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STUDY ON MOTOR FITNESS OF TEAM GAME PLAYERS

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Abstract:

The main purpose of this study was to compare the strength, speed and agility of Kho-Kho and kabaddi male players' .To achieve the purpose of the study, and data was collected from sixty players of each game. The age of the subjects were ranging from 20-25 years. The data collected was treated with the statistical technique't' test and found there is a significant difference in strength, speed and agility of Kho-Kho and kabaddi male players.

Introduction:

The Word 'Sport' comes from the old French word called Desport which means "Leisure", but this word has changed its connotation with the passing time. Now sports are no longer believed to be practiced only in leisure time. Today they are one of the major parameters to judge a country's development and growth and are fast becoming great career options for the future generations.

Physical activity has been a part of the lives of all people. Human evaluation started with movement, and the development of the Homo sapiens was large dependent action of the mussels. it must be conjectured that primitive physical activity was primarily a survival activity-the incessant search for food, cloth, shelter and protection from the hostile environment and secondly, it becomes a means of preparing youth for adult life, as the games were taken from life's activity and become a recognized way to improve strength, speed and skill, and other qualities necessary for survival.

The term motor fitness was developed to describe a broad concept than physical fitness. This extensive term means the ability to perform basic motor skills efficiently and effectively. Motor fitness is an important component for an athlete in order to obtain optimal performance in sports. The level of motor abilities components is of prime 'importance for learning of various activities and perfection of different skills. Traditionally motor abilities have been viewed as a combination of factors that are basic to all moments. All the factors of motor ability are chiefly concerned with the ability of the player and his capacity of action. The level of motor ability is the prime importance for learning various general activities and perfection of different skills in various sports and physical activities.

There are number of fitness components i.e. agility, speed, flexibility and maintenance of body weight. Motor fitness is to be measured by performance and this performance is based on a composition of many factors. Some of these factors evidently more dominant than others and thus have a higher relation with physical fitness.

Purpose of the Study:

The main purpose of this study was to compare the strength, speed and agility of National level Kho-Kho and kabaddi male players.

Methodology:

To achieve the purpose of the study, data was collected from one hundred and twenty players, sixty players from each game, who have represented Karnataka state in Kho-Kho and kabaddi games.. The age of the subjects were ranging from 20-25 years.

Statistical Technique:

The collected data was analyzed by using't' statistical technique with the help of SPSS 20th version.

Results:

After analyzing the data within the limitation of the study results are presented in the following tables.

Table1: Shows Mean, standard deviation value of Kho -Kho and Kabaddi Players.

Variable	Players	N	Mean	Standard Deviation	't' value
strength	Kho-Kho	60	32.77	6.29	2.185
	kabaddi	60	36.82	12.91	

*Significant at 0.05 level.

The above table indicates the mean value, standard deviation and't' value of strength of Kho-Kho and kabaddi players. In this kabaddi players have shown significant difference than Kho-Kho players.

Table 2: Shows Mean, standard deviation value of speed of Kho –Kho and Kabaddi Players.

variable	Players	N	Mean	Standard deviation	't' value
speed	Kho-Kho	60	121.53	9.87	4.986
	Kabaddi	60	114.02	6.24	

*Significant at 0.05 level.

The above table reveals the mean value, standard deviation and 't' value of speed of Kho-Kho and kabaddi players. In this Kho-Kho players have shown significant difference than Kabaddi Players.

Table 3: Shows Mean, standard deviations and 't' value of Agility of Kho-Kho and Kabaddi Players.

Variable	Players	N	Mean	Standard Deviation	't' value
Agility	Kho-Kho	60	23.20	4.67	2.169
	Kabaddi	60	25.17	5.01	

*Significant at 0.05 level.

The above table shows the mean value, standard deviation and 't' value of Agility of Kho-Kho and kabaddi male players. Here kabaddi players are shown significant difference than Kho-Kho players.

Discussion on Findings:

The above result shows that there is a significant difference in the as strength, speed and agility of Kho-Kho and kabaddi Players.

In strength, the kabaddi players are better than the Kho-Kho players. This is because of the game situation and skills adopted in that game.

The Kho-Kho players are greater speed than kabaddi players. This is Because of the running movement throughout the game and training they get.

In agility, the kabaddi players have more agile than Kho-Kho players. In this study game situation, movement of the players is more than the kho- kho players.

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