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A comparative study on physical fitness variables of Kho-Kho and Kabaddi players of high school boys of Bangalore South

Sandeep U and Udaya Kumar

Abstract

The objective of the study is to analyse a comparative study on physical fitness variables of kho-kho and kabaddi players of high school boys of Bangalore south Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities Physically active people have a lower risk of heart disease, high blood pressure, diabetes, obesity and some type of cancer. Despite all the benefits of physical activity, most people in this country are a sedentary. Given that regular physical activity helps people enjoy better health. A desirable level of fitness was accepted at entry level for couple of jobs and professional training. Kabaddi and Kho-Kho players were one such field of endeavour. One of the very important factors responsible for the performance in competitive sports is fitness. Good fitness helps to quick improve in the performance of Kabaddi and Kho-Kho players.

The study was taken by the researcher to measure the level of fitness variables of Kabaddi and Kho-Kho players. So the researcher has selected the high school Male Kabaddi and Kho-Kho players of high school boys of Bangalore south. Total 25 Kho-Kho players and 25 Kabaddi players were administered AAHPER Youth Fitness test and find out the level of fitness variables and also find out the mean value of both Kho-Kho and Kabaddi players and standard deviation was done, standard error of the mean and also t-value was done and statistically analysed. They require more fitness compare to other sports. Good physical fitness helps to achieve better performance and attain goal with in minimum time.

Keywords: Physical fitness variables, kho-kho, kabaddi players, high school boys, Bangalore South

Introduction

Man's performance in this world depends on varieties of fitness. He is required to acquire each variety according to the need in order to develop himself, maintain and prosper. Most frequently employed varieties of fitness are physical fitness, psychological fitness, social fitness and emotional fitness. of the many forms of fitness, physical fitness assumes paramount importance since it is the corner stone of the magnificent human structure called "personality". Originally, man is a muscular creature, and therefore every person shall be active. In man physical fitness develops the ability to last, to bear up, to withstand stress and to persevere under difficult circumstances. Countless research studies indicate that physical fitness is related to improved performance in academic and other fields of endeavour.

Physical Education and Sports: Physical education is that phase of education concerned with the teaching of skill, acquisition of knowledge and development of attitudes through human movement most public schools, colleges and universities recognize the importance of physical education by making it as part of the required curriculum. This reorganization is accorded to physical education by many nations of the world. In schools, physical education programs provides each person with rural opportunities to access fitness level and consequently select activities that will strengthens personal weakness and promote the development of life time skills and understandings, thus enabling the student to have a full and productive life, while in school and afterwards in a broad view of education. Physical educations uniqueness lies in its contribution to physical (fitness) and psychomotor (skill) development.

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It is along with other disciplines in contributing to the cognitive, social and affective area of development in the needs of society, physical education as a part of the total process of education that utilizes games, sports, aquatics, dance and other various activities, helps the individual to achieve the goal of education.

Now a day's participation in sports and physical activities is regarded as important health behaviour in both adults and children. Lack of motivation has been identified as possible different for both boys and girls. Many have considered children's reasons for participation in a variety of exercise settings specifically examining the differences between age and gender, particularly in relation to motives for the participation in extracurricular physical activities. Since it has been documented that the children at different stages of adolescence display different cognitive and emotional Characteristics it seems likely that children of different ages will self-support being involved in extracurricular activities for different. Several researchers have noted that early in their secondary education. Children consider participation in sports and game has a positive experience. It has been suggested that children at this stage is motivated and enjoy taking part in physical activities. Additionally, boy's participation in extracurricular physical activities (ECPA) only decreases in 10 to 12. By contrast, for girls mere is evidence of a decline ECPA participation at the beginning of years 7 to 9. It sums apartment that as children progress through secondary education they become less interested in such activities. In educational spectrum, the prime concern is to impart knowledge that ultimately leads to individual development, in the sense that, the individual would be a fit, healthy and disciplined citizen so that he can serve society and the concerned nation. On the other hand, physical education being the integral part of total education, which aims to develop an individual by concentrating on overall development such as physical, mental, social, and moral aspects and there would be individual to be the most fit and acceptable person in society.

