 | 54.5 | 118 | 81 | 13.2 | 8.3 | $3^{\prime \prime}{ }^{\prime \prime}$ | 81 |
| 49 | M | 129 | 091 | 58.0 | 111 | 89 | 10.7 | 7.9 | $4^{\prime \prime} 4^{\prime \prime}$ | 110 |
| 50 | M | 084 | 088 | 57.0 | 127 | 72 | 11.5 | 9.1 | $3^{\prime \prime}{ }^{\prime \prime}$ | 60 |
| 51 | F | 110 | 071 | 53.0 | 113 | 104 | 13.0 | 10.0 | 2'9" | 40 |
| 52 | M | 111 | 058 | 50.0 | 109 | 97 | 11.6 | 8.9 | $4^{\prime \prime}{ }^{\prime \prime}$ | 40 |

APPENDIX A

Raw Data (continued)

| Case | Sex | I. Q. | Wt. | Ht. | Age | M. M. T. | Shut. Run | 50-Yd. | S.B.J. | L. S. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 53 | F | 109 | 055 | 53.0 | 115 | 93 | 13.0 | 9.6 | $3^{\prime} 8^{\prime \prime}$ | 38 |
| 54 | M | 095 | 108 | 62.0 | 122 | 76 | 11.1 | 7.3 | $3^{\prime} 10^{\prime \prime}$ | 130 |
| 55 | M | 126 | 073 | 55.0 | 118 | 84 | 10.2 | 7.4 | 4'9' | 67 |
| 56 | M | 102 | 051 | 50.0 | 128 | 82 | 11.5 | 8.2 | 3'5' | 40 |
| 57 | M | 069 | 102 | 59.0 | 159 | 91 | 11.4 | 9.1 | 3'8' | 160 |
| 58 | F | 102 | 059 | 52.0 | 117 | 97 | 11.0 | 8.4 | $3^{\prime \prime} 8^{\prime \prime}$ | 55 |
| 59 | F | 120 | 070 | 54.0 | 109 | 77 | 11.1 | 8.2 | $3^{\prime \prime} 6^{\prime \prime}$ | 63 |
| 60 | M | 103 | 078 | 54.0 | 111 | 81 | 12.2 | 8.9 | $3^{\prime \prime} 7^{\prime \prime}$ | 60 |
| 61 | F | 115 | 063 | 52.5 | . 111 | 93 | 11.0 | 8.3 | $4^{\prime \prime} 5^{\prime \prime}$ | 80 |
| 62 | F | 103 | 055 | 51.5 | 110 | 92 | 12.4 | 9.2 | $3^{\prime \prime} 6^{\prime \prime}$ | 40 |
| 63 | M | 092 | 070 | 55.0 | 125 | 99 | 12.5 | 9.6 | $3^{\prime \prime} 6^{\prime \prime}$ | 75 |
| 64 | M | 118 | 077 | 54.5 | 116 | 103 | 12.5 | 8.6 | $3^{\prime \prime} 4^{\prime \prime}$ | 47 |
| 65 | F | 113 | 056 | 56.0 | 108 | 86 | 11.2 | 8.7 | $3^{\prime \prime}$ | 85 |
| 66 | F | 120 | 058 | 51.0 | 113 | 95 | 11.7 | 8.5 | $4^{\prime} 1^{\prime \prime}$ | 60 |
| 67 | M | . 102 | 070 | 55.0 | 119 | 77 | 10.6 | 8.5 | 4'6' | 90 |
| 68 | M | 095 | 089 | 58.0 | 122 | 84 | 10.3 | 8.3 | 4'4' | 80 |
| 69 | F | 096 | 065 | 57.0 | 129 | 91 | 12.0 | 9.0 | $4^{\prime} 2^{\prime \prime}$ | 65 |
| 70 | F | 102 | 072 | 55.0 | 109 | 78 | 10.5 | 8.0 | $4^{\prime} 8^{\prime \prime}$ | 100 |
| 71 | F | 106 | 080 | 54.0 | 114 | 83 | 12.1 | 8.5 | $3^{\prime \prime \prime}{ }^{\prime \prime}$ | 85 |
| 72 | F | 107 | 068 | 55.0 | 117 | 80 | 11.3 | 8.2 | $4^{\prime \prime}{ }^{\prime \prime}$ | 70 |
| 73 | F | 106 | 055 | 50.0 | 113 | 87 | 11.0 | 8.4 | $4^{\prime} 2^{\prime \prime}$ | 50 |
| 7.4 | F | 108 | 063 | 54.0 | 116 | 94 | 11.5 | 7.7 | $4^{\prime \prime}{ }^{\prime \prime}$ | 75 |
| 75 | F | 112 | 071 | 56.0 | 128 | 80 | 10.4 | 10.0 | 3'5' | 100 |
| 76 | F | 100 | 064 | 54.0 | 115 | 90 | 10.0 | 7.3 | $4^{\prime \prime}{ }^{\prime \prime}$ | 99 |
| 77 | M | 073 | 075 | 60.0 | 124 | 101 | 12.0 | 9.0 | 3'4' | 55 |
| 78 | M | 113 | 079 | 55.0 | 115 | 80 | 11.2 | 9.0 | $4^{\prime \prime}{ }^{\prime \prime}$ | 80 |

