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COMPARISON OF SELECTED PHYSICAL FITNESS VARIABLES OF RADHAPURAM BLOCK LEVEL SCHOOL BASKETBALL AND CRICKET PLAYERS IN RURAL AREAS



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Abstract: The purpose of the present study was to compare the selected physical fitness variables of school level basket ball and cricket players in rural areas. Total 60 students (30 from Basket ball and 30 from cricket) male players from Gov. higher sec. schools, in Radhapuram block, Tirunelveli District were selected for this study. Their age ranged between 13-17 years. AAPHER youth physical fitness test was utilized to measure selected fitness components of players. It was hypothesized that no significant difference would be found between selected fitness variables of school level Basketball and Cricket players. For analysis of the data Mean & SD were calculated and to examine the significance difference between the group mean of different physical fitness variables 't' test was applied, and level of confidence was set at .05 level. Study concluded that significant difference found between the means of selected physical fitness variables such as speed and agility (shuttle run), explosive strength of legs (SBJ), speed of lower extremities (50 mts. dash) and explosive strength, cardio vascular endurance (12 min run & walk) and no significant difference found between the means of muscular strength (dynamic) and endurance of arm & shoulders (pulls ups), muscular strength and endurance of trunk (bent-knee sit ups) of school level Basketball and Cricket players.

Keywords: AAPHER, speed, agility, muscular strength, endurance

INTRODUCTION:

Physical activity is an important ingredients in the quality of life, when we do physical activity or physical exercise, blood will circulate in all the parts of our body even for brain nerves system also very effectively so that our concentration capacity as well as memory capacity will be improved much better because it increases energy and promotes physical, mental and psychological well being. Through systematic training programme one can improve both physical and mental fitness. Most physical movements incorporate the elements of force, quickness duration, complexity and a range of motion to a certain extent further it can distinguish individual motor aspects and physiological components such as speed, strength and endurance.

The physical fitness plays a vital role in the performance. An individual physical fitness and performances depend in the co-coordinative functions of the various factors such as physical, physiological abilities, nutrition, technique, tactics, physique, body size and composition. For the physiological system of body to be fit they must function well enough to support the specific activity the individual is performing. Moreover different activities make different demands upon the organism with respect to circulatory, respiratory metabolic and neurological process which are specific to the activities.

Fitness is a healthy state of body and mind. It means

feeling healthy, attractive energetic and happy. Fitness is important at all levels of the game whilst being essential for top level players. It is beneficial for beginners who will improve both their effectiveness and enjoyment through good standards of fitness. Fitness enables a player to cope with the physical demands of the game as well as allowing the efficient use of his various technical and tactical competencies throughout the match.

Basket ball is one of the top participation sports is likely to strengthen in years to come with basket ball playing integral part of the college communities program, which provides free and structured physical activity to children after school hours, Basketball players need a combination of technical, tactical and physical skills in order to succeed. Improving aerobic capacity and overall fitness boosts performance on the Basketball field.

Cricket is a deceptively demanding sport players spend a long day on their feet, there are periodic fast sprints when batting, chasing down a ball, and bowling, plus various dynamic movements such as leaping, throwing, and turning quickly. It really is vital that all players should increase their fitness.

Integrated development of rural areas is one of the abiding tasks before the government of India. The central government reiterates the cardinal importance of villages to the overall development of the country and commits to work

Comparison Of Selected Physical Fitness Variables.....

towards development of rural areas which for various reasons could not keep pace with urban areas in the past. A number of initiatives have been taken in the recent years for creation of social and economic infrastructure in rural areas to bridge the rural-urban divide as well to provide basic amenities of the rural populace.

PURPOSE OF THE STUDY

Purpose of the study was to comparison of selected physical fitness variables of Radhapuram block level school basketball and cricket players in rural areas

SIGNIFICANCE OF THE STUDY

1. There are various advantages are in the study. Every one having the thought that cricket is a game that the players don't have fitness. But after this study they change their thought
2. Basketball players are very strong and fit compare to other game this is the mentality every lay people are having.
3. From this study every one can know the physical fitness of the players.

LIMITATION

The following limitations are not considered while interpreting the results of the study:
 The previous experience of the subjects in the field of sports and games was not considered.
 Psychological factors, food habits, life style could not be controlled.
 No special motivation could be given for the subject during testing and instruction period.
 The weather conditions such as atmospheric temperature, humidity and meteorological factors during testing period were also not considered.
 The subjects will be verbally motivated to increase the motivational level during the period of testing.

