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MA Aleem

Football Coach, Sree Vidyapeeth
Education Society, Nalgonda,
Telangana, India

A comparative analysis on health related physical fitness among football players of Mahatma Gandhi University, Telangana

MA Aleem

Abstract

Physical fitness is a general state of health and well-being. It is generally achieved through correct nutrition, exercise, hygiene and rest. However with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively. Interrelation of human fitness and attractiveness which has mobilized global fitness and fitness equipment industries. Regarding specific function, fitness is attributed to personnel who possess significant aerobic or anaerobic ability, i.e. strength or endurance. Mastery of several attributes of fitness including strength, endurance, power, speed, balance and coordination and being able to improve the amount of work done in a given time with any of these domains significant difference in some of the test compare to football players where as urban football players have shown better performance on some of the test compare to rural football players.

Keywords: muscular strength, muscular endurance, body composition, cardio-respiratory endurance

Introduction

In modern soccer playing nations, research and development has not just was restricted to the realms of software and medical science. As football evolves, research and development forms an integral part of the world's top soccer nations. In contrast, Indian football has failed to emerge out of its ancient traditions and, if international standards are any yardstick, India has only slipped down the ladder. With the introduction of the National Football League, the apparent amateur world of Indian soccer steps in to a new era as professionalism arrives to revive its plummeting im

Despite its British origins, soccer has been adopted around the world. The rules of the game are international, but the associated rituals are often the product of native culture.

Football, a game like no other, a sport whose quadrennial summit-the World Cup-brings the whole world together in a sort of tribal bounding that all the greatest statesmen of our times together cannot achieve. Over the years, more emotional capital has been invested on this sport by more people than perhaps in any other human activity barring love and courtship. And, if football is just a game, then love is just another four-liner word?

Statement of the problem

The purpose of study is to ascertain the health related physical fitness standards of football players in the inter- college competition and Inter University in Mahatma Gandhi University in Telangana and compare their standards of physical fitness.

Objective of the study

To compare the present level of Health related physical fitness i.e.(i) Body Composition (ii) Abdominal muscular strength (iii) Shoulder muscular strength (iv) Coordinative Ability(Agility) (v) Cardio Respiratory Endurance (vi) Flexibility between Urban, and Rural Football players of Mahatma Gandhi University Telangana.

Limitations of the study

The students were from different social, cultural, and economical status which has taken as a limitation for this study.

Correspondence

MA Aleem

Football Coach, Sree Vidyapeeth
Education Society, Nalgonda,
Telangana, India

Heredity and environment factors which contribute to performance have not been controlled.

No effect would be made either to control or to assess the quality of the food ingested life style effects of metabolic functions as these recognized as limitation for this study.

This study is limited to Urban college football players and Rural college football players of Mahatma Gandhi University. The students have been selected for the subjects.

Review of related literature

The purpose of this study is to measure and compare the health related physical fitness of urban college players and rural college football players of Nalgonda district in Mahatma Ghandi University Telangana.

Physical fitness and health related composed of many complex factors, complex evaluation cannot be alone by testing a single factor many variables, such as those included in measuring cardio-respiratory and cardio-vascular endurance, muscular strength, Muscular endurance, neuromuscular skills, agility, co-ordination, balance, flexibility and nutrition reflects each in

special way, some aspects of total physical fitness.

