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Fitness components of kho-kho and kabaddi players

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Abstract

Purpose of the study was to compare the fitness components of Kho Kho and Kabaddi intercollegiate male players. For this study sixty subjects were selected from Kho Kho and Kabaddi game. Tests were conducted on the selected physical fitness components and the data collected was analyzed by using statistical technique 't' test. The results showed that Kho kho players are significantly better in speed, agility and power. Kabaddi players are found significant in strength component.

Keywords: fitness components, kho-kho, kabaddi players

Introduction

The benefits of physical fitness are numerous. The person who is physically fit has greater amount of strength, energy and stamina and improved sense of well being, better protection from injury because strong well developed muscle, Safe guard bones, internal organs and joints. It is necessary for every individual to be physically fit to perform their work ease and to take part in various activities effectively. Physical fitness is largely acquired through what an individual does for himself, physical fitness is largely personal process, it lies largely with students own powers and the body is the vehicle through which development of fitness is achieved.

Physical fitness does not appear all of a sudden. It starts clear before the birth of the baby. 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 physical activities will make the young are strong and activities should continue according to the age group. The greatness of nation depends mainly on health, physical fitness and efficiency of the people.

Fitness for any sports consist numbers of interrelated qualities or factors such as speed, strength, agility, power, etc., so many players and athletes live at a level of fitness for below their abilities and capabilities making drudgery of the sports activity in which they participate. Physical fitness provides capacity for activity. Physical fitness has been consider as one of the most important requirement of the sports performance, greater the physical fitness better the physical endurance and precise will be movement, which are essential for any sports. Greater the physical fitness and longer can a person keep going and more efficient will be his performance and capacity for recovery from fatigue.

Kho-Kho and Kabaddi games are Indian origin games, which are not given much importance in the arena of international sports.

Purpose

The purpose of the study was to compare the physical fitness components of Kho-Kho and Kabaddi Inter Collegiate Male Players.

Methodology

Present study was conducted on sixty players consist of thirty Kho-Kho and thirty Kabaddi inter collegiate male players. They were selected randomly during Inter Collegiate Tournaments. The subjects were in the age group of 17-25 years.

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Findings

Table 1: Showing the mean, SD and T values of speed

Sl. No.	Players	N	Mean	SD	'T' value
1	Kho-Kho	30	6.40	0.42	3.30
2	Kabaddi	30	6.95	0.72	

Significant at 0.05 level

The above table shows the mean, standard deviation and 't' value of Kho-Kho and Kabaddi players speed. The 't' value shows significant difference with the value of 3.30. Here Kho-Kho players are better than the Kabaddi players in speed.

Table 2: Showing the mean, SD and T values of Strength

Sl. No.	Game	N	Mean	SD	'T' value
1	Kho-Kho	30	20.67	5.09	1.88
2	Kabaddi	30	21.27	4.82	

Significant at 0.05 level

The above table depicts the mean, standard deviation and 't' value of Kho-Kho and Kabaddi players' strength. The 't' value depicts significant difference with the value of 1.88. In this component Kabaddi players are better than the Kho-Kho players in Strength.

Table 3: Showing the mean, SD and T values of the Agility

Sl. No.	Game	N	Mean	SD	'T' value
1	KHO-KHO	30	16.50	0.80	2.82
2	KABADDI	30	17.25	1.32	

Significant at 0.05 level

The above table reveals the mean, standard deviation and 't' value of Kho-Kho and Kabaddi players' Agility. The 't' value reveals significant difference with the value of 2.82. Here Kabaddi players are better than the Kho-Kho players in Agility.

Table 4: Showing the mean, SD and T value of the Power

Sl. No.	Game	N	Mean	SD	'T' value
1	Kho-Kho	30	2.20	0.25	3.85
2	Kabaddi	30	2.03	0.17	

Significant at 0.05 level

The above table indicates the mean, standard deviation and 't' value of Kho-Kho and Kabaddi players' Power. The 't' value indicates significant difference with the value of 3.85. Here Kho-Kho players are better than the Kabaddi players in Power.

Conclusions

In this present study Kho-Kho players have shown significant different in speed, agility and power. Kabaddi players are better in strength than the Kho-Kho players. This is because of the nature of the game. This clearly shows each game needs its own characteristics.

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