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Dr. Rajdhar Chaitram Bedse
Professor, V.V.Ms. Arts
Commerce College, Akkalkuwa
District Nandurbar, Maharashtra,
India

A comparative study on physical fitness variables of football and cricket players

Dr. Rajdhar Chaitram Bedse

Abstract

The purpose of the study is to compare the physical fitness variables between football and cricket players. To fill this reason fifteen football players and fifteen cricket gamers from collage have been selected as a topics and their age ranged from 19 to 24 years. Taking consideration of the feasibility criteria, availability of instrument and the relevance of the variable to the study physical fitness variable flexibility and cardiovascular staying power became selected as variable. The chosen variables was measured by the use of general checking out system for Flexibility take a seat and attain take a look at (in centimetres) and aerobic vascular patience Cooper's 12 minutes Run or walk test (in meters). To find out the substantial difference in bodily health variables 't' test became applied and the extent of importance became set at zero.05 stage. The result of the study confirmed that athletes have determined extra velocity, explosive power and agility as compared to soccer players. No great difference became located among football and cricket gamers for the variables of muscular energy.

Keywords: comparative study, physical fitness variables, football and cricket players

Introduction

Physical fitness is one of the data of a person's all spherical harmonious improvement. Physical fitness is the cultural phenomenon of brilliant complexity and importance, that is historically, preconditioned degree of health and complete improvement of an individual. Physical fitness provides grace to the younger, wealth to the negative, and ornament to rich and acts as a consoling aspect to the old. The area of physical fitness in any society reflects something of that society's traits. Nowadays almost every inside the world offers importance to improvement of sports activities so as to improve the state's health and for the well-being of the future technology. Physical fitness is the capability to carry our everyday duties with alertness without undue fatigue and with ample energy to interact in entertainment time interests and to satisfy the above common physical power, strain, muscular endurance and circulatory staying power, muscular strength, agility, velocity and flexibility and delivered to compose motor health. Then kinetic, arm-eye coordination is needed for standard motor potential.

The phrase of schooling technique has crossed many milestones as a result of exclusive types of researchers in preferred and their application to the sports improvement particularly. Inside the current clinical age, athletes are being skilled by using rather state of the art manner for better fulfillment in their worried sports activities. They are being exposed to the exercises and education techniques which have proved beneficial for achieving better requirements. a whole lot progress has been made in the recent years in the acquisition of know-how about training method and strategies of sports capabilities.

With the constant call for excessive sports overall performance the idea of football, to date, has been changed. The idea of "total football" applies ability development, tactical development, and improvement of all critical motor components physical parameters which are intently associated and contributes to overall performance in soccer. No longer have most effective the technical, physiological and bodily improvement, the sports scientists are also making efforts to expanded the highbrow capacity of the football gamers. The prevailing literature in the discipline of soccer suggests that patience, velocity, agility, maximum leg power, top frame power, leg energy, muscular endurance, flexibility, coordination and response time are

Corresponding Author:
Dr. Rajdhar Chaitram Bedse
Professor, V.V.Ms. Arts
Commerce College, Akkalkuwa
District Nandurbar, Maharashtra,
India

essential pre requirements for efficient football overall performance. Football is a recreation, which calls for physical, mental, technical and tactical qualities with all of the required conditional abilities, soccer has emerge as quicker paced as professional athletes from all around the world continue to be attracted towards it. It's far a game of fast acceleration and velocity. Cricket is a recreation wherein health is historically not thought of as very crucial. The importance of fitness in any game cannot be underlined. The healthier you are the better you'll play. But Cricket is one such game which exams your game talents, intellectual power, stamina and physical endurance as properly. Fitness is essential in any respect levels of the sport, whilst being essential for pinnacle level players. It is useful for novices who will improve both their effectiveness and entertainment through good requirements of fitness.