APPENDIX A

Raw Data (continued)

| Case | Sex | I.Q. | Wt. | Ht. | Age | M. M. T. | Shut. Run | 50-Yd. | S.B.J. | L. S. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 79 | M | 088 | 059 | 51.0 | 117 | 81 | 10.0 | 7.6 | 4'11" | 125 |
| 80 | M | 105 | 068 | 51.0 | 120 | 93 | 10.7 | 8.9 | 4'2' | 50 |
| 81 | M | 131 | 075 | 54.0 | 107 | 111 | 12.0 | 8.6 | $4^{\prime \prime} 7^{\prime \prime}$ | 70 |
| 82 | M | 103 | 075 | 56.0 | 117 | 82 | 10.4 | 7.3 | 4'10" | 95 |
| 83 | M | 105 | 083 | 60.0 | 124 | 95 | 10.5 | 8.0 | 4'11' | 60 |
| 84 | M | 119 | 080 | 54.0 | 119 | 76 | 11.4 | 9.0 | 3'10" | 80 |
| 85 | F | 101 | 065 | 54.0 | 119 | 97 | 11.2 | 8.2 | 4'6" | 65 |
| 86 | M | 101 | 055 | 52.0 | 119 | 96 | 11.1 | 8.6 | 4'0' | 65 |
| 87 | F | 114 | 069 | 55.0 | 109 | 97 | 10.9 | 7.3 | 4'6" | 55 |
| 88 | F | 085 | 063 | 54.0 | 120 | 107 | 11.2 | 8.5 | $4^{\prime \prime}{ }^{\prime \prime}$ | 53 |
| 89 | F | 100 | 074 | 55.0 | 125 | 98 | 10.9 | 8.0 | 4'4' | 75 |
| 90 | M | 119 | 062 | 53.0 | 109 | 81 | 10.1 | 8.1 | $4^{\prime \prime}{ }^{\prime \prime}$ | 75 |
| 91 | F | 110 | 062 | 54.0 | 115 | 83 | 10.0 | 7.5 | 4'3' | 85 |
| 92 | M | 089 | 077 | 56.0 | 117 | 94 | 11.1 | 8.2 | $4^{\prime \prime} 2^{\prime \prime}$ | 130 |
| 93 | F | 133 | 069 | 54.0 | 108 | 84 | 10.0 | 7.9 | 4'5" | 105 |
| 94 | F | 097 | 057 | 51.0 | 121 | 106 | 11.2 | 8.0 | $4^{\prime \prime}{ }^{\prime \prime}$ | 60 |
| 95 | M | 119 | 068 | 53.0 | 110 | 86 | 11.4 | 8.1 | $4^{\prime \prime} 6^{\prime \prime}$ | 110 |
| 96 | F | - 106 | 071 | 54.0 | 112 | 77 | 10.9 | 7.8 | $4^{\prime \prime}{ }^{\prime \prime}$ | 93 |
| 97 | F | 099 | 064 | 50.5 | 116 | 102 | 11.5 | 7.8 | 4'4' | 90 |
| 98 | F | 086 | 067 | 53.5 | 118 | 89 | 11.3 | 8.4 | 4'11" | 72 |
| 99 | M | 104 | 057 | 52.5 | 116 | 90 | 11.6 | 9.5 | 4'5" | 75 |
| 100 | F | 127 | 055 | 53.0 | 116. | 83 | 11.9 | 9.2 | $3^{\prime \prime}{ }^{\prime \prime}$ | 50 |

