



ISSN: 2456-0057  
IJPPE 2016; 1(2): 61-63  
© 2016 IJPESH  
www.journalofsports.com  
Received: 11-05-2016  
Accepted: 12-06-2016

**Chatru L Rathod**  
Assistant Professor Dept of  
Physical Education College of  
Agriculture, Bheemaranagudi  
Tq: Shahapur Dist: Yadgiri,  
India.

**Dr. Vishwanath Nadakatti**  
Assistant Professor Guest  
Assistant Director of Sports K S  
W University Vijayapura,  
Karnataka, India.

## A comparative study on selected physical fitness components of kabaddi and kho-kho players of Vijayapur school children

**Chatru L Rathod and Dr. Vishwanath Nadakatti**

### Abstract

The main purpose and objective of the present study is to compare the Physical Fitness Components of Kabaddi and Kho-Kho player abilities. The purpose of the study is to measure the Physical Fitness Components of one hundred players, out of hundred 50 players from Kabaddi and 50 players from Kho-Kho has been selected on purposively and randomly basis. Who has won medal/position in Vijayapura dist School Zonal, Inter-Zonal and participated in State School Games during the 2013 to 2015. All the subjects were regularly practicing and competing in their respective sports competition. The following variables were found significant at 0.05 level of such as Body Mass Index "t" value 7.11, speed test by 40m dash the "t" value 5.89, Standing Broad Jump the "t" value 4.24, the flexibility test- Sit & Reach "t" value 4.96, the test of Strength Endurance- 1 minute Sit-Ups the "t" value 5.29, cardiovascular endurance in form of 12min Run/Walk Test, the "t" value 5.61, which was significant at 0.05 level. The similar study may be undertaken for female players or counter part of male Kabaddi and Kho-Kho players. The similar study may be conducted by taking others important variables which affects the performance of the Kabaddi and Kho-Kho players along with others important physical variables.

**Keywords:** Physical fitness, kabaddi players, kho-kho players, Vijayapur school children

### Introduction

The main purpose and objective of the present study was to compare the Kabaddi and Kho-Kho players on the selected physical abilities. In comparing the Kabaddi and Kho-Kho players of Delhi Schools, who has obtained position at Zonal and inter-Zonal or participated in National Scholl Games (SGFI)/ Junior National in their respective sports competition on selected physical such as Body Mass Index (BMI), Speed, Standing Broad Jump, Sit and Reach, Sit-Ups, 12minutes Run/walk, between the players of Kabaddi and Kho-Kho. The necessary data was collected with standardized procedure by administering selected abilities tests.

The kabaddi players group was have more BMI showing greater body mass than the Kho-Kho players group. The significant difference was found in the speed ability- 40m sprint test the Kho-Kho players group had better speed in comparison to the Kabaddi players group. The significant difference was found in the Standing Broad Jump a test of explosive strength in relation to the Kabaddi and Kho-Kho players. The kabaddi players group had high explosive strength, showing greater jumping ability than the Kho-Kho players group. The significant difference was found in the Sit and Reach test in the Kho-Kho players group had better hips and legs flexibility in comparison to the Kabaddi players group. The significant difference was found in the 1 minute Sit-Ups test of muscular strength endurance in relation to the Kabaddi and Kho-Kho players. The kabaddi players group had better muscular strength endurance of abdomen muscles group, showing greater muscular endurance ability than the Kho Kho players group.

The significant difference was found in the 12minutes Run/Walk test of cardiovascular endurance in relation to the Kabaddi and Kho-Kho players. The Kho-Kho players group had better cardiovascular endurance, showing greater heart and lungs capacity than the Kabaddi players group. The safety precautions should always be adopted for the Kabaddi and kho-Kho training and competition for the safety of the players.

**Correspondence**  
**Chatru L Rathod**  
Assistant Professor Dept of  
Physical Education College of  
Agriculture, Bheemaranagudi  
Tq: Shahapur Dist: Yadgiri,  
India.

A study may be undertaken with fully residential subjects of different age groups junior senior, men and women, who were regular in their professional type of training.

### Objectives

The main objective of the present study will be to find out the difference between Kabaddi and Kho-Kho players at senior secondary school level in regards to their physical variables. The formally, the objectives of the study will be as under:

- To find out the different between physical fitness components of Kabaddi and Kho-Kho players such as speed, explosive strength, cardiovascular endurance, coordinative ability, and flexibility.