Significance of the study

It is hoped that the records generated and interpreted in this study will help the professional university football and Cricket players, the information gathered can be used for monitoring the training programme as well as for counselling, presenting statistics about the same old of motor fitness one have to have among soccer and Cricket gamers. The writer also assumes that this study will help the expert college football and Cricket gamers to enhance the usual of the game.

Review of related literature

Subramanya NS and Pasodi MS (2011) ^[1], the prevailing examines makes an attempt to investigate the impact of education on physical fitness improvement. It is well understood that numerous elements are exceedingly inter-related to training and physical health. This utility is a vast contribution to the sector of bodily training and sports activities in terms of broaden physical fitness of sports persons.

Sahadev Mandrekar (2016) ^[2, 6] the purpose of the prevailing examines turned into to evaluate the chosen bodily fitness variables of professional college football and cricket gamers who actively take part in inter collegiate sports activities tournaments. Examine concluded that great distinction determined among the method of decided on physical fitness variables which include pace and agility (shuttle run), explosive energy of legs (SBJ), speed of lower extremities (50 mt. dash) and explosive power, aerobic-vascular endurance (12 min run & stroll) and no extensive distinction discovered between the way of muscular power (dynamic) and endurance of arm & shoulders (Pull-ups), muscular electricity and endurance of trunk (bent-knee sit down ups) of university stage football and cricket gamers.

Ranjeet Singh Sandhu and Harmandeep Singh (2017) ^[3] In this study physical fitness components of cricket players at exclusive level of opposition the purposive sampling method was used to acquire the objectives of the examine. They have been in addition divided into businesses of 20 each (i.e., N1 = 20; inter-college and N2 = 20; inter-university). The unpaired t-test becomes implemented to discover the great variations among inter-college and inter-university male cricket gamers. To check the hypotheses, the extent of significance changed into set at 0.05.

Narinder Chib (2018) ^[4] The purpose of the examine become to research the bodily fitness schooling programme on cricket gambling ability of Jammu and Kashmir cricket gamers. Thirty male cricket healthy practice group college students of Jammu and Kashmir Ranji Trophy and below-22 groups in M.A.M, Stadium, and Jammu had been selected as topics.

After locating out the level of health via check the schooling schedule changed into organized for 8 weeks. The unique physical health sports were selected on the basis in their relevance to the sport of cricket. The creation measure which changed into chosen for the checking out of measure of this study turned into the cricket gambling potential. The cricket playing potential changed into judged by using three professionals of cricket judging was carried out of 30 marks, i.e., 10 marks each for batting, bowling and fielding.

Kunvar Singh and Ratnesh Singh (2017) ^[5] The reason of the prevailing observe changed into to discover the relationship of walking among the wickets performance of the Cricket players with decided on Anthropometric Variables (peak and Arm period) and physical health variables (pace, Agility and flexibility). Fifteen male Cricket players had been participated as topics inside the present study.

Sahadev A Mandrekar (2017) ^[2, 6] the primary reason of the present study was to evaluate the unique motor health profile of Junior and Senior cricketers of Goa, who're actively collaborating country and national tournaments. For the investigation total of one hundred cricketers were tested, all of the cricketers had competed as a minimum at the nation stage, college and country wide level. The author found that there has been distinction inside the particular motor health variables of junior and senior cricket gamers of Goa. But results had been not as conclusive as maximum of the variables did not attain the importance stage in statistical computation.

Zahoor Ahmad Bhat and K Sreedhar (2018) ^[7] Cricket is performed round the sector, although it is extra popular in positive international locations. There are across 2.5 billion lovers of cricket in the world, nations like are particularly cricket gambling nation and feature their national group. Experimental education group underwent cricket specific fitness education programme for twelve weeks for 5 days according to week and two sessions on each day.

Najibulhoque (2018) ^[8] the health call for in cricket is vary in consistent with the players' position and their gambling function and also the sport format. The reason of this observes become to layout the sport unique fitness Profile of underneath-19 male Cricket players from Kerala. Most of the variables have been much less in overall performance of Kerala male cricket players however in my opinion a few were better than Australian beneath-19 male cricketers.

