



A COMPARATIVE ANALYSIS OF THE PHYSICAL FITNESS LEVEL OF HOCKEY MEN AND WOMEN PLAYERS

Lt. Dr. G.P. SUDHEER

Associate Professor and Head, Department of Physical Education, Christian College, Kattakada, Thiruvananthapuram, Kerala.

Abstract

Traditional definitions of physical fitness have employed language that, when operationalized, encompasses a broad range of functional capacities. However, these definitions have not referred directly to the health outcomes of physical activity. The current body of knowledge in exercise science and society's view of physical fitness indicate that a definition of physical fitness should focus on the health related aspects of fitness. It is proposed that the physical education profession's primary concern should be for promotion of health related physical fitness, defined as a state characterized by (a) an ability to perform daily activities with vigour, and (b) demonstration of traits and capacities that are associated with low risk of premature development of the hypo kinetic diseases (i.e., those associated with physical inactivity). In addition, physical fitness and motor performance are terms that may have utility for professional physical educators, if consensus can be built around precise literal and operational definitions.

Keywords: Aerobic, School, Boxers.

INTRODUCTION

It is proposed that the physical education profession's primary concern should be for promotion of health related physical fitness, defined as a state characterized by (a) an ability to perform daily activities with vigour, and (b) demonstration of traits and capacities that are associated with low risk of premature development of the hypo kinetic diseases (i.e., those associated with physical inactivity). In addition, physical fitness and motor performance are terms that may have utility for professional physical educators, if consensus can be built around precise literal and operational definitions.

METHODOLOGY

SUBJECTS

For the purpose of the study 40 male Basketball players and 40 volleyball players were selected who were of the age group between 19 to 24 who represented their college teams in the inter collegiate tournaments.

Under the university of Kerala.

PURPOSE OF THE STUDY

The present study aims at determining the cardiovascular endurance between Basketball players and Volleyball players who participated in the inter collegiate competitions.

DATA COLLECTION

Modified Harvard step test was used to collect the data from the subjects.

HYPOTHESIS

It is hypothesized that there would be a significant difference between the cardiovascular endurance of Basketball players and Volleyball players.

STATISTICAL PROCEDURE

t. ratio statistical analysis was employed to elucidate the data.

TABLE 1
COMPARISON BETWEEN THE MEAN OF BASKET BALL PLAYERS AND VOLLEYBALL PLAYERS
CARDIOVASCULAR ENDURANCE

Subjects	Mean	Standard Deviation	Mean Difference	Standard Error	t. ratio
Volley ball players	62.64	10.88			
Basket ball players	60.31	13.80	133	2.77	6.7@

DISCUSSION ON FINDINGS

In this light of the study the investigator arrived at the following findings. There is no significant difference in cardiovascular endurance of volleyball players and Basketball players who participated in the inter collegiate tournaments. It may be attributed to the fact that both Volleyball players and Basketball players might be involved equally in various games and sports activities in college. But most of the Volleyball players and Basketball players who are having a light difference in significance most of the players are from low socioeconomic background family, they might have to involve in vigorous physical activities for the fulfilment of their daily needs. On the other hand most of college boys are from good family background so that they might have to do less physical activity. When we compare Volleyball players and Basketball players have abundant facilities for games and physical education which help them to be fit.

CONCLUSION

On light of the above study the investigator arrived at the following conclusions. There is significant difference in the means of cardiovascular endurance of Volleyball and Basketball players. It is also concluded that Volleyball players have better cardiovascular endurance than Basketball players.

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