### Delimitations

The study will be delimited as following:-

- The study will be delimited to purposively select 100 male subjects age ranging from 16 to 19 years of Vijayapura schools, participated at Inter-Zonal and School National (SGFI) Kabaddi and Kho-Kho competition.
- The study will be delimited to 100 male players" at schools levels and 50 male players of Kabaddi and 50 male kho-kho players.
- The investigation will be delimited to selected physical variables as under:-
  1. Physical
    - a. Height
    - b. Body weight
    - c. BMI
  2. Physical Fitness Components
    - a. Speed- 40m. Sprint
    - b. Explosive Strength- standing broad jump
    - c. Cardiovascular endurance- 12min. run/walk test
    - d. Coordinative ability- 4X10m. = 40m. Shuttle run
    - e. Flexibility- Sit/bend and reach test

### Limitations

The findings of the study will be understood by considering the following limitations.

- Availability of small number of sample size will be one of the limitation of the study.
- Sophisticated testing equipment and sophisticated equipment for exercises will also be one of the limitation for the present study.
- Individual differences among the subjects and other factors such as- Life Style, dietary habits, daily routine, will also considered limitations for the present study.

### Methods

For the purpose of the study one hundred players- 50 from the game of Kabaddi and 50 from the Kho-Kho has been selected on purposively and randomly basis, who has won medal/ position in Vijayapura Scholl Zonal, Inter-Zonal and participated in State School Games during the 2013 to 2015. All the subjects were regularly practicing and competing in their respective sports competition. Health and Physical Education is defined as the process by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance or restoration of health. It is a continuing process of informing people how to achieve and maintain good health; of motivating them to do so; and of promoting environmental and lifestyle changes to facilitate their objective. The research scholar gleaned through all the scientific literature pertaining to Kabaddi and Khokho from

books, magazines, journals, periodicals available in the various libraries of Vijayapura and internet surfing/sites. Keeping the feasibility criterion in mind, especially in the case of availability of instruments, the following physical abilities were selected i.e. Body Mass Index (BMI), Speed, Standing Broad Jump, Sit and Reach, Sit-Ups, 12minutes Run/walk.

### Discussion

The significant difference was found in the Body Mass Index- in relation to the Kabaddi and Kho-Kho players. The Kabaddi players group was have more BMI showing greater body mass than the Kho-Kho players group. The significant difference was found in the speed ability- 40m sprint test the Kho-Kho players group had better speed in comparison to the Kabaddi players group. The significant difference was found in the Standing Broad Jump a test of explosive strength in relation to the Kabaddi and Kho-Kho players. The Kabaddi players group had high explosive strength, showing greater jumping ability than the Kho-Kho players group.

The significant difference was found in the Sit and Reach test in the Kho-Kho players group had better hips and legs flexibility in comparison to the Kabaddi players group. The significant difference was found in the 1 minute Sit-Ups test of muscular strength endurance in relation to the Kabaddi and Kho-Kho players. The Kabaddi players group had better muscular strength endurance of abdomen muscles group, showing greater muscular endurance ability than the KhoKho players group. The significant difference was found in the 12minutes Run/Walk test of cardiovascular endurance in relation to the Kabaddi and Kho-Kho players. The Kho-Kho players group had better cardiovascular endurance, showing greater heart and lungs capacity than the Kabaddi players group.

### Conclusion

The similar study may be undertaken for female players or counter part of male Kabaddi and Kho-Kho players. The similar study may be conducted by taking others important variables which affects the performance of the Kabaddi and Kho-Kho players along with others important physical variables. Similar study may be undertaken by comparing the players of the other team individual sports competition and comparing the players belonging to different socio-economic status, geographical conditions and variation in ethnicity.

### References

1. Adian, Moran P, The Psychology of Concentration in Sports Performance- A Cognitive Analysis Psychology press publisher, 1996, 12-13.
2. Aiadan, Mohan P. The Psychology Of Concentration In Sport Performers A Cognitive Analysis. Erlbaum, U.K: Taylor and Francis Psychology Press Publishers, 1990, 203-204.
3. Bharshandar JR, Bharshankar RN, Deshpande VN, Kaore SB, Gosavi GB. Effects of Yoga on Cardio Vascular System in Subjects above 40 Years, Department of Physiology, Govt., Medical College, Nagpur. 2003, 22-26.
4. Bhomik Kumar A. Comparison of Selective Physiological Parameters 1987.
5. Between Soccer and Kabaddi Players Unpublished master's Disertation. Biddle, European Perspectives in Exercise & Sports Psychology., Human Kinetic publishers & inc. 1995, 180.

6. Birkel DA, Edgren L. Hatha Yoga- Improved Vital Capacity of College Students, School of physical education, Ball state University, Muncie, USA. 2000, 55-63.
7. Bull SJ. Personal and situational influences on adherence to mental skills training. *Journal of Sport and Exercise Psychology*. 1991; 13:121-132.
8. Charles, Roy. The Body Size, Strength Muscular Endurance and Power of Top flight English Rugby and Soccer Players, *Completed Research in Health, Phy Education and Recreation*, 1964, 135.