Yuvraj Singh Dasondhi and Ajay Karkare (2016) ^[9] The intention of the examine was to construction of bodily health take a look at norms for under16 cricketers in critical quarter (Vidarbha Cricket affiliation, Rajasthan Cricket association, Madhya Pradesh Cricket affiliation, Chhattisgarh state Cricket Sangh and Uttar Pradesh Cricket association) between 15-16 years of age had been randomly decided on. The overall performance of underneath 16 male cricket gamers in physical fitness take a look at of deferent variables of cricket were selected because the criterion measures.

Methodology

The purpose of the present study was observed became to examine the chosen physical fitness variables among football and cricket players. Overall 64 topics were decided on for these study 30 gamers from football game and 30 gamers from cricket sport as pattern for the study. The test has been performed after they have been practicing for their collage tournament. Their age ranged between 19- 24 years. Necessary Permission becomes taken from the group head and sports branch head.

Table 1: Selected variables, their criterion measures and units of measurement

Sr. N.	Selected variables	N	Criterion measures	Units of measurement
1	Height	60	Stadiometer	Centimeter
2	Arm Length	60	Anthropometric rode	Centimeter
3	Speed	60	50 m run test	Second
4	Agility	60	4x10mt. shuttle run	Seconds
5	Flexibility	60	Sit and reach test	Centimeter
6	Running Between the Wickets	60	Time taken to complete two runs in the pitch of 22 yards	Second

Table 2: List variables tested and recorded

Sr. No	Subjects	Numbers	Test	Equipment's
01	Football players	N = 30	50 meter dash	Stop Watch/Nearest 0.001 seconds.
	Cricket players	N = 30		
02	Football players	N = 30	Shuttle Run	Stop Watch/Nearest 0.001 seconds.
	Cricket players	N = 30		
03	Football players	N = 30	12 Minutes run	Stop Watch/Nearest 0.001 seconds.
	Cricket players	N = 30		
04	Football players	N = 30	Sit Ups	Unlimited Repetitions
	Cricket players	N = 30		
05	Football players	N = 30	Pull ups	Unlimited Repetitions
	Cricket players	N = 30		
06	Football players	N = 30	Standing Broad Jump	In CM
	Cricket players	N = 30		

Test

For measurement of selected physical fitness variables of various college level Football and cricket players AAHPER youth physical fitness test was utilized. The entire Test on Players was conducted at collage cricket ground.

Statistical analysis

For the purpose of the present study to know the nature of the

records descriptive records i.e. mean, trendy deviation was calculated. To recognize the relationship of decided on physical fitness variables with the walking among the wickets overall performance of Cricket players Pearson product-second correlations has been calculated. All of the statistics were calculated. Mean and general Deviation was computed. Contrast turned into made on the basis of interest i.e. football and cricket. For this motive 'T' test became carried out.

Table 3: Comparison of means of physical fitness variables of college football and cricket players

Components	Group	Mean	S.D.	T
Pull – ups (in counts)	Football	7.03	3.22	0.733
	Cricket	7.57	3.43	
Bent – knee sit ups (in counts)	Football	29.34	6.32	1.235
	Cricket	27.66	4.38	
Shuttle – run (in seconds)	Football	10.12	0.42	2.976*
	Cricket	10.48	0.54	
Standing Broad Jump (in CM)	Football	198	22.04	4.267*
	Cricket	175	21.07	
50 Yard dash (in seconds)	Football	6.58	0.54	6.495*
	Cricket	7.49	0.58	
12-Minutes Run & walk (in meter)	Football	2410.22	240	7.622*
	Cricket	1980.48	210	

Shows the evaluation of means of selected physical fitness variables of professional university level football and cricket gamers in pull-ups mean value of football players is 7.03 and cricket player is 7.57. In bent-knee sit ups mean value of football players is 29.34 and cricket player is 27.66. In go back and forth-run -suggest cost of soccer players is 10.12 and cricket participant is 10.48.

