



FITNESS LEVEL OF HOCKEY PLAYERS – A STUDY

Lt. Dr. G.P. SUDHEER

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

Abstract

A lower level of physical fitness was associated with a higher risk of death from cardiovascular and coronary heart disease, after adjustment for age and cardiovascular risk factors. The relative risk of death from cardiovascular causes was 2.7 (95 percent confidence interval, 1.4 to 5.1; $P = 0.003$) for healthy men with an increment of 35 beats per minute in the heart rate during stage 2, and 3.0 (95 percent confidence interval, 1.6 to 5.5; $P = 0.0004$) for those with a decrement of 4.4 minutes in the exercise time spent on the treadmill. The corresponding values for death from coronary heart disease were 3.2 (95 percent confidence interval, 1.5 to 6.7; $P = 0.003$) and 2.8 (95 percent confidence interval, 1.3 to 6.1; $P = 0.007$), respectively.

Keywords: Fitness, Hockey Players.

INTRODUCTION

Hockey is believed to date from the earliest civilizations. The Arabs, Greeks, Persians, and Romans each had their own versions, and traces of a stick game played by the Aztec Indians of South America have been found. Hockey can also be identified with other early games, such as hurling and shinty. During the Middle Ages a French stick game called *hoquet* was played, and the English word may be derived from it.

METHODOLOGY

SUBJECTS

Total forty female hockey player's were selected for the purpose of the study. Out of forty 20 were men and 20 were women. The age bracket of the subjects were 18 to 22 years.

SELECTION OF VARIABLES

For the present study the investigator selected the following variables. Such as speed, Agility Endurance and flexibility.

DATA COLLECTION

For the collection of data the following methodology was used and record in a correct unit for each test item.

- Speed was assessed by 50 meter dash run test and scores were recorded in second.
- Agility was assessed by 10x4 meter shuttle run and scores were recorded in second.
- Endurance was assessed by 600 yards run/walk test and score were recorded in minutes.
- Flexibility was assessed by sit-and-reach test and score were recorded in centimetres.

RESULTS

TABLE 1

Variables	Hockey players men (N=20)		Hockey players women (N=20)		t-value
	Mean	S.D.	Mean	S.D.	
Speed	6.98	.19	7.62	.41	1.00
Agility	13.86	.53	13.81	.80	4.54
Endurance	2.44	.24	2.22	.24	4.42
Flexibility	12.31	.31	12.31	.20	0.82

The above table shows the result of selected physical fitness variables of hockey men players and women player. Analysis of data revealed that group differences for the variables of speed 't' value 1.00 and flexibility 't' value 0.89 are not considered significant. There are statistically significant group differences found for many variables such as agility, endurance and speed. The result of the study shows that hockey men players possess better physical fitness component than hockey women players.

CONCLUSION

In the light of the above study and its findings and conclusions the investigator arrived at the following conclusions. Analysis of data revealed that group differences for the variables of speed 't' value 1.00 and flexibility 't' value 0.89 are not considered significant. There are statistically significant group differences found for many variables such as agility, endurance and speed. The result of the study shows that hockey men players possess better physical fitness compounance than hockey women players.

REFERENCES

1. Alvarez Dj, Rockwell PG. Trigger points: Diagnosis and management. *American Family Physician* 2002; 65; 653-660.
2. Hudson JS, Ryan CG. Multimodal group rehabilitation compared to usual care for patients with chronic neck pain: A pilot study. *Manual Therapy* 2010; 15:552 – 556.
3. Richter P, Hebgen E. Trigger Points and Muscle Chains in Osteopathy. 2007, 230.
4. Fernandez – de –las-Penas C, Alonso – Blanco C, Miangolarra JC. Myofascial trigger points in subjects presenting with mechanical neck pain: A blinded, controlled study. *Manual Therapy* 2007; 12:29-23.
5. Childs JD, Cleland JA, Elliott JM et al. Neck Pain. *Journal of Orthopaedic & Sports Physical Therapy* 2008; 38: A1-A34.
6. Gross A, Tm K, Jp P, et al. Exercises for mechanical neck disorders. Epub ahead of print 2015. DOI: 10.1002 / 14651858.CD004250.pub5.Copyright.
7. Falla GA, Falla D, Vicenzino B et al. The effect of therapeutic exercise on activation of the deep cervical flexor muscles in people with chronic neck pain. *Manual Therapy* 2009;14:696-701.
8. Falla D, Jull G, Hodges P et al. An endurance – strength training regime is effective in reducing myoelectric manifestations of cervical flexor muscle fatigue in females with chronic neck pain. *Clinical Neurophysiology* 2006; 117:828-837.