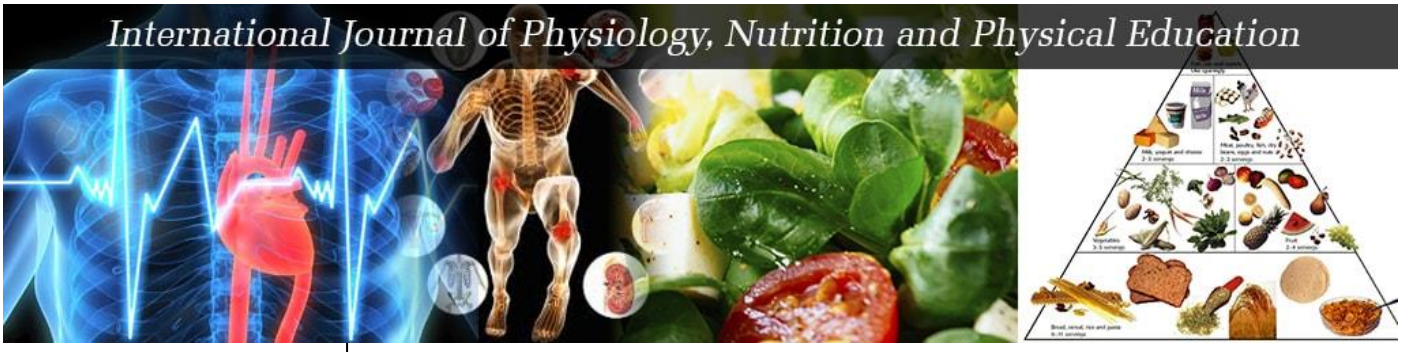

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Comparison of speed of movement, co-ordination between badminton and Table-Tennis players

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Abstract
The main purpose of the study is to compare speed of movement and coordinative abilities of Badminton and Table Tennis players. Researcher hypothesized that, there might be significant differences in speed of movement and coordinative abilities of Badminton and Table Tennis players. The study was delimited to 10 Badminton and 10 Table Tennis players. The study was also delimited to inter-collegiate level male players S.G.B.A.U., Amravati. The age of the subjects ranged between 18-25 years. The present study was delimited to speed of movement and coordinative ability variables only. 10 Badminton and 10 Table Tennis were selected as subjects who represented inter-collegiate tournaments and inter-university trials of S.G.B.A.U., Amravati by using simple random sampling method. For collecting data the researcher administrated 50 yard dash for speed of movement and measured in seconds, Eye-Hand coordination and Eye-Foot Coordination tests used to measure the coordination ability and measured in seconds. To find out the significant difference's' test was employed on each variable independently. To test the hypothesis, the level of significance was set at 0.05 level of confidence. Badminton players are good in speed of movement and eye-hand coordination than Table Tennis players, but not in eye-food coordination.

Keywords: Speed of movement, coordination ability, badminton, table tennis

Introduction
Fitness is a prerequisite for exhibiting better performance in all game and sports. A fit player or athlete can delay the onset of fatigue during a match or competition. The more tired a player is, the more prone he is to making errors, and a player who makes a lot of errors will often shake his confidence, which all players need to perform well. Fitness will aid them in the proper execution of various techniques as well as in playing. Co-ordination is the ability to integrate muscles movements into an efficient pattern of movement. Co-ordination makes the difference between good performance and poor performance. The efficiency of skill patterns depends upon the interrelation of speed, balance and muscle movements into as well co-ordinate pattern. The neuro-muscular co-ordination of the individual which includes his ability to learn new skill and finally achieve competency in physical activities as essential to all phases of physical education. Activities for developing such co-ordination, therefore, should be considered.

Statement of the problem
The problem is stated as, "Comparison of Speed of Movement and Co-ordination between Badminton and Table-Tennis players".

Purpose of the study
The purpose of the study is to compare the Speed of Movement and Co-ordination between Badminton and Table-Tennis players.

Hypothesis
It was hypothesized that there would be significant differences in speed of movement and co-ordination between the players of Badminton and Table Tennis players.

Delimitations

The present study was delimited to the following aspects

- The study was delimited to the male students only.
- The age of the students ranged between 18 – 25 years.
- The study was also delimited to 10 players of inter– collegiate level from Badminton and Table Tennis game.
- The study was delimited to Speed of Movement, Eye–Foot co-ordination, and Eye–Hand co-ordination.

Methodology

10 Badminton and 10 Table Tennis male players were selected as subjects from Sant Gadge Baba Amravati University, Amravati. The subjects selected for the study was from those