



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2017; 2(2): 115-117

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www.theyogicjournal.com

Received: 22-05-2017

Accepted: 23-06-2017

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Estimation of motor abilities of different levels of Chandigarh male volleyball players

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Abstract

The purpose of this study was to find out the estimation of motor ability of volleyball players of different level of participations. For this purpose a sample of (50) male volleyball players 25 each group were selected. Age range between 15 to 25 years. The state and national two level of players were selected for the study. The sample was collected from sports complex sector-7, Chandigarh, India. To compare the Explosive Strength, agility and speed motor fitness component among different level of volleyball players of sports complex sector-7, Chandigarh, India. For comparing the specific motor abilities for the deferent level of male volleyball players' descriptive statistics and independent t- test were applied at 0.05 level of significance. Data analysis was performed using SPSS 21 software. No Significant difference was found between national and state male volleyball players in relation to shuttle run (Agility) motor abilities test. National male volleyball players were having greater mean in (Standing Broad Jump and 50 mts. run) comparison to state male volleyball players.

Keywords: Motor abilities, male volleyball players

Introduction

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since 1964. The complete rules are extensive. Volleyball is played by two teams of six players on a court divided by a net. The object of the game is to send the ball over the net so that the opposing team cannot return the ball or prevent it from hitting the ground in their court. Each team has three hits to attempt to return the ball. The game of volleyball, originally called "mintonette," was invented in 1895 by William G. Morgan after the invention of basketball only four years before. Morgan, a graduate of the Springfield College of the YMCA, designed the game to be a combination of basketball, baseball, tennis, and handball. The first volleyball net, borrowed from tennis, was only 6'6" high (though you need to remember that the average American was shorter in the nineteenth century). The offensive style of setting and spiking was first demonstrated in the Philippines in 1916. Over the years that followed, it became clear that standard rules were needed for tournament play, and thus the USVBA (United States Volleyball Association) was formed in 1928.

Physical fitness is the state of body in which a person can do work for a longer duration effectively and efficiently, without undue fatigue. Good health provides sound and solid foundation on which fitness rests and at the same time fitness provides one of the most important key to health and living one's life to fullest. The importance of certain physical fitness abilities for success in a wrestling bout varies in wrestlers of various wrestling styles and age. The aim of this research was to identify the differences between the classical style (Greco-Roman) and the free style wrestlers in the variables assessing physical fitness.

Fitness had always been a concern of man from pre-historic times. People were not agreed as to what constitute physical fitness though it is important to everyone. The expression "Physically fit" is very much common.

The measurement of regular exercise was most favored as a test of physical fitness. These results, taken together with evidence of the physical and psychological health benefits of regular exercise, imply that the most appropriate measure of physical fitness for the average

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person is an assessment of the habitual physical activity level. Coaches or sport scientists monitoring or modifying fitness of team game players should recognize there is generally little overall change in mean fitness within and between seasons. They should also take into account the small to moderate changes in individuals.

Soccer is the most popular worldwide sport which is characterized by high intensity, short-term actions and pauses of varying length.

Objectives of the study

1. The purpose of the study to Compare the explosive strength of the of the motor fitness component between the different levels of men volleyball players in Sector 7 of the sports complex, Chandigarh, India.

2. To compare the agility of a motor fitness component among the different levels of male volleyball players at the 7 sector sports complex, Chandigarh, India.
3. To compare the speed of the motor fitness component among the different levels of male volleyball players in Division 7, Chandigarh, India.

Method and procedure

Selection of subjects

To perform this study, fifty (N-50) male volleyball men (25 National and 25 State). The age limit for players was between 15 and 25 years. The sample was collected from Sector 7 sports complex, Chandigarh, India. Selection of variables Out of the three test items, the following three were selected for this study:

Table 1: The selected variables, their test are given in.

