INTRODUCTION

Physical Education

The term physical education is unfortunate. In contemporary usage physical implies the medium through which the education takes place. One acquires an education in many ways and from many sources, not only through reading books but also the through other important experiences. The adjective physical it’s developing physical power or cultivating physical skills solely for their own sakes. Modern physical education sees these skills more as a means to an end than as absolute or continuing in themselves.

In this chapter Physical Education, Physical Education in ancient period, Physical Education in transitional centuries, Physical Experience, Functions of Physical Education, Movement Pattern in physical education, Growth and development, History of Physical Education, Education Policy Pattern, Plans and Education, University and higher Education, Objective of Physical Education, Variables, Physical Variables, Importance of Physical Variables, Physical Fitness, Health Related Physical Fitness, performance related fitness, About Anthropometry, History, There were ten measurements, Anthropology and anthropometry, Important of Anthropometric Variable, Anthropometry, Modern Anthropometry and biometrics, About Human Height, Average Height around the world, About Human weight, Indian Mountains and Hilly Regions, Plateau / Highlands and Results, Central India plateau, Malwa plateau, Baghalkhand plateau, Dandakaranya plateau of South Indian Region, Coastal Region, Formation of Coast, Human uses of coasts, Indian Coastal Region, Mumbai, Maharashtra & District, Eastern Region will be going to include.

About Anthropometry

The study of human physical measurements deal by another science anthropometry, which was wide application as one of the essential parameters
constituting the selecting diagnostics of any game or sports. The study of body type has significant place in the field of sports.

The physical structure especially the height and arm length have definite decisive advantage in many games and sports, similarly segmental length of individual body parts, specifically the leg length and arm length are of considerable advantage in certain games. The anthropometric variables selected for the study are height, weight and arm length.

**Statement of Problem**

“A Comparative Study of Selected Physical and Anthropometric Variables Among Hilly, Coastal and Plateau Regional College Men”.

**Delimitation of Study**

The study will delimit to the following subject’s characteristics.

1. The Study will be delimit to the College men
2. The Study will be further delimited to age group of 21 to 25 years.
3. The study will be delimit to only hilly, coastal and Plateau regional college men.

**Limitations of Study**

The study will be comparing the Physical and Anthropometric Variable of Hilly, Coastal and Plateau Regional College Men. Anthropometric variable such
as height, weight, and arm length to investigate each of the group will be better, physical variable as agility, power and arm strength. Subjects will be going to select randomly from Hilly, Coastal and Plateau counterparts and their performance in agility, power and arm strength will be record and also height, weight and arm strength will be measure.