A P P E N D I X B

APPENDIX B
REACTION AND MOVEMENT TIMER
-TOP VIEW-


Figure 7. Control Panel of the APA
*A. Ready to Time Indicator
B. Line Stop Slip Switch
$\therefore$ C. Jack for Mat Stop
*D. Jack for Switch Stops
*E. Timer Reset
F. Jack for Start (Visual)
G. Button for Manual Start with Sound
*H. Get-Set Button
*I. Delay Adjustment
J. Control Cord Jack for Get-Set Switch
*K. Master Switch for "ON" and "OFF" and to Reset the APA

* Controls used in experiment.

BODY MOVEMENT TIME EQUIPMENT DIAGRAMS


## Figure 8. Body Movement Time Equipment Diagrams

A. Table
B. APA
C. Record Sheet
D. Tester
E. Floor Mat
F. Waiting Subjects
G. Cord
H. Subject
I. Take-off Line

APPENDIX B

## LEG STRENGTH EQUIPMENT

DIAGRAMS


Figure 9. Subject and Equipment Arrangement for Leg Strength Test
A. Desk
B. Record Sheet
C. Tester
D. Scales
E. Lever
F. Subject
G. Subjects

APPENDIX C

## APPENDIX C

## MAIN FORTRAN PROGRAM

```
C CORRELATION OF YOUTH TEST DATA BY H. V. RITCHESON
C ......MAIN FORTRAN PROGRAM
        REAL NO, IQ, MT, MMT, LS
        DIMENSION NO(100); SEX(100);"IO(100), WT(100); HT(100); AGEIICJI;
        1 MT(5,100), SHUTAL(100), RUN(100), BJFT(100), BJIN(100), LS(100),
        2 BJ(100) ,MMT(100)
        10 FORMAT ( F3.0, 1X, Fl.0, 1X, F3.0,1X, F3.0.
            2}3X,F4.1,1X,F3.0, 3X
            3 5(2X,F3.0), 2X, F4.1, IX,F4.l, 1X, F1.0, 1X, F2.0, 2X, F3.0 1
20%FORMAT 11HO, 109H NUMBER SEX IQ WEIGHT HEIGHT AGE N
            2 ~ M M T ~ S H U T A L ~ R U N ~ 5 0 ~ Y A R D ~ R U N ~ B R O A D ~ J U M P ~ L E G ~ S T R E N G T H , ~ , ~
    201 FORMAT ( 1HO, 11 (3X,F8:3))
            DO 100 I = 1,100
    100 READ (5,10) NO(I), SEX(I), IQ(I), WT(I), HT(I):AGE(I),
    2 MT(1,I), MT(2,I), MT(3,I), MT(4,I), MT(5,I),
    3 SHUTAL(I), RUN(I),\cdotsBJFTII),BJIN(I),LS(IV
            DO 1 I=1,100
            MMT(I) = 0.0
            DO 1 J = 1.5
            MMT(I) = MMT(I)+*MT(J,I)
            1 MMT(I) = MMT (I) / 5.0
            DO 2 I= 1,100
    2 BJ(I) = (BJFT(I) * 12.0) + BJIN(I)
            WRITE (6,20)
            WRITE(6,201) (NO(I), SEX(I), IQ(I), WT(I),HT(I),AGE(I),MMT(I),
            2 \text { SHUTAL (I); RUN(I):BJII),LSII), I = 1,100,}
            CALL CORE (SEX,WT)
            CALL CORE (SEX,HT)
            CALL CORE (SEX,AGE)
            CALL CORE (SEX,LS)
            CALL CORE (SEX,MMT)
            CALL CORE (SEX,SHUTAL)
            CALL CORE (SEX,RUN)
            CALL CORE (SEX,BJ)
            CALL CORE ( IQ,WT)
            CALL CORE (IQ,HT)
            CALL CORE (IQ,AGE)
            CALL CORE (IO,LS)
            CALL CORE (IQ,MMT)
            CALL CORE (IQ.SHUTAL)
            CALL CORE (IQ,RUN)
            CALL CORE (IQ,BJ)
            CALL CORE (WT.HT)
            CALL CORE (WT,AGE)
            CALL CORE ( WT,LS)
            CALL CORE (WT,MMT)
            CALL CORE ( WT,SHUTAL)
            CALL CORE (WT,RUN:
            CALL CORE:( WT,BJ)
            CALL CORE (HT,AGE)
            CALL CORE (HT,LS)
            CALL CORE (HT.MMT).
            CALL CORE ( HT,SHUTAL)
            CALL CORE (HT,RUN)
            CALL CORE ( HT,BJ)
            CALL CORE ( LS*MMT)
            CALL CORE ( LS,SHUTAL)
            CALL CORE (LS,RUN)
            CALL CORE ( LS,BJ)
            CALL EXIT
            END
```


