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Analytical study on physical fitness among basketball players and hand ball players

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Abstract

The study was formulated based on the simple random sampling. The samples were collected from the Men 50 Basketball players and Men 50 Handball players in Hyderabad district of Dr. B.R Ambedkar degree and PG College, Baghlingampally, in the age group of 18-24 years were considered. Physical fitness test was administered on players i.e. the speed (50m run) and endurance (Cooper Test -12 minutes run/walk)

Keywords: Speed and endurance

Introduction

Physical fitness is a multifaceted continuum extending from birth to death, affected by physical activity. It ranges from optimal activities in all aspects of life through high and low levels of different physical fitness to serve disease and dysfunction. The ability to function efficiently and effectively is to enjoy leisure, to be healthy, to resist disease and to cope with emergency situations. Health related components of physical fitness include body composition, cardiovascular fitness, flexibility, muscular endurance and strength. Skill related components include agility, balance, coordination, power, reaction time and speed. The relative importance of each of the components varies for each sport. Physical fitness is not only sport specific it may also be position specific, combined good health and physical development. The object of any programme of physical fitness is to maximize any individual health, strength, endurance and skill relative to age, sex, body build, physiology, these ends can only be realized through conscientious regulation of exercise, rest, diet and periodic medical examinations.

Significance of the study

The study is to determine the physical fitness among the basketball players and handball players of Hyderabad district.

Hypothesis

1. There may not be any significant difference between basketball players and hand ball players Hyderabad district in relation to their speed (50 meter run).
2. There may not be any significant difference between basketball players and handball players of Hyderabad district in relation to their endurance (cooper test- 12 minutes run or walk).

Sample of the study

The study was formulated based on the simple random sample. The samples were collected from the 50 basketball players and 50 handball players in the age group of 18 to 24 years from Hyderabad district of Dr. B R Ambedkar Degree and PG College, Baghlingampally.

Tools used

The present study under investigation selected the following physical fitness test performed are

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- Physical fitness
Speed (50 M run), Endurance (Cooper test 12 minutes run / walk).

Data Collection Procedure

The study under report focuses the physical fitness, basis of team game players, which is the order of the day in everlasting sports scenario. The study was formulated based on the simple random sampling. The samples were collected from the men 50 basketball players and men 50 hand ball

players in Hyderabad district Dr. B R Ambedkar Degree and PG College, Baghlingampally in the age group of 18-24 years were considered. Physical fitness was administered on college players that is the speed (50 M run) and endurance (cooper test-12 minutes run / walk).

Results and Discursion

The results pertaining to the study are presenting in the following.

Table 1: showing the Mean values, SD, DF, ‘t’ value and p-value between basketball players and handball players of Hyderabad district in relation to their speed (50 M run).

| S. NO | Subjects | N | Mean | S.D. | ‘t’ ratio | P value |
|-------|--------------------|----|------|------|-----------|---------|
| 1. | Basketball players | 50 | 7.00 | 0.46 | 2.601 | 0.01 |
| 2. | Handball players | 50 | 6.11 | 0.34 | | |

Table 2: showing the Mean values, SD, DF, ‘t’ value and p-value between basketball players and handball players of Hyderabad district in relation to their Endurance (cooper test).

| S. NO | Subjects | N | Mean | S.D. | ‘t’ ratio | P value |
|-------|--------------------|----|------|--------|-----------|---------|
| 1. | Basketball players | 50 | 2016 | 296.76 | 4.01 | 0.01 |
| 2. | Handball players | 50 | 2264 | 238.64 | | |

Conclusion

The study under report has scientifically examined the various factors, which influence the power game especially the men physical fitness variables for pertinent to speed and endurance. A trained individual is in a better state of physical fitness than the person who follows a sedentary, in active life. Hence it is concluded that the physical fitness players a vital role on the performance of the players. Physical activity can act as an antidote to some kinds of fatigue, youngsters will be formed through sustained exercise if there fit, the physical endurance is great and the exercise will be conducive to good health.

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