METHODOLOGY

Selection of Subjects

Total 60 students were selected for this study. 30 players from basket ball and 30 players from cricket from Govt. higher sec. schools, in Radhapuram block. In Tirunelveli District. It was observed that the students from the rural areas of Radhapuram block have popped in executing their talents. They were exuberant with the spirit of excellence.

Selection of Variables

- Muscular strength (dynamic) and endurance of arm & shoulder : **Pull-Ups**
- Muscular strength and endurance (Trunk) : **Bent- knee sit ups**
- Speed and agility : **Shuttle-run**
- Explosive strength of legs : **Standing broad jump**
- Speed of Lower Extremities And Explosive Strength : **50 yards dash**
- Cardio vascular endurance : **12 min. run or walk**

Test:

For measurement of selected physical fitness variables of school level basketball and cricket players, AAPHER youth physical fitness test was utilized. Data of subject's were collected to attain the objectives of the present study.

Statistical Procedure

For analysis of the data collected from 30 basketball and 30 cricketers players from school level. Mean and Standard Deviation was computed. Comparison was made on the basis of activity. ie, basket ball and cricket. For this purpose't' test was applied. For testing the hypothesis the level of confidence was set at .05 level of significance.

DISCUSSION AND FINDINGS

Table I shows the comparison of means of selected physical fitness variables of school level basket ball and cricket players. In pull- ups mean valve of basket ball players is 7.45 and a cricket player is 8.05. In bent- knee sit-ups mean value of basketball players is 29.31 and cricket players is 27.61. In shuttle-run mean value of basketball players is 10.09 and cricket players is 10.44. In standing broad jump mean value of basketball players is 195 and cricket player is 171. In 50 yards dash mean value of basketball players is 6.54 and cricket players is 7.50. In 12min, run & walk mean value of basketball players is 2410.20 and cricket players is 1980.46

**Table -I
 Comparison of Means of Selected Physical Fitness Variables of Radhapuram Block School Level Basketball and Cricket Players**

Components	Group	Mean	S.D	T
Pulls- ups (in count)	Basket ball	7.45	3.22	0.730
	Cricket	8.05	3.41	
Bent-knee sit ups (in count)	Basket ball	29.31	6.30	1.233
	Cricket	27.61	4.36	
Shuttle- run (in seconds)	Basket ball	10.09	0.41	2.976*
	Cricket	10.44	0.52	
Standing broad jump (in cm)	Basket ball	195	22.01	4.264*
	Cricket	171	21.05	
50 yards dash (in seconds)	Basket ball	6.54	0.53	6.493*
	Cricket	7.50	0.86	
12 min. run & walk (in meters)	Basket ball	2410.20	241	7.620*
	Cricket	1980.46	210	

*Significant at .05 level

There is significant difference found between the means of selected physical fitness variables (speed and agility (shuttle-run), Explosive strength of legs (standing broad jump), speed of lower extremities and explosives strength (50 yards dash), Cardiovascular endurance (12 min. run or walk) of school level basketball and cricket players as "t" value required to be significant is 1.98 and calculated value is more to tabulated value.

There is no significant difference found between the means of selected physical fitness variables {Muscular strength (dynamic) and endurance of arm & shoulder (pull-ups),Muscular strength and endurance of trunk (Bent –knee sit ups) of college level basketball and cricket players ,as "t"

Comparison Of Selected Physical Fitness Variables.....

value required to be significant is 1.98 and calculated value is less compare to tabulated value.

CONCLUSION

Significant difference found between the means of selected physical fitness variables such as speed and agility ,explosive strength of legs, speed of lower extremities and explosive strength , cardio-vascular endurance of school level basketball and cricket players. Mean value indicated that in shuttle run (speed and agility) cricket players are better than basketball players , but in standing broad jump(explosive strength of legs),50 yards dash (speed of lower extremities and explosive strength),and 12min. run & walk (cardio vascular endurance) basketball players are better than cricket players. No significant difference found between the means of selected physical fitness variables (muscular strength (dynamic) and endurance of arm & shoulder (Pull-ups), Muscular strength and endurance of trunk (Bent-knee sit ups) of school level basketball and cricket players. Mean value indicates of (arm & shoulder) cricket players are better than basketball players, but in bent-knee sit ups (muscular strength and endurance of trunk) basketball players are better than cricket players.

RECOMMENDATIONS

Similar study can be conduct for college / University players
Similar study can be conduct for other games
Similar study can be conduct for rural, urban, semi rural, semi urban, and in cities for college / University players and for other games

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