## APPENDIX C

## RESULTS FROM DIGITAL COMPUTER PROGRAM




## CORRELATION SUB-ROUTINE PROGRAM

```
C... :-CORRELATION SUBROUTINE FOR YOUTH*TEST DATA BY H. V. RITCHESON
        SUBROUTINE CORE ( X , Y ,
        DIMENSION X(100),Y(100),"RUNID(3),*PROID(3);SUMI11)
        1 SAVE (100)
        EQUIVALENCE (SX,SUM(1)),(SXS;SUM(2)),(SY,SUM(3)),(SYS,SUM(4)):
        1(SXY,SUM(5)),(A,SUM(6)),(B,SUM(7)),(R,SUM(8))
        2,(RS,SUM(9)),(RSN,SUM(10)),(STD,SUM(11))
    100 FORMAT (3A6)
    200 FORMAT (1H1)
    201 FORMAT ( 25X:27H*** REGRESSION ANALYSIS ***,19X,5HPAGE .13/
        220X,9HRUN ID...*3A6/20X,13HPROBLEM ID....3A6// 11X.1OHINPUT DATA
        3,32X,1HX,13X,1HY/15X,24HNUMBER OF OBSERVATIONS = I I , 4X,F10,4,3X,
        4F10.4/ (46X,F10.4,3X,F10.4))
    202 FORMAT (//14 X,1IHSUM OF X = F10.4,7X,14HSUM OF X**2 = ,F10.4/
        214X,11HSUM OF Y * ,F10.3;7X,14HSUM OF Y**2 = ,F10.4/14X,
        312HSUM OF XY = F10.3//7X,23HREGRESSION COEFFICIENTS / 10X,4HA = ,
        4F10.4
        4 /10X,4HB=,F10.4/7X,26HCORRELATION COEFFICIENT = ,F10.4/7X,31
        5HCOEFFICIENT OF DETERMINATION =,F10:4/7X,35HCOEFFICIENT OF NON-DE
        6TERMINATION = F10.4/7X,35HSTANDARD DEVIATION OF REGRESSION =,F10
        7.4)
        IPG=0
        READ (5,100) RUNID
        WRITE(6,200)
        READ (5,100) PROID
        N=100
        DO 22I=1,11
    22 SUM(I) = 0.0
        DO 3 I = 1,N
        SX = SX + X(I)
        SY = SY + Y(1)
        SXY=SXY+X(I)*Y(I)
        SXS=SXS+X(I)*X(I)
    3 SYS=SYS+Y(I)*Y(I)
    AN=N
    B=(AN*SXY-SX*SY)/(AN*SXS-SX*SX)
    CALLDVCHK(K)
    GO TO (6,4),K
    4A=(SY-B*SX)/AN
        R=(AN*SXY-SX*SY)/SQRT((AN*SXS-SX*SX)*(AN*SYS-SY*SY))
        CALLDVCHK(K)
        GO TO (7,5),K
    5 RS=R*R
        RSN=1.0-RS
        STD = SQRT((SYS-A*SY-B*SXY)/AN)
        IPG = IPG + I
        WRITE(6,201)IPG,RUNID,PROID,N,(X(I),Y(I),I=1,N)
        WRITE (6,202)SUM
        GO TO 9999
        6 B=9999999.999
        GO TO 4
        7R=9999.99
        GO TO 5
9999 CONTINUE
        RETURN
        END
```


