MATERIALS AND METHODS

The procedure for method of experimental, collection and data and then statistical Technique will going to use for analyzing the data. For measuring power, arm strength, agility, height, weight and arm length the stop watch, a standard weighing machine and a height scale will be going to use. For the physical variables the AAHPER physical fitness tests will be going to use.

SELECTION OF SUBJECTS

Prior to the administration of the tests, the training and the test procedure will be going to explain to the subjects, to ensure proper understanding and effective cooperation so as to obtain reliable data from the tests. The researcher himself going to demonstrates the test. The subject will be going to select from the college men Coastal Hilly, & plateau regional colleges from north east region of India and Maharashtra. Nine hundred subject will be going to select randomly from Hilly, Coastal and Plateau counterparts and their performance in agility, power and arm strength will be going to record and also height, weight, arm length will be going to measure.

DESIGN

The purpose of the study will be to compare physical and anthropometric Variable Hilly, Coastal and Plateau regional college men of East Region of India and Maharashtra. The physical variable such as power, agility, arm strength and
anthropometric variable such as height, weight and arm length, to investing which of the group will be better.

**SELECTION OF VARIABLES:**

The research scholar will going to study from the available scientific literature pertaining to physical and anthropometric variables from books, journals, periodicals, magazines, and research papers. Taking into consideration, the following variables will be select.

**Physical Variables**

1. Power
2. Agility
3. Arm Strength

**Anthropometric Variables –**

1. Height
2. Weight
3. Arm Length

**RELIABILITY OF DATA**
The reliability of data will be ensuring by establishing the instrument reliability, tester competency, reliability of the tests and the subject's reliability.

PROCEDURE/ ADMINISTRATION TEST

The study will compare with the Physical and Anthropometric Variable Hilly, Coastal and Plateau regional college men of East Region of India and Maharashtra. The physical variable such as power, agility, arm strength and anthropometric variable such as height, weight and arm length, to investing which of the group will be better.

For power will be going to take from standing Broad Jump

**Purpose** : To find out the leg power of the subject.

**Equipment** : Measurement tape and mat. Space on the floor and an outdoor jumping pit.

**Procedure** : The subject stands in the take off line. With the feet several inches apart before jumping the subject dips at the knees and swings the arms backward then jumps forward by simultaneously extending the knees and swigging the arms forward. Three trials are permitted. Measurements are from the closest heel mark to the take of line. Indoor administration is best accomplished by placing a tape to measure on the floor at right angles to the take off line and permitted the students to jump. The measurement can be made by sighting across the tape to the point of jump. Three trials will be going to give to each subject.
Scoring: The score is the distance between the take off line and the nearest point will be any part of the subject body touch the floor, it is measure in feet and inches to the nearest inch.

For **agility** will be going to take Shuttle Run

**Purpose:** To find out the agility of the subject.

**Equipment:** Two blocks of wooden and a stop watch.

**Procedure:** We will going to drawn two parallel lines with a waits of ten yards and placed two wooden blocks behind one line and ask the subjects to stand behind the other line. The subjects will be ask to start run by a single “Ready”, “Go” and ask to pick one wooden block, run back to the starting line, place the block behind the starting line and they run back and picked up the second block. The subject will be standing behind the starting line and carried a single block of each line.

Scoring: The trials will be give and record the times in seconds whichever will be best.

For **Arm Strength** will be going to take Pull Up

**Purpose:** To measure Arm Strength.
**Facilities and Equipment**: A metal of wooden bar approximately 1½ inches in diameter is placed at convenient height, however, for the lower wage levels, a doorway gym, bar can be used. At times it may be necessary to improvise by using equipment as a football goal support or a ladder.

**Procedure**: The bar will be adjusting to such height subject can hang free from the floor. The subject should then raise his body until his chin is above the bar and then lower it again to the standing position with his arms fully extend. The palm should face inwards.

**Scoring**: One point will be going to score each time the subject complete a correct pull-up.

**Height**

**Purpose**: To measure the height of the subject

**Equipment**: A height scale

**Procedure**: The height of the subject will be measure in centimeters that will be in standing position. A height scale in centimeters will be fastening to a back board. The subject stood erect with his heel, buttocks and upper back contacting the scale. Height will be taken by placing the flat object with one and against the scale and long/ side resting on height test point of the head.

**Weight**
The weight of the subjects will be going to take with the help of a standard weighing machine. The subject with bare foot stand on the weighing machine and the weight is record to the nearest half kilogram.

**Arm Length**

**Purpose** : To measure the arm length of the subject

**Equipment** : A steel tape

**Procedure** : Arm length will be going to measure the subject in a relaxes position. The arm length will be going to take from accordion process to the tip of the third finger, it is same times measured while the subject is holding a wand and measurement is from accordion process to the upper surface to wand.

**STATISTICAL METHOD**

Analysis of variance will be follow to compare the physical and anthropometric variables of Hilly, coastal and plateau college men, for interpreting the results and analysis the ANOVA Test will be going to use. And Pair Mean difference will be calculating for Scheffe’s post hoc test will be use.