S. No.	Test	Variable	Unit
1	Standing Broad Jump	Power of legs	Maximum Distance covered (Meters /centimeters/f/t)
2	Shuttle Run Test	Agility	Average Time of three rounds (minutes/Second)
3	50 Meter Run	Speed	Maximum Distance covered by minimum time (minutes/Second)

Statistical Analysis

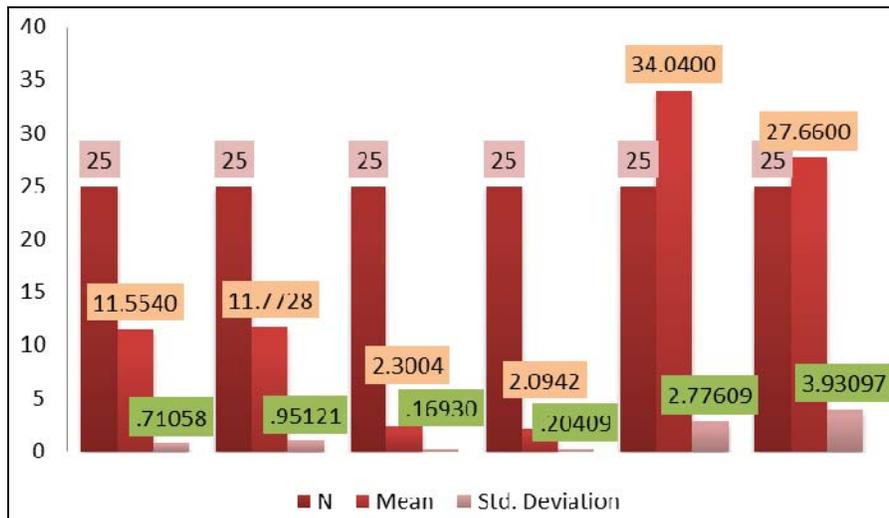
For comparing the specific motor abilities for the deferent level of male volleyball players’ descriptive statistics and independent t- test were applied at 0.05 level of significance.

Data analysis was performed using SPSS 21 software.

Results

Table 2: Descriptive Statistics Mean and Standard Deviation of Shuttle Run, Standing Broad Jump (SBJ) and Speed of Different Level of Volleyball Players.

Levels		N	Mean	Std. Deviation
Shuttle Run	National	25	11.5540	.71058
	state	25	11.7728	.95121
Explosive Strength	National	25	2.3004	.16930
	state	25	2.0942	.20409
Speed	National	25	34.0400	2.77609
	state	25	27.6600	3.93097



S.N.	Variable	N	Groups	Mean	SD	MD	t-ratio
1	Shuttle Run	25	National	11.554	0.57239	-	
		25	State	11.7728	0.72631	0.2188	0.9214
2	SBJ	25	National	2.3004	0.20775		
		25	State	2.0942	0.13541	0.2062	3.88806
3	Speed	25	National	34.04	2.30503		
		25	state	27.66	2.87162	6.38	6.62871

*significant at .05 level.

“t”.05 (48) =2.021

Table – 3 reveals that no significant difference was found between state and national level of male volleyball players in relation to Shuttle Run (Agility) t- calculated value (0.9214), standing Broad Jump Explosive strength calculated t-ratio (3.88) and 50 Meter Run speed calculated t-ratio (6.62) because there was significant difference was found between state and national level volleyball players in Standing Broad jump (Explosive strength) and 50 Meter Run (Speed) because calculated t value was greater than the tabulated t value (2.21) at 0.05 level of significance.

Discussion of Findings

The present study reveals that no significant difference was found between state and national male volleyball players in relation to physical fitness agility shuttle run. And there was a significant difference was found between state and national male volleyball players standing broad jump and 50 meter run motor skills of the national male volleyball players with more grated means that this could be due to their efficiency of Game and fitness was better than the state volleyball players were therefore more fit and better in physical fitness. This may be probably due to the different nature of the training and the prerequisite components for volleyball players. Such results may be due to a small sample size and other factors such as different body types, differences in body composition, etc.

Conclusions

1. No significant difference was found between national and state male volleyball players in relation to the shuttle run motor skill test (Agility).
2. National male volleyball players had a higher mean (Broad jump and 50 meters) compared to state volleyball players.

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