## APPENDIX D

TABLE V
CORRELATION COEFFICIENTS*

| N | Probability |  |  |
| :---: | :---: | :---: | :---: |
| 20 | 0.05 | 0.02 | 0.01 |
| 30 | 0.444 | 0.516 | 0.561 |
| 40 | 0.362 | 0.423 | 0.464 |
| 60 | 0.312 | 0.367 | 0.403 |
| 80 | 0.259 | 0.306 | 0.337 |
| 100 | 0.223 | 0.263 | 0.291 |

*This table is adapted from Table V of Hugh D. Young's Statisitcal Treatment of Experimental Data, published by McGraw-Hill Book Company, Inc., New York, 1962.

Harold Vaughn Ritcheson
Candidate for the Degree of
Master of Science

Thesis: THE RELATIONSHIP OF SEVERAL PHYSICAL FITNESS VARIABLES IN SELECTED ELEMENTARY SCHOOL CHILDREN

Major Field: Health, Physical Education and Recreation
Biographical:
Personal Data: Born in Pauls Valley, Oklahoma, November 20, 1937, the son of Charles and Jewell Ritcheson.

Education: Attended elementary school in Maysville, Oklahoma, graduated from Maysville High School in 1956; received the Bachelor of Science degree from Central State College, Edmond, Oklahoma, May,1961, with a major in Health, Physical Education and Recreation. Completed requirements for Master of Science degree in Physical Education at Oklahoma State University in July, 1966.

Professional Experience: Taught in the elementary school for a total of four years in the field of Physical Education, Garfield Elementary, Ponca City School System, Ponca City, Oklahoma. Graduate assistant in the Department of Health, Physical Education and Recreation at Oklahoma State University from September, 1965 to May, 1966. Offices in the Ponca City Teacher's Association, and Oklahoma Association of Health, Physical Education and Recreation. Member of the Oklahoma Education Association, National Education Association, American Association for Health, Physical Education and Recreation, Ponca City Art Association, Ponca Playhouse, Parents-Teachers Association. Chairman of Health Committee of State Heart Association. Received grant from Department of Health, Education, and Welfare to teach in Ireland, 1965.


[^0]:    $1_{\text {Florence }}$ D. Moudy, "Reaction Time and Movement Time in Elementary School Children" (unpub. M. A. thesis, Oklahoma State University, 1965).

[^1]:    ${ }^{5}$ Appendix A, pp. 38-41.
    ${ }^{6}$ Appendix C, pp. 47-49.

[^2]:    ${ }^{1}$ H. Helmholtz, Popular Lectures on Scientific Subjects (New York, 1891), p. 322.
    ${ }^{2}$ Don J. Wilson, "Quickness of Reaction and Movement Related to Rhythmicity or Nonrhythmicity of Signal Presentation," Research Quarterly, XX (March, 1959), p. 109.

[^3]:    ${ }^{11}$ Middleton and Moffett, p. 58.

[^4]:    ${ }^{2}$ Mary A. Heintz, "Device for Testing Back Strength," Research Quarter1y, XXXIII (December, 1962), p. 638.
    $3^{3}$ Figure 2, p. 17 。

[^5]:    ${ }^{4}$ Victor H. Noll, Introduction to Educational Measurement, (Cambridge, 1957), p. 25.

[^6]:    * 0.01 Level of Confidence

    Pt.
    $* * 0.05$ Level of Confidence

