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## Evaluation of selected motor fitness components in volleyball setup ability

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### Abstract

Back ground of the study: The purpose of the study was to know the evaluation of selected Motor Fitness in Skill performance in Intercollegiate Volleyball male Players. Methodology: In order to achieve the purpose of the study forty (40) inter-collegiate volleyball male players were selected as the subjects. During inter collegiate tournament of Tumkur University from the data pertaining to the motor performances such as flexibility was assessed with the help of modified sit and reach test, speed was assessed with the help of 50 meter dash test, endurance was assessed with the help of 600 yard run are walk test, shoulder strength was assessed with the help of medicine ball throw test, leg power was assessed with the help of vertical jump test, skill performance was assessed with setup ability The data collected was tested with coefficient of correlation statistical technique to test the hypothesis of the study. Results: The statistical analysis shows coefficient of correlation in role of selected Motor Fitness in Skill performance in Intercollegiate Volleyball Players. Conclusion: In view of the finding and limitation of the study, there was a significant relationship found between the selected motor fitness components such as power( $r=0.37$ ), flexibility( $r=0.40$ ) and strength( $r=0.36$ ) There was a no significant relationship found between the selected motor fitness components such as Speed( $r=0.08$ ) and endurance( $r=0.19$ ).

**Keywords:** Volleyball, Performance, flexibility, speed, endurance, strength, and leg power

### Introduction

Sports hold the prominent place in the modern scientific age. Today sports have become integral part of our human and social life. The game and sports have been indispensable to mankind and have been part of his culture. It is quite certain that physical activities have been a basic necessity of life, more than fun and diversion, for his survival depended on fitness. Gradually along with process of evolution, such activities have become more of play and part of culture of our people. They used sports and games as a means of transmitting the cultural heritage of their tribes. Games, sports and physical activities persisted despite the rise and fall of ancient civilizations as a culture heritage, which was passed on from one generation to another generation.

Games and sports are as old as the human society and these has achieved a universal status in the modern society. It now enjoys a popularity which outstrips any other form of social activity. It has become an integral part of the educational process as physical education and sports have been included in the regular curriculum of education. The students are taught various games and sports in systematic and scientific manner. Besides teaching the students are evaluated in their performance. Many people participate in games and sports for getting enjoyment besides deriving physical, mental, social, emotional and physiological benefits.

In the modern time, sports have assumed competitive character and as such call for better and still better performance, every sportsperson strives to shatter the previous records, which are broken more rapidly. Now-a-days, the every form of sport requires a certain amount of fitness, skill level, physique, body composition etc. The competitive sports have gained tremendous importance in almost all countries of the world. Every country is trying to win more medals in international sports competition. Huge amount of money, time and efforts are being spent by the nations of the world to achieve these objectives. Sports coaches, teachers, scientists, organizers and administrators all over the world are in search of better way and means for spotting talent, for training sportsmen and women, for improving organization and planning for sports training and competition.

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Volleyball game is an excellent all-around team sports, has been widely accepted as a highly competitive as well as recreational game all over the world. Now, it is a game of power and tactics and is played at a faster pace and this calls sharper thinking, high standard of skills and technical application. There are very fast action and accuracy in performance to technique, and tactics, optimal physique is apparently an advantage to volleyball performance. Only when a volleyball team is collectively equipped with all the ideal anthropometric characteristics can the team win the dominance in a game. Present-day volleyball requires from players quick reaction to changing situations in the game and accurate and precise movement for handling the ball.

**Purpose**

The purpose of the study was to know the evaluation of selected Motor Fitness in Skill performance in Intercollegiate Volleyball male Players.

**Methodology**

In order to achieve the purpose of the study forty (40) inter-collegiate volleyball male players were selected as the subjects. During inter collegiate tournament of Tumkur University from the data pertaining to the motor performances such as flexibility was assessed with the help of modified sit and reach test, speed was assessed with the help of 50 meter dash test, endurance was assessed with the help 600 yard run are walk test, shoulder strength was assessed with the help of medicine ball throw test, leg power was assessed with the help of standing broad jump, skill performance was assessed with setup test The data collected was tested with coefficient of correlation statistical technique to test the hypothesis of the study.

**Statistical Analysis**

The data collected was tested with coefficient of correlation statistical technique to test the role of selected Motor Fitness in Skill performance among Intercollegiate Volleyball male Players.

**Results and Discussion**

**Table 1:** Shows the relationship between selected motor performance and setup ability

Sino	Variables	Correlation co-efficient
1	Speed and setup ability	0.08
2	endurance and setup ability	0.19
3	Power and setup ability	0.37*
4	Flexibility and setup ability	0.40*
5	strength and setup ability	0.36*

\*Significant at 0.05 level.

The above table shows the relationship of selected motor performance on setup ability of volley ball men players. There was a significant relationship found between the selected motor fitness components such as power-( $r=0.37$ ), flexibility-( $r=0.40$ ) and strength-( $r=0.36$ ) There was a no significant relationship found between the selected motor fitness components such as Speed-( $r=0.08$ ) and endurance-( $r=0.19$ ).

**Conclusion**

On the basis of findings of the present study, the following conclusions wear drawn;

1. There was a significant relationship found between the selected motor fitness components such as power.

Flexibility and strength.

2. There was a no significant relationship found between the selected motor fitness components such as Speed, and endurance.

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