



ISSN: 2456-0057
IJPNPE 2018; 3(1): 995-996
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www.journalofsports.com
Received: 13-11-2017
Accepted: 14-12-2017

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Comparative study of motor fitness components between football and volleyball players of school participants of Ludhiana district

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Abstract

Introduction: Motor fitness refers to the efficiency of basic movement in addition to the physical fitness. For Football and Volleyball players Strength, Flexibility, Agility and Speed are the important variables according to the sports sciences. Keeping in view the concept, this study was taken to compare the levels of motor fitness between Football and Volleyball players.

Sample: Total number of 20 Football and Volleyball Players (10 Football and 10 Volleyball) were selected randomly from two secondary Schools of Ludhiana District of Punjab.

Method: The present study is the descriptive survey. The criterion measures adopted for this study were Flexibility, Agility, strength and speed. The data collection tools used in the study were Sit and Reach, Shuttle Run, 50 yard dash and Standing Broad Jump.

Analysis of Data: Data of Motors Fitness Components between Football and Volleyball players was compared by using independent Sample t test. The level of significance was kept at 0.05 level of significant.

Findings and Conclusion: It was found that in selected Motor Fitness components like, Flexibility, Agility, strength and speed, there was significant difference between Football and Volleyball players. Mean scores showed that Football players showed better performance in all motor fitness components like Flexibility, Agility, strength and speed as compare to Volleyball Players. Based on the results it was concluded that Football Players have better motor fitness than Volleyball Players.

Keywords: Motor fitness, volleyball players and football players

Introduction

Motor fitness is frequently chosen to achieve desirable goals. Motor fitness may be defined as the successful adaptation to stresses of one's life style. The requirement of fitness is highly specific for different sports. It is quite possible to feel fit when a few scientific states would prove that one was far from it in physiological terms. A player may go to play a match knowing that by all standard of measurable fitness he is the fittest among the others and yet be quite unfit. It is also possible that one is very fit is one of the sports such as Basketball, Volley ball, but when one swims a 100 meters quickly he/she gets out breath and feel quite tired. An athlete faces different types of physical stresses based on the nature of the activity concerned. For instance a wrestler, weight filter, a boxer and a foot baler need more strength, Endurance than a long jumper or a thrower does. But obviously strength is the requirement of all the sports and games. Motor fitness refers to the efficiency of basic movement in addition to the physical fitness. For Football and Volleyball players Strength, Flexibility, Agility and Speed are the important variables according to the sports sciences. Keeping in view the concept, this study was taken to compare the levels of motor fitness between Football and Volleyball players.

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Analysis of Data: Data of Motors Fitness Components

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Table 1.1: Descriptive Statistics of Motor Fitness Components of between Football and Volleyball players

Motor Fitness Components	Football players				Volleyball players			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Flexibility	10	7.51	4.42	1.04	10	6.62	3.659	1.03
Agility	10	11.16	4.93	0.45	10	13.42	5.873	0.73
strength	10	166.1	0.93	4.23	10	142.9	1.987	5.66
speed	10	6.33	4.863	0.45	10	8.97	3.546	0.24

Table 1.2: Independent sample 't' test of Motor Fitness Components of between Football and Volleyball players

Motor Fitness Components	't' value	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Flexibility	0.86	18	0.038	0.89	1.15
Agility	3.17	18	0.034	2.32	0.76
strength	4.09	18	0.021	0.23	0.54
speed	11.00	18	0.01	2.64	1.16

From the table no 1.2, the results of this study revealed that in all the selected Motor Fitness components like, Flexibility, Agility, strength and speed, there was significant difference between Football and Volleyball players.

Findings and Conclusion

It was found that in selected Motor Fitness components like, Flexibility, Agility, strength and speed, there was significant difference between Football and Volleyball players. Mean scores showed that Football players showed better performance in all motor fitness components like Flexibility, Agility, strength and speed as compare to Volleyball Players. This finding was supported by the compared the physical fitness of children in order to compare the physical fitness in 10WA and Tokyo Japan. They recorded that Tokyo children scored better in all motor performance tests accepts on lie sit-ups. They also found that Tokyo children had more chances for activity through physical classes than the 10WA group. Studied the comparative physical fitness between students of residential and non-residential schools (aged 12-14 years) and had tested physical fitness index (PFI), BMI and anthropometry measures of 50 residential school children and 40 non-residential school children of Bijapur, Karnataka. They reported that non-residential school children had poor physical anthropometry and showed a less PFI score, as compared to residential school children. Compared the physical fitness & skills of Korfball players from Pune District and Pune district zone. she concluded that there is significant difference found in girls in sit ups, shuttle run test but no significant difference in standing broad jump, field goal and speed pass test, in boys shuttle run field goal and shuttle run test show significant difference in sit ups, standing broad jump, accuracy and speed pass test.

Based on the results in the present study it was concluded that Football Players have better motor fitness than Volleyball Players.

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