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A study on the physical fitness among kabaddi and kho-kho players in IIIT-AP

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Abstract

The aim of the present study was to study the difference in physical fitness among kabaddi and kho kho players in IIIT-AP. 20 kabaddi players and 20 kho kho players between the age group of 18 years to 21 years of RGUKT were taken for the study. The APPHER youth fitness test consisting of 6 items were used for the study. It was found that kho kho 1 players have good physical fitness compare to kabaddi players. This study shows that the kho kho players are good because they do good physical training compare to kabaddi players. The kho kho players are having very good speed, and endurance.

Keywords: Physical fitness, speed, endurance

Introduction

A person who is fit is capable of living life to its fullest extent. Physical and mental fitnesses play very important roles in your lives and people who are both, physically and mentally fit are less prone to medical conditions as well Fitness. Even those physically fit it also refers to amans mental state. The person who is fit but also mentally should be proved so as to fit for either strength. Thought is physically well mentally unwell. So physically and mentally coincide. In spite of a man or women is physical fit mentally not good and troubled, either she or he could not be able to function. Mental fitness can only be achieved if your body is functioning well. You can help relax your own mind and eliminate stresses by exercising regularly and eating right. The who maintain physical strength there are fit, they can overcome their cardiac and other health mania. So as to get peace of mind to take regular physical exercise. most of the people forget about heir health so they decrease health conditions like cardiac, diabetes, and obesity disease.

Here by mention seven fitness tips which will help you in improving overall your physical health forever:

1. Daily exercise. Every day perform some movements that can elevate the rate of your heart.
2. Eat more veggies. Vegetables and fruits will keep you energized and healthy. Plants in their natural state contain lots of fibers and nutrients.
3. Weight train. Muscles are weakened as you age. Do resistance training to create hypertrophy (muscle bulk).
4. Circuit train; weight training which enables you to continually move from one workout to another. Following this practice can improve your heart rate during the whole workout doubling your cardio session.
5. Train functionally. Incorporate some movements into your daily exercise which benefit or mimic your practiced movements in the actual world. Sports are good for functional training because the body is required to move in an efficient way.
6. Stretching your body as you warm up and after exercise this will keep you flexible, loose and limber.
7. Hydrate you need a minimum of 8 glasses of water per day. The human body is 60% water. Coffee, soda, alcohol, and tea are all dehydrating so those don't count in your eight glass requirement.

Aim: To find out the Physical Fitness among the kabaddi and kho kho Players in IIIT-AP.

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Sample: 20 kabaddi and 20 kho kho players of RGUKT those who have taken part in the RGUKT inter college tournaments has taken for the study.

Test Administration

To find out the Physical Fitness the AAPER Youth Fitness Test consisting of the following Items are used in the study.

1. Pull Ups
2. Sit Ups
3. Shuttle Run
4. Standing Broad Jump
5. 50 Yard Dash

6. 600 Yard Run

The above Tests are conducted among kabaddi and kho kho Players.

Results and Discussion

Table –I is showing the Physical Fitness of kho kho Players and kabaddi Players. It is found that the kho kho Players are good in 50 Yard Dash, 600 Yard Run, pullups and Situps and kabaddi Players are good in standing broad jump and Shuttle Run. Kho kho Players are playing in the ground that is why the physical fitness is good compare to the kabaddi Players.

Table 1

	Group	No	Mean	Std. Deviation	Std, Error Mean	T	Df	Sig.(2-Tailed)
50 yard	Kho kho	20	7.02	0.25	0.07	-1.80	18.00	0.09
	kabaddi	20	7.30	0.47	0.14			
600 yard	Kho kho	20	1.63	0.18	0.05	-0.35	18.00	0.72
	kabaddi	20	1.67	0.19	0.06			
SBJ	Kho kho	20	2.24	0.10	0.03	3.61	18.00	0.00
	kabaddi	20	2.13	0.04	0.01			
Pull ups	Kho kho	20	11.00	0.94	0.30	-4.70	18.00	0.00
	kabaddi	20	14.19	1.15	0.37			
Shuttle Run	Kho kho	20	15.37	1.20	0.37	2.53	18.00	0.02
	kabaddi	20	14.09	0.56	0.17			
Sit Ups	Kho kho	20	30.39	2.62	0.82	4.34	18.00	0.00
	kabaddi	20	24.79	2.91	0.91			

Recommendations

The kho kho Players and kabaddi Players must be given good Physical conditioning Training to enable them to improve the performance in sports and Games.

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