Population and sampling procedure

For the purpose of the study, sixty male Football Ball players were selected as subjects from different colleges of Mahatma Gandhi University which were Urban (Group I), Rural (Group II) .60 Male players (30Urban, and 30Rural) were Considered. Procedure of Random selection is followed in the selection of subjects. The average age of the subject was from 17 to 21 years of age. The subject might belong to different socio economic groups and their background in terms of health variables. The study was delimited to the major components of health related physical fitness i.e. (i) Body Composition (ii) Abdominal muscular strength (iii) Shoulder muscular strength (iv) Coordinative Ability(Agility) (v) Cardio Respiratory Endurance (vi) Flexibility. All the measurements were taken with the help calibrated instruments and field tests

Design of the study

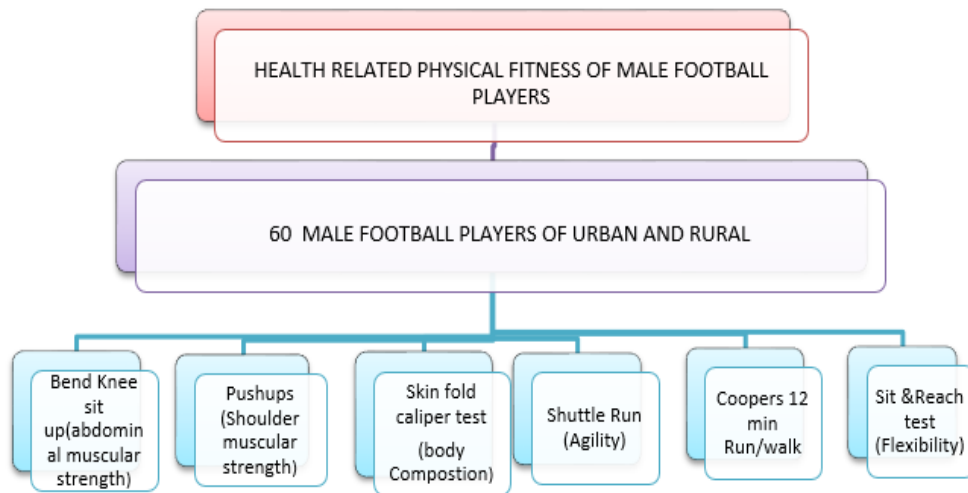


Fig 1

Statistical technique

For the purpose of analyzing the data the ratio was use. Since each group contained only sixty (60) subjects.

The calculations were done by the method of grouped data.

The following formula were used to analyses the results.

- Mean M= mean
- Ex= sum of scores
- X= raw score
- N= Total number of scores

Mean value of Health related Physical Fitness Among Football Players of Mahatma Gandhi University

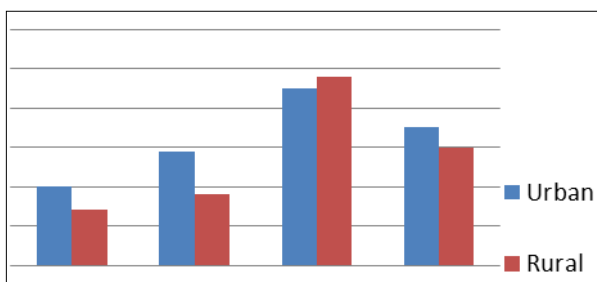


Fig 2

Standard deviation

$$S = \sqrt{\sum x^2 / N - 1}$$

Where,

- S= standard deviation
- $\sum x^2$ = sum squared deviation of the raw score from the mean
- N= Total number of scores
- Standard error of the mean.
- $M = S / n$

Where, M= standard error of the mean

S= standard deviation

$D_m = N_1 - N_2$

Standard error of the difference between means $\sigma_{Dm} = (\sigma_{n1}^2 + \sigma_{n2}^2)$

Where,

- D_n = standard error of the difference between means
- N_1 = standard error of mean of the first group
- N_2 = standard error of mean of the second group
- 't' ratio

$$T = D_m / \sigma_{Dm}$$

Conclusion

The following conclusions may be drawn from the results presented.

The study shows that the health related physical fitness of urban football players is above average.

The urban football players possess more health related physical fitness when compared to rural football players students.

3) There is a significant difference found between rural and urban football players in relation to their physical fitness on standing broad jump.

Hence it is concluded that football players have shown significant difference in some of the test compare to urban football players where as urban football have shown better performance on some of the test compare to rural football palyers

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