



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(2): 603-604

© 2018 Yoga

www.theyogicjournal.com

Received: 16-05-2018

Accepted: 18-06-2018

Dr. Parveen Kumar

Assistant Professor of Physical
Education Guru Nanak Khalsa
College Yamuna Nagar,
Haryana, India

Relationship of Height with the Performance Score of Male Discus Throwers of Haryana

Dr. Parveen Kumar

Abstract

The objective of the study was to find out the relationship of height with the performance score of Discus throwers of Haryana. To achieve the purpose of the study total six male ($N = 6$) throwers of Kurukshetra University were selected as subjects. Only first six position holder male Discus Throwers in Inter college competition of the Kurukshetra University were considered in this study. The age limit of the subjects was ranged from 18 to 27 years. To measure the height of male discus throwers was measured with the help of standardized Anthropometric rod. To scrutinize the relationship of height with the performance score of male discus throwers of Kurukshetra University, Karl Pearson's product moment coefficient correlation statistical technique was used by the investigator.

Keywords: Discus Throwers, performance score, relationship of height

Introduction

Kinanthropometry is an emerging scientific specialization concerned with the application of measurement to appraise human size, shape, extent, organization, development and gross capacity. It is an essential order for critical thinking in issues identified with development, exercise, execution and sustenance. The zone has been characterized as the quantitative interface among life structures and physiology. It puts the individual competitor into target center and gives an unmistakable evaluation of his or her auxiliary status at some random time, or, all the more significantly, accommodates measurement of differential development and preparing impacts. Without a comprehension of the development of youngsters and youth and their auxiliary advancement, determination of ability and observing of preparing is to a great extent a matter of fallacy and deception. Kinanthropometry gives the basic premise to the thought of athletic execution.

Procedure and Methodology

Selection of Subjects

To achieve the purpose of the study total six male ($N = 6$) Discus throwers of selected Kurukshetra University were selected as subjects. Only first six position holder male Discus Throwers in Inter college competition of Kurukshetra University were considered in this study. The age limit of the subjects was ranged from 18 to 27 years.

Tool for Data collection

The height of male discus throwers was measured with the help of standardized Anthropometric rod. Further to find out the relationship of height with the performance score of male discus throwers of Kurukshetra University, best recent performance of all athletes were considered as the performance score of male athletes.

Height Measurement

The subjects were asked to stand erect, barefooted on a plane even surface against a divider, with her rear areas, back of the shoulders and head contacting the divider. She was asked for to extend the body upwards however much as could be expected without her foot rear areas leaving the ground. The head piece of the stadiometer or the sliding part of the measuring rod was lowered so that the hair is pressed.

Correspondence

Dr. Parveen Kumar

Assistant Professor of Physical
Education Guru Nanak Khalsa
College Yamuna Nagar,
Haryana, India

Statistical Analysis

To scrutinize the relationship of height with the performance score of male discus throwers of Kurukshetra University, Karl Pearson’s product moment coefficient correlation statistical technique was used by the investigator.

Data Analysis and Results of the Study

Table 1: Descriptive Statistics of Height and Discus Throw Performance

Variables	Mean	S.D.	R
Height in meters	1.764	0.076	0.763
Discus Throw in meters	50.3	0.944	

*Significant at 0.05 level

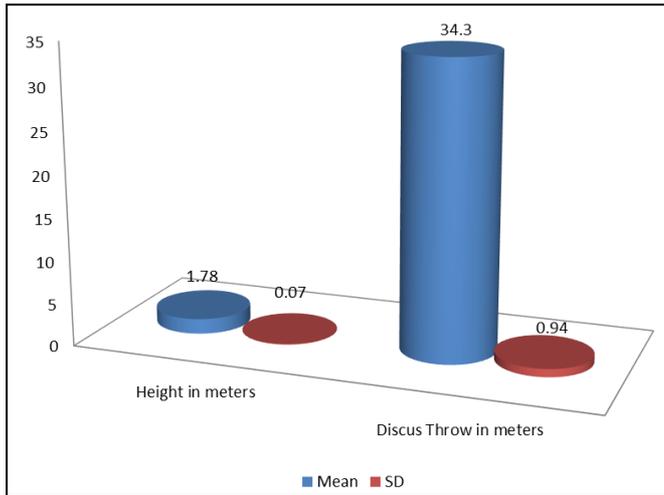


Fig 1: Mean and Standard Deviation values of Height and Discus Throw performance

Table – 1 shows that the mean of the Height and Discus Throw performance is 1.764 and 50.3 respectively. Whereas standard deviation of the height and Discus Throw performance is 0.076 and 0.944 respectively, ' r ' value is 0.663. The result reveals a moderate positive correlation between height and Discus Throw performance.

Discussion

After the examination of information analyst found a moderate positive relationship among's stature and Discus Throw execution. This outcome was like different past examinations. In extra to these investigations different examinations uncovers that every competitor had his/her very own extraordinary ideal discharge point as a result of individual contrast in the rate of abatement in discharge speed with expanding discharge edge.

Conclusion

In conclusion, the intention of this study was to investigate relationship of height with the performance score of male discus throwers of Kurukshetra University. After the analysis of data researcher found a moderate positive correlation between height and Discus Throw performance.

References

1. Patrick TJ, Bellar D, Judge LW, Craig B. Correlation of height and preseason bench press 1rm to shot put and weight throw performance during the competitive season. Journal of strength and conditioning research, 2011, 125
2. Yadav, Krishna R. A study of anthropometric measurements, body composition and somatotyping of

- high jump and shot put athletes. International Journal Physical Education. 2014; 7(2):67-70.
3. Manesh Kumar Murali M, Dr. Dhinu MR. Kinematic analysis of shot release of intercollegiate athletes. International Journal of Physical Education, Sports and Health, 2016; 3(5):131-134.
4. Mizera F, Horvath G. Influence of environmental factors on shot put and hammer throw range. Journal of Biomechanics. 2002; 35:785-796.
5. Mont Hubbard, Neville J. de Mestre, John Scott. Dependence of release variables in the shot put. Journal of Biomechanics. 2001; 34:449-456.