In standing broad jump mean value of football gamers is 198 and cricket player is 175. In 50 yards sprint imply fee of football gamers is 6.58 and cricket participant is 7.49. In 12 min. run & stroll mean value of soccer players is 2410.22 and cricket player is 1980.48. There's enormous difference discovered between the method of selected bodily health variables (pace and agility (trip-run), Explosive strength of legs (status large jump), pace of lower extremities and explosive energy (50 yards sprint), there's no good sized distinction discovered between the method of decided on physical fitness variables Muscular strength (dynamic) and

staying power of arm & shoulders (Pull- ups), Muscular energy and staying power of trunk (Bent-knee sit down ups) cardio-vascular patience (12 min. run & stroll) of college level soccer and cricket gamers, there is good sized difference observed between the means of decided on physical fitness variables pace and agility (travel-run), Explosive energy of legs (standing vast soar), pace of lower extremities and explosive power (50 yards dash), there may be no good sized difference determined among the method of decided on physical fitness variables Muscular strength (dynamic) and endurance of arm & shoulders (Pull- ups), Muscular power and persistence of trunk (Bent-knee sit down ups) aerobic-vascular endurance (12 min. run & stroll) of college football and cricket players, As "t" value required to be considerable is 1.98 and calculated price is more compare to tabulated fee. Of university level football and cricket players, as "t" value required to be sizeable is 1.98 and calculated fee is much less evaluate to tabulated value.

The motive of the prevailing observe changed into to examine relationships of running among the wickets overall performance physical fitness variables (velocity, Agility and flexibility). The findings of the study suggests that there is significant relationships of jogging between the wickets overall performance with height the probably purpose of this result is top of the gamers is immediately related to the stride period and stride duration growth the going for walks capability of the gamers. The results of the have a look at additionally imply that significant relationships of jogging between the wickets overall performance with Arm length the arm period play the critical function in jogging among the wickets at some stage in dragging the bat on popping crease. If the gamers have longer arm length they could stretch the arm towards the wicket to drag the bat on popping crease. Significant relationships of walking among the wickets performance with pace of the players changed into examine. For the excellent overall performance of walking between the wickets speed is the maximum dominant element that performs the critical position at some stage in the running among the wickets. Agility is the trade the route of the frame part quickly and effectively on the idea of findings of the observe it clean that the significant relationships of strolling among the wickets overall performance with Agility become found. Throughout going for walks between the wickets participant runs and exchange the path on the idea of direction and distance of the ball so agility play essential function in jogging between the wickets. Agility is a multi-factorial bodily potential and that is affected by energy, speed, balance, flexibility, and muscular coordination.

Conclusion

On the idea of the findings, it may be concluded that collage players are better in universal skill associated physical fitness than their counterpart as they scored better decided on ability related health additives *viz.* response time, stability, power, speed, agility and coordination. Massive distinction found among the method of selected bodily health variables along with velocity and agility, explosive energy of legs, speed of lower extremities and explosive electricity, cardio-vascular patience of university soccer and cricket gamers. Imply cost suggests that in go back and forth run (velocity and agility) cricket players are better than football players, but in standing vast jump (explosive strength of legs), 50 yards sprint (velocity of lower extremities and explosive strength), and 12 min. run & walk (cardio-vascular endurance) football players are better than cricket players.

No vast distinction observed between the manner of decided on physical fitness variables Muscular power (dynamic) and persistence of arm & shoulders (Pull-ups), Muscular energy and persistence of trunk (Bent-knee take a seat ups) of expert college degree soccer and cricket gamers. Mean value shows that during Pull- ups (Muscular energy and endurance of arm & shoulders) cricket gamers are higher than soccer gamers, but in Bent- knee sit down ups (Muscular power and patience of trunk) soccer players are better than cricket gamers. As a result it was concluded that unique physical fitness test need to be used for tracking and skills identification functions need to copy the needs of the game as closely as viable.

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