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Examination of Motor Fitness in Skill Performance in Volleyball Men Players

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Abstract

Back ground of the study: The purpose of the study was to know the role of selected Motor Fitness in Skill performance in Intercollegiate Volleyball men 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 Davangere 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 50 meter dash test, endurance was assessed with the help 600 yard run are walk test, shoulder strength was assessed with the help of medicine ball throw test, leg explosive power was assessed with the help of vertical jump test, skill performance was assessed with volleying 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, Performance, flexibility, speed, endurance, strength, and leg power

Introduction

Millions of people play volleyball across the world. In many countries, it has been ranked as one of the top level competitive sport. During a volleyball match players are involved in various performance movements such as; defensive and offensive jumps, blocks, spikes and sprints where power, strength, agility, and speed are required (Gabbett & Georgieff, 2006). Volleyball is a team sport which requires intermittent bouts of high intensity exercise, followed by periods of low intensity activity (i.e. walking or standing) (Marques *et al.*, 2006). These high-intensity bouts include both horizontal approach movements (spike jumps) and movements without an approach i.e. jump setting, jousts, blocking (Sheppard *et al.*, 2008). Nowadays, elite volleyball players are quicker, stronger and in better physical condition than before, which could be a result of year-round scientific training and developing skills that added strength, power and fitness specific to their sport (Scates & Linn, 2003).

Volleyball which is an excellent around team sport has been widely accepted as a highly competitive as well as a recreational game throughout the world. It is now recognized as one of the most breath taking and dramatic sport of the Olympics both from the viewpoint of players and spectators. There are many sports which a person can choose from one such sport is Volleyball which is a very popular modern indoor and outdoor game with fast and quick action.

William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts invented Volleyball in 1895. The game was designed to include the aspects of Baseball, Basketball and Tennis. As a highly competitive sport, volleyball arrived on the international level relatively late in the late 1950's. The International Olympic Committee (IOC) designated Volleyball as an Olympic Sport in 1957, and included in the 1964 Olympic Games in Tokyo.

Federation of International De Volleyball (FIVB) is the largest sports organization in the world with 220 affiliated member countries.

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The international governing body for the sport, which located in Lausanne, Switzerland, the FIVB organized in 1947.

Volleyball is a game in the true sense of the word. The players have specific responsibilities have to man oeuvre a definite, planned and strategic offensive and defensive pattern. Volleyball is a complex game of simple skills. It is played by two teams consisting of 12 players each on a playing court, divided by a net. The object of the game is to send the ball over the net in order to ground it on the opponent's court and to prevent the same effort by the opponent. The Volleyball court is a rectangular field with the size of 18×9 meters. A net of 2.43 m in height in the middle for men. Two teams in the match, as opponents, will exercise various skills and tactics to attack and to defend. In each team there are six players standing in two rows with three players in each.

Volleyball players remain on their own respective sides of the court with a tall net serving as a barrier between the two teams. This basic setup makes Volleyball a unique game and influences the necessary traits required to be a good Volleyball player. Research in the field of sports and games had proved that the future performance of an individual or team could be predicted through the analysis of certain variables, which are found to be the basis for total performance. Among many factors the following variables such as anthropometrical, physical, physiological and skill performance that decide the playing ability of an individual. Unlike many competitive team sports, Volleyball doesn't feature any physical contact between opponents. The game of Volleyball offers opportunities for the development of Strength, endurance, speed, agility, and neuro-muscular skills and immediate action along with many precise educational outcomes. The game of Volleyball requires a conditioning programme, which develops flexibility, muscular strength, power and agility all of which must be integrated to achieve the optimum skill performance from each player. Motor abilities that correspond to all the movements of players before touching the ball and in contact with the ball

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.

Purpose

The purpose of the study was to know the role of selected Motor Fitness in Skill performance in Intercollegiate Volleyball men 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 Davangere 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 50 meter dash test, endurance was assessed with the help 600 yard run are walk test, shoulder strength was assessed with the help of medicine ball throw test, leg explosive power was assessed with the help of vertical jump test, skill performance was assessed with volleying 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 men Players.

Results and Discussion

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

SI NO	Variables	Correlation coefficient
1	Speed and volleyball players volleying ability	0.04
2	Endurance and volleyball players volleying ability	0.48**
3	Power and volleyball players volleying ability	0.40*
4	Flexibility and volleyball players volleying ability	0.37*
5	Strength and volleyball players volleying ability	0.46**

** Correlation is significant at the 0.01 level. (2-tailed)

*Correlation is significant at the 0.01 5 level.

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 ($r = 0.48$), power ($r = 0.40$), flexibility ($r = 0.37$), strength ($r = 0.46$), and volleying ability of volleyball players, There is no significant relationship between speed ($r = 0.04$) and volleying ability of volleyball men players.

Conclusion

On the basis of findings of the present study, the following conclusions wear drawn;

1. There was a significant relationship found between the selected motor fitness components such as flexibility, Endurance, Power and Strength
2. There was a no significant relationship found between the selected motor fitness components such as Speed.

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