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Study of anthropometric measurements between state and district level male kho-kho players

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Abstract

The purpose of this study was to describe anthropometric characteristics between state and district level male Kho-Kho players. One hundred (50 each) males were enrolled in the study. The variables selected for the study under Anthropometric measurements were Standing Height and Total Leg Length. The descriptive statistics were expressed as a mean (SD) for each variable tests were carried out to detect the effects of each type of sport. These findings may give coaches from the region better working knowledge and suggest to them to follow recent selection process methods and to be more careful during the recruitment.

Keywords: Anthropometric measurement, male, kho-kho, district

1. Introduction

Anthropometry is a scientific specialized closely allied to physical education, sports science, sports Medicine, human biology, physical anthropology and several medicine disciplines. The knowledge of anthropometry is increasingly being appreciated by the sports administrators. Assessment of human physical performance through anthropometry helps to evaluate the physical structure and the performance of individual. So anthropometry is a science which deals with human body measurements and sports person are selected on the basis of bodily characteristics for a particular sport or event. Every game requires a particular type of a body and unspecific body types in relation to the sports events may be hindrance in the improvement and achievement of an athlete's performance.

2. Methodology

One hundred males (50 each) were enrolled in the study. The variables selected for the study under Anthropometric measurements were Standing Height and Total Leg Length. The descriptive statistics were expressed as a mean (SD) for each variable tests were carried out to detect the effects of each type of sport. These findings may give coaches from the region better working knowledge and suggest to them to follow recent selection process methods and to be more careful during the recruitment.

Table 1: Comparison of mean values between state and district male kho-kho players on standing height

| Groups | Mean | Std. Dev | S.E.D. | 't'-Ratio |
|----------|--------|----------|--------|-----------|
| State | 160.58 | 4.09 | 0.79 | 3.62* |
| District | 156.45 | 4.45 | | |

*Significant at 0.05 level
 $t_{0.05} = 1.97$

From Table-1 it is clear that a significant difference has been found in standing height between state and district level Kho-Kho players. The mean score of state level players was 160.58 cm where as the score of district level players were 156.45 cm. The 't' ratio was found 3.62 which was significant at 0.05 level of confidence. The 't' value required to be significant at 0.05 level.

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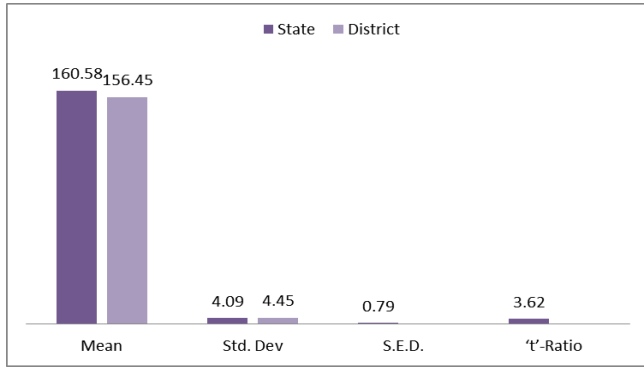


Fig 1: Comparison of Mean Values between State and District Male Kho-Kho Players on Standing Height

Table 2: Comparison of Mean Values between State and District Male Kho-Kho Players on Leg Length

| Groups | Mean | Std. Dev. | S.E.D. | 't'-Ratio |
|----------|-------|-----------|--------|-----------|
| State | 80.56 | 2.78 | 0.50 | 4.31* |
| District | 77.55 | 2.36 | | |

*Significant at 0.05 level
t_{0.05} = 1.97

From Table-2 it is clear that a significant difference has been found in leg length between state and district level Kho-Kho players. The mean score of state level players was 80.56 cm where as the score of district level players were 77.55 cm. The 't' ratio was found 4.31 which was significant at 0.05 level of confidence. The 't' value required to be significant at 0.05 level.

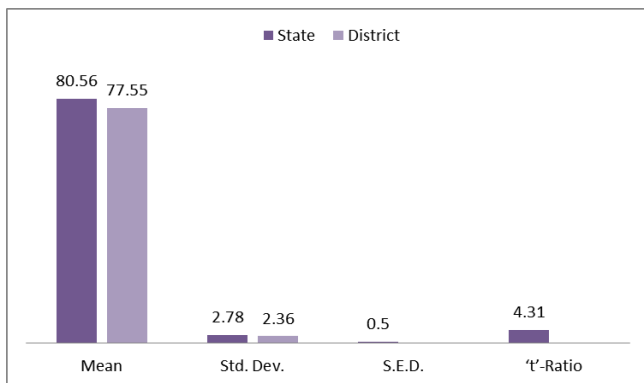


Fig 2: Comparison of Mean Values between State and District Male Football Players on Leg Length

3. Conclusion

1. Developing good muscles of the thigh and calf and improving calf girth is a distinct advantage in developing higher level of proficiency in Kho-Kho.
2. A longer lower limb in comparison with overall standing height is of advantage in developing Kho-Kho proficiency.

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