About The Game of Kabaddi: Kabaddi is a contact sport that originated in ancient India. Kabaddi is an umbrella term which encompasses various forms of the game including International rules Kabaddi; Sanjeevani, Gaminee, Amar and Punjabi. Kabaddi is the national game of Bangladesh and also the state game of the Indian states of Tamil Nadu, Maharashtra, Bihar, Pradesh, Telangana and Punjab. Kabaddi originated in the southern Indian state of Tamil Nadu, where it is derived from group hunting and village defence. Other forms of Kabaddi originated in northern parts of India. Although the game is a traditional sport in various parts of South Asia, the modern standardized version identifies Kabaddi with Maharashtra where the process of standardizing the rules of Kabaddi took place during 1915 through to the 1920s. Though variations emerged and rules were framed, the game's principal objective remained unchanged.

Modern Kabaddi is therefore a synthesis of the game played in various forms under different names. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by India. The game was introduced in the Indian National Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation (AIKF) came into existence and framed the rules. The AIKF was reconstituted as The Amateur Kabaddi Federation of India (AKFI) in 1972 and the first national tournament for men was held in Chennai.

Kabaddi was introduced to and popularized in Japan in 1979

by Sundar Ram of India, who toured Japan on behalf of Asian Amateur Kabaddi Federation for two months to introduce the game. In 1979, matches between Bangladesh and India were held across India. The first Asian Kabaddi Championship was held in 1980 and India emerged as champion beating Bangladesh. The other teams in the tournament were Nepal, Malaysia, and Japan. The game was included for the first time in the Asian Games in Beijing in 1990 where seven teams took part.

These are four major forms of Kabaddi played in India which are recognized by the amateur federation. In Sanjeevani Kabaddi, one player is revived against one player of the opposite team who is out – one out. The game is played over 40 minutes with a 5-minute break between halves. There are 7 players on each side and the team that outs all the players on the opponent's side scores four extra points. In Gaminee style, seven players play on either side or a player put out has to remain out until all his team members are out.

About The Game of Kho-Kho (Punjabi): is a tag sport from the Indian subcontinent. It is played by teams of twelve players, of which nine enter the field, who try to avoid being touched by members of the opposing team. It is one of the two most popular traditional tag games of the South Asia, the other being Kabaddi. Apart from the South Asia, it is also played in Africa. Asian Kho Kho Federation was established in the year 1987 during 3rd SAF Games, held at Kolkata, India. The member countries were India, Bangladesh, Pakistan, Sri Lanka, Nepal and Maldives. The first Asian championship was held at Kolkata in 1996 and the second championship at Dhaka in Bangladesh. India, Sri Lanka, Pakistan, Nepal, Japan, Thailand and Bangladesh were participants of the championship. When the first game was played, though many historians say that it is actually a modified form of 'Run Chase'. In the ancient era, a version of the Kho-Kho game was played on 'raths' or chariots in Maharashtra. This was known as RATHERA. In ancient Kho-Kho history, there were no rigid rules and regulations for playing the game. The Kho-Kho rules were first framed in the early 1900s. A committee was formed at Gymkhana Poona in 1914 for framing the Kho-Kho rules and the first ever book of Kho-Kho rules was published from Gymkhana Baroda, in 1924. Each team consists of 12 players, but only 9 players take the field. A match consists of two innings with each inning consisting of chasing and running turns of 9 minutes each. One team sits/kneels in the middle of the court, in a row, with adjacent members facing opposite directions. The runners take to the field, 3 at a time and the team that takes the shortest time to tag/tap all the opponents in the field, wins. There is a pole on each end and the runner can go between two players who are sitting in zig zag manner, but the chaser is not allowed to turn back while running and go between the players. But chaser can go to pole and touch it and can go back or go to other side.

Statement of the Study

The purpose of the study was to find out A comparative study on physical fitness variables of Kho-Kho and Kabaddi players of high school boys of Bangalore south.

Delimitation

- The study was delimited to the studying in VIII and X standards students of high school boys of Bangalore south.
- The study was delimited to men Kho-Kho players and

Kabaddi players.

- The study was delimited to twenty five male students of high school in each group.
- The study was delimited to selected fitness components.

Limitations

The following were the limitations of the study:

- The instruments used to measure the fitness parameter during the test were not calibrated due to non- availability of the instruments
- Although the subjects were asked to give the best in the final tests it is likely they were not sufficiently intrinsically motivated to perform well.
- The regular activity of the academic course might have affected the performance.
- The study is limited to (50) Kho-Kho and Kabaddi players of high school boys of Bangalore south.
- This study depends on available of primary sources.

Hypothesis

- It was hypothesized that men between Kho-Kho players are having more fitness than the Kabaddi players in Bangalore south.
- It was hypothesized that sports participation in college level and development would be poor.
- It was hypothesized that, coastal institution shown a favourable attitude towards in sports and games.
- This study was hypothesized that high level of achievement in sports helps to get good name in society.
- It was hypothesized that, Sports facilities is very less in number pre university institution so these types of games are not developed school level.

The Significance of the Study

- The study has a wide application both in physical fitness testing programs and in research studies together
- It should be a help to know the general capacity of individual in team game.
- It also should be a help to compare two types of individual on the basis of physical fitness
- The study also reveals the changes in performance due to the physical fitness.
- The study will be a useful contribution to the Kho-Kho and Kabaddi field.
- The study may help the coaching programme planner to prepare better training schedule.

Methodology

The purpose of the present study was to bring to light the A comparative study on physical fitness variables of Kho-Kho and Kabaddi players of high school boys of Bangalore south. Selected sample of 25 Kho-Kho players and 25 Kabaddi players are taken to find out the level of fitness of high school boys participants. AAHPPEAR youth fitness test was administered after the competition.

This study began with a discussion of available literature on the subject. Relevant abstracts and references were recorded. In this study physical fitness test was conducted for the collection of data. In this chapter, methods and procedures applied in this dissertation are described. This includes the selection of subjects, selection of variables, orientation of subjects, experimental design, test administration, administration of physical fitness training and statistical analysis of data.

Selection of Subjects: In this study, twenty five male Kho-Kho and twenty five male Kabaddi players were selected from high school boys of Bangalore south. The subjects has been tested in the AAHPPEAR youth fitness test. Among the thirty subjects were taken has experiment group. Basically they were trained in various games this was help for my test. I explained which are the test going to conduct for them and demonstrated them and clarified their doubts about the test and study.

Selection of Variables

For this study mainly six variables were taken, they are given below:

AAHPPEAR youth fitness test batteries and Purpose:

Sl. No	Test Equipment	Variables
1.	Pull-Ups.	Shoulder Strength
2.	Sit-Ups	Flexibility
3.	Shuttle Run	Speed And Agility
4.	Standing Broad Jump	Leg Explosive Power
5	50-Yard Dash	Speed
6	600 Yards Run And Walk	Cardio Vascular Endurance

Orientation of Subjects: Prior to the tests, the purpose of study was explained to the subjects. Before conducting the test, meeting was conducted by the researcher and explanations were given to the all subjects about the particulars of the study. The tester instructor demonstrated and explained how to do particular Pull-Ups, Sit-Ups, Shuttle Run (10x4yards), Standing Broad Jump, 50-Yard Dash and 600 Yards Run and Walk. The effect that takes place in the body was also explained. The selected subjects were studying in the high school boys of Bangalore south, so explanation of the test method was easy.

Experimental Design: This study was formulated as a random group design. The subjects were twenty five male Kho-Kho and twenty five male Kabaddi players. Fifty subjects were divided into two groups than conducted AAHPPEAR youth fitness test. Batteries Pull-Ups, Sit-Ups, Shuttle Run (10x4yards), Standing Broad Jump, 50-Yard Dash, 600 Yards Run and Walk for some days.

Test Administrations

Test -1: Pull-Ups

Purpose: to measure the shoulder strength

Equipment: a wooden or metal bar, approximately 1/2 inch also is used stop watch.

Test administration: The strength of the bar should be such that when subject hang to farm it fully extended arms, his feet do not touch the ground. The subject flaked to be used to nose an over hand. Grasp with palms facing away the body, from the hanging position, the pupil raises oat body by arms until the chin can be placed over the bar and then lower of mm body to a full extension hand and repeats the pull-ups as possible. Only one trial baa given unless it is obvious that the pupil has not had affair chance. Neither swing nor kicking legs nor knee rising allowed.

Scoring: Two maximum numbers of completed pupils is the score which may be evaluated with the help of local norms (if available) or by comparison with the other subject tested

Test -2: Bent-Knee Sit-Ups (One Minute)

The pupil assumes a lying position with knees bent, feet flat on the floor, heels not more than 12 inches from the buttocks (knees bent at an angle less than 90 degree), and hands clasped behind neck and elbows squarely on mat, floor, or turf. The feet are held down by a partner. To perform the sit-ups, the pupil brings head and elbows forward in a curl up motion, touching elbows to knees. In returning to the supine position, the elbows should touch the floor each time. The score is the number of correctly executed sit-ups performed in one minute.

No sit-ups are counted 19 when the pupil does not:

- keep the fingers clasped behind neck,
- Bring both elbows forward in starting to sit up. without pushing off the floor with an elbows ; or
- return to the starting position with elbows flat on the surface before sitting up again

Test -3: Shuttle Run

Purpose: To measure the speed and agility

Equipment: Bank boards, stop watch

Test administration: Two blocks of wood 2 by 2 by 4 inches are used: the pupils wear sneakers or run bare footed. Two parallel lines are marked on the floor 30 feet apart The blocks are placed behind one of the lines; the subjects start from behind the other, or starting, line The test consists of running to the blocks and bringing them back to the starting line one at a time and placing them behind the starting line. Two trials are allowed, with some rest between Record the time of the better of the two trials to the nearest/ tenth of second.

Scoring: The elapsed time to the nearest half second is recorded as the score for this event.

Test -4: Standing Broad Jump

Purpose: To measure the power of the legs in jumping forward

Equipment: Either a mat or floor may be used for this test marking material is needed for the starting line, along with a table measure to mark off increment of distance along the standing area.

Test administration: The subject toes a starting line, two feet from the end of a gymnasium mat held firmly in place against the wall, and jumps as far as possible. With a feet parallel to each other and behind the standing mark. The performer bends the knees and swings the arms and jumps as forward as possible. The best of three trails is recorded to the nearest inch.

Scoring: The number of inches between the starting line and the nearest heel upon landing is the score. Three trails are permitted and then the best trails are recorded as the score.

Test -5: 50-Yard Dash

Purpose: To measure speed.

Equipment: Stop watch, whistle, smooth surface at lease yards long with start and finish

Test administration: The pupil takes apposition behind the starting line. The starter uses the commands "are you ready?" and "go!" the word "go" is accompanied by a downward sweep of the starter's arm as a signal to the timer. More than one pupil may run at a time if sufficient stopwatches are available. The score is recorded in seconds to the nearest tenth of a second.

The subject starts standing position on the single to go and runs as rapidly as possible to the finish line on trails is given.

Scoring: The subject is recorded in second to the nearest tenth of a second the time begins who the command “go” is given. In 50 mts dash should be no appreciable time leg due to eh relative speed of sound verses the speed of the light.

Test -6: 600 Yards Run and Walk

Purpose: To measure cardiovascular efficiency or cardio vascular endurance

Equipment: Stop watch, whistle, smooth, surface at lease yards long with start and finish

Test administration: The subject starts standing position on the single to go and runs as rapidly as possible to the finish line on trails is given. The subject is asked to take a standing. At the signal Ready, Go the subject start running 600 yards distance. The test is usually preformed 10 – 12 subjects together by pairing of before starting the event. Walking is permitted, but they performed is to cover the distance in the shortest period of time.

Scoring: The subject is recorded in the covering the distance begins who the command “go” is given. In 600 yards Run and Walk recorded in minutes and seconds is the score of this test items. This should be no appreciable time leg due to the relative cardio vascular endurance of the light.

Statistical analysis: To compare and find out the difference of physical for Kho-Kho and Kabaddi players selected variables, ‘t’ ratio was applied.

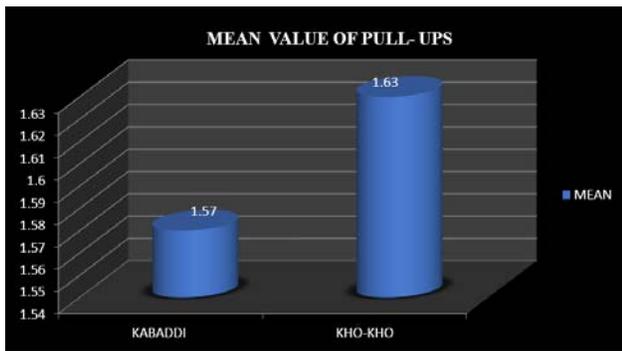
Analysis, Results and Discussion

This investigation was meant to the purpose of the study was to A comparative study on physical fitness variables of Kho-Kho and Kabaddi players of high school boys of Bangalore south. Twenty five male Kho-Kho and Twenty five male Kabaddi players were taken as subjects for this study. Their physical fitness of candidates was estimated on the basis of AAHPER Youth Fitness test performance in the events such as Pull-Ups, Sit-Ups, Shuttle Run (10x4yards), Standing Broad Jump, 50 Yard Dash and 600 Yard Run/Walk the statistical analysis to which the data subjected has been presented in this chapter.

The mean value for each item of performance and standard deviation for the results of each activity and the same was tabulated below

Table 1: The Statistical Values for the Pull-Ups

Statistics Value	Kabaddi Players	Kho-Kho Players
Number of Samples	25	25
Mean	9.31	8.12
Standard Deviation	1.77	
T Value	2.673	



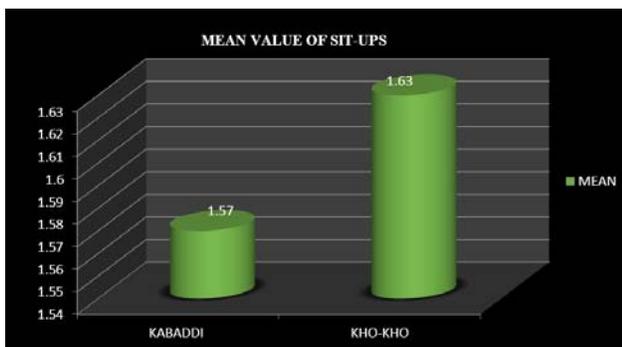
Graph 1: Shows The Mean Value of Kabaddi and Kho-Kho Players In Pull-Ups.

Above table and graph shows that the calculate value of Pull-ups among Kho-Kho and Kabaddi players. The calculated value is 2.673. Hence the level of confidence in Pull-ups among Kabaddi and Kho-Kho players. So the t value shows that Kabaddi players are having good Shoulder strength compare to Kho-Kho players.

Mean value of pull-ups of Kabaddi players is 9.31 and Kho-Kho players are 8.12. So Kabaddi players have more strength compare to Kho-Kho players. This score is applied on the standard norms of AAHPER youth fitness test Kabaddi have an 85 percentage and Kho-Kho players have 75 percentage of Shoulder strength.

Table 2: The Statistical Values For The Sit-Ups

Statistics Value	Kabaddi Players	Kho-Kho Players
Number of Samples	25	25
Mean	35.89	40.83
Standard Deviation	6.65	
T Value	2.573	



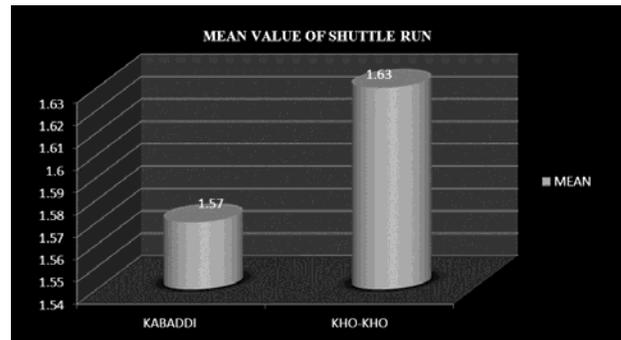
Graph 2: Shows the Mean Value of Kabaddi and Kho-Kho Players in Sit-Ups

Above table and graph shows that the calculate value of sit-ups among Kho-Kho and Kabaddi players. The calculated value is 2.573. Hence the level of confidence in sit-ups among Kho-Kho and Kabaddi players. So the t value shows that Kho-Kho players are having good abdomen strength compare to Kabaddi players.

Mean value of sit-ups of Kabaddi players is 35.89 and Kho-Kho players are 40.83. So Kho-Kho players have a more abdomen strength compare to and Kabaddi players. This average score is applied on the standard norms of AAHPER youth fitness test Kho-Kho have a 75and Kabaddi players have 60 percentage of abdomen strength.

Table 3: The Statistical Values for the Shuttle Run

Statistics Value	Kabaddi Players	Kho-Kho Players
Number of Samples	25	25
Mean	10.04	8.13
Standard Deviation	1.83	
T Value	2.576	



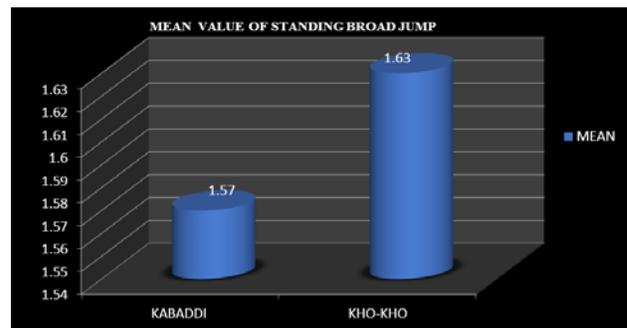
Graph 3: Shows the Mean Value of Kabaddi and Kho-Kho Players in Shuttle Run

Above table and graph shows that the calculate value of shuttle run among Kho-Kho and Kabaddi players. The calculated value is 2.576. Hence the level of confidence in shuttle runs among Kho-Kho and Kabaddi players. So the t value shows that Kho-Kho players are having good agility power compare to Kabaddi players.

Mean value of Shuttle-run of Kho-Kho players is 8.13 seconds and Kabaddi players are 10.04 seconds. So Kho-Kho players have good agility [power] compare to Kabaddi players. This average time is applied on the standard norms of AAHPER youth fitness test Kabaddi players have the 20 percentage and Kho-Kho players have the 30 percentage of agility power. This agility power of Kho-Kho players is better than the Kabaddi players.

Table 4: The Statistical Values for the Standing Broad Jump

Statistics Value	Kabaddi Players	Kho-Kho Players
Number of Samples	25	25
Mean	2.1	1.74
Standard Deviation	0.45	
T Value	2.671	



Graph 4: Shows the Mean Value of Kabaddi and Kho-Kho Players in Standing Broad Jump

Above table and graph shows that the calculate value of standing board jump among Kho-Kho players and Kabaddi players. The calculated value is 2.671, Hence the level of confidence in standing board jump among Kho-Kho players and Kabaddi players. So the t value shows that Kabaddi players are having good explosive power compare to Kho-Kho players.

Above graph shows that Mean value of standing board jump of Kho-Kho players is 1.74 meters and Kabaddi players are 2.10 meters. So Kabaddi players have good explosive power compare to Kho-Kho players. This average score is applied on the standard norms of AAHPER youth fitness test Kho-Kho players have a 65 percentage and Kabaddi players have an 85 percentage of explosive power.

Table 5: The Statistical Values For The 50 Yard Dash

Statistics Value	Kabaddi Players	Kho-Kho Players
Number of Samples	25	25
Mean	6.56	5.9
Standard Deviation	0.39	
T Value	2.162	



