



ISSN: 2456-0057
IJPNE 2017; 2(1): 223-225
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www.journalofsports.com
Received: 09-11-2016
Accepted: 10-12-2016

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Role of motor fitness in skill performance among volleyball players

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Abstract

Introduction: “Motor fitness is one’s richest possession; it cannot be purchased, it has to be earned through a daily routine of motor exercises.” It is self-evident that the fit citizens are a nation’s best assets and weak ones its liabilities. It is therefore the responsibility of every country to promote motor fitness of its citizens because motor fitness is the basic requirement for most of the tasks to be undertaken by an individual in his daily life. If a person’s body is under-developed or inactive and if he fails to develop motor prowess, he is undermining his capacity for thought and for work, which are of vital importance to one’s own life and society in a welfare state. The American Alliance for Health, Motor Education and Recreation emphasizes the necessity for individualized instruction, aimed at assisting students to find themselves motorly Motor fitness.

Purpose: The purpose of the study was to know the role of selected Motor Fitness in Skill performance among Intercollegiate Volleyball Players.

Methodology: In order to achieve the purpose of the study forty (40) inter-collegiate volleyball male players were selected as the subjects. During inter collegiate tournament of Kuvempu University from the data pertaining to the motor performances such as flexibility was assessed with the help of modified sit and reach test, speed was assessed with the help of 30 meter fly start, endurance was assessed with the help of 30 second Burpee test, strength was assessed with the help of medicine ball throw test, leg power was assessed with the help of standing broad jump, skill performance was assessed with volleying test, Service test, passing test, set- up test. The data collected was tested with coefficient of correlation statistical technique to test the hypothesis of the study.

Results: The statistical analysis shows coefficient of correlation in role of selected Motor Fitness in Skill performance among Intercollegiate Volleyball Players.

Conclusion: In view of the finding and limitation of the study, the physical qualities such as flexibility, speed, endurance, strength, and leg power are positively correlated with volleyball playing ability. The result of the study shows that the selected physical qualities contribute in performance of volleyball players.

Keywords: Volleyball, flexibility, speed, endurance, strength, and leg power

Introduction

“Motor fitness is one’s richest possession; it cannot be purchased, it has to be earned through a daily routine of motor exercises.” It is self-evident that the fit citizens are a nation’s best assets and weak ones its liabilities. It is therefore the responsibility of every country to promote motor fitness of its citizens because motor fitness is the basic requirement for most of the tasks to be undertaken by an individual in his daily life. If a person’s body is under-developed or inactive and if he fails to develop motor prowess, he is undermining his capacity for thought and for work, which are of vital importance to one’s own life and society in a welfare state. The American Alliance for Health, Motor Education and Recreation emphasizes the necessity for individualized instruction, aimed at assisting students to find themselves motorly Motor fitness.

It is necessary for every individual to be motorly fit to perform their work ease and to take part in various activities effectively.

Motor fitness is largely acquired through what an individual does for his motor fitness is largely (fitness) Personal process it lays largely with students own powers and the body is the vehicle through which development of fitness is achieved.

Motor fitness does not appear all of a sudden. It starts clear before the birth of the baby.

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A healthy matter alone can bring forth a healthy child. The child also must be brought up in healthy ways. Cleanliness, proper Diet and the motor activities will make the young are strong and activities should continue according to the age group. The greatness of nation depends mainly on health, motor fitness and efficiency of the people.

The technical excellence in competitive sports, the healthy and efficiency of the people are the pre requisites speed, Endurance, skill, power, flexibility and agility. These are required in performing normal daily talks in home and working place. The motor exercises gives should achieve higher levels of fitness according to the age group by developing greater strength in the different organs of the body. They motor fitness can be defined as the ability to do daily tasks with vigours and alertness without undue fatigue and having reserve energy to enjoy pursuits of leisure and to meet unforeseen emergencies.

Methodology

In order to achieve the purpose of the study forty (40) inter-

collegiate volleyball male players were selected as the subjects. During inter collegiate tournament of Kuvempu University from the data pertaining to the motor performances such as flexibility was assessed with the help of modified sit and reach test, speed was assessed with the help of 30 meter fly start, endurance was assessed with the help of 30 second Burpee test, strength was assessed with the help of medicine ball throw test, leg power was assessed with the help of standing broad jump, skill performance was assessed with volleying test, Service test, passing test, set- up test.

Statistical Analysis

The data collected was tested with coefficient of correlation statistical technique to test the role of selected Motor Fitness in Skill performance among Intercollegiate Volleyball Players.

Results and Discussion

Table 1: Shows the relationship between selected motor performance and volleying ability

Sl. No.	Variables	Correlation co-efficient
1	Speed and Volleying ability	0.04
2	Endurance and Volleying ability	0.49**
3	Power and Volleying ability	0.40*
4	Flexibility and Volleying ability	0.35*
5	Strength and Volleying ability	0.44**

The above table shows the relationship of selected motor performance on volleying ability of volley ball men players. There is a significant relationship between endurance (r = 0.49), power (r = 0.40), flexibility (r = 0.35), strength (r =

0.44), and volleying ability of volleyball players, There is no significant relationship between speed (r = 0.04) and volleying ability of volleyball players.

Table 2: Shows the relationship between selected motor performance and Serving ability

Sl. No.	Variables	Correlation co-efficient
1	Speed and Serving ability	0.04
2	Endurance and Serving ability	0.00
3	Power and Serving ability	0.04
4	Flexibility and Serving ability	0.37*
5	Strength and Serving ability	0.40*

The above table shows the relationship of selected motor performance on serving ability of volley ball men players. There is a significant relationship between flexibility (r = 0.37), strength (r = 0.40), and Serving ability of volleyball

players, There is no significant relationship between speed (r = 0.04), endurance (r = 0.01), power (r = 0.04) and Serving ability of volleyball players.

Table 3: Shows the relationship between selected motor performance and Passing ability

Sl. No.	Variables	Correlation co-efficient
1	Speed and Passing ability	0.19
2	Endurance and Passing ability	0.31 *
3	Power and Passing ability	0.04
4	Flexibility and Passing ability	0.19
5	Strength and Passing ability	0.12

The above table shows the relationship of selected motor performance on passing ability of volley ball men players. There is a significant relationship between endurance (r = 0.31), and passing ability of volleyball players. There is no

significant relationship between speed (r = 0.19), power (r = 0.04), flexibility (r = 0.19), strength (r = 0.12) and Passing ability of volleyball players.

Table 4: Shows the relationship between selected motor performance and set-up ability

Sl. No.	Variables	Correlation co-efficient
1	Speed and Set-up ability	0.07
2	Endurance and Set-up ability	0.25
3	Power and Set-up ability	0.31*
4	Flexibility and Set-up ability	0.36*
5	Strength and Set-up ability	0.74**

The above table shows the relationship of selected motor performance on set-up ability of volley ball men players. There is a significant relationship between power ($r = 0.31$), flexibility ($r = 0.36$), strength ($r = 0.74$), and set-up ability of volleyball players. There is no significant relationship between speed ($r = 0.07$), endurance ($r = 0.25$) and Set-up ability of volleyball players.

Conclusion

With the limitation of the study, the physical qualities such as speed, leg power, agility, endurance and flexibility are positively correlated with skill performance among volleyball players.

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