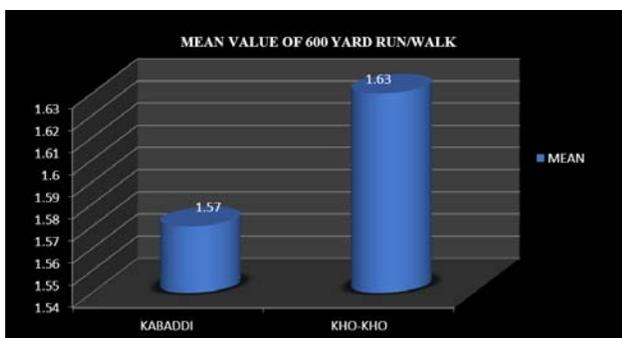
Graph 5: Shows the Mean Value of Kabaddi and Kho-Kho Players in 50 Yard Dash

Above table and graph shows that the calculate value of 50 yard dash among Kabaddi and Kho-Kho players. The calculated value is 2.162, Hence the level of confidence in 50 yard dash among Kabaddi and Kho-Kho players. So the *t* value shows that Kho-Kho players are having good speed ability compare to Kabaddi players.

Mean value of 50 yard dash of Kabaddi players is 6.56 seconds and a kho-kho player is 5.90 seconds. So kho-kho players have good speed ability compare to Kabaddi players. This average score is applied on the standard norms of AAHPER youth fitness test Kabaddi players have a 65 percentage and kho-kho players have a 70 percentage of speed ability.

Table 6: The Statistical Values for the 600 Yard Run/Walk

Statistics Value	Kabaddi Players	Kho-Kho Players
Number of Samples	25	25
Mean	1.57	1.63
Standard Deviation	0.1	
T Value	2.556	



Graph 6: Shows the Mean Value of Kabaddi and Kho-Kho Players in 600 Yard Run/Walk

Above table and graph shows that the calculate value of 600 yard run/walk among Kabaddi and Kho-Kho players. The calculated value is 2.556, Hence the level of confidence in 600 yard run/walk among Kabaddi and Kho-Kho players. So the *t* value shows that Kho-Kho players are having good endurance compare to Kabaddi players. Because Kho-Kho game is speed as well as endurance activity.

Mean value of 600 yard run/walk of kho-kho players is 1.57 minutes and Kabaddi players are 1.63 minutes. So kho-kho players have good endurance ability compare to Kabaddi players. This average time is applied on the standard norms of AAHPER youth fitness test kho-kho players have the 75 percentage and Kabaddi players have the 70 percentage of endurance ability This endurance ability of kho-kho players is better than the Kabaddi player

In the process of sustenance and development, man was required to employ various types of fitness, out of which fitness variables like speed, agility, strength, endurance was of paramount importance. A desirable level of fitness was accepted at entry level for couple of jobs and professional training. Kabaddi and Kho-Kho players were one such field of endeavour.

One of the very important factors responsible for the performance in competitive sports is fitness. Good fitness helps to quick improve in the performance of Kabaddi and Kho-Kho players. They require more fitness compare to other sports. Good physical fitness helps to achieve better performance and attain goal with in minimum time. The data analysis of AAHPER youth fitness shows that Kabaddi players have a good explosive power, strength compare to Kho-Kho players have a good flexibility, agility, endurance and speed compare to Kabaddi players.

Conclusion

On the basis of the data analysis the research is confident of arriving at certain conclusion based on his result of the study, they are as follows.

- The strength of Kabaddi players is better than the kho-kho players
- The explosive strength of Kabaddi players is better than the kho-kho players
- The agility of kho-kho players is better than the Kabaddi players
- The speed of kho-kho players is better than the Kabaddi players
- Kho-kho is endurance oriented sports; they require more endurance, which make them to have a good endurance.
- Kho-kho players should improve their fitness by regular panned practice.

Recommendation: Based on the finding of study following recommendation are made.

- Serious and regular practice will improve the fitness variables which is turn improve the speed, strength, agility, and flexibility.
- While designing the training programme for sports person, the fitness of the athlete must be considered.
- First aid training should be given to the Sports instructors or any member of the staff, so that basic first aid training can be provided by the trained instructors to children.
- Research may helpful for the further study in the field of Kho-Kho and Kabaddi game.
- Coaches should conduct the fitness test for the selection of the athletes

- Similar study can be conducted to identify the specific fitness test for different sports and games
- This study can be conducted to find fitness parameter level, on other fitness components such as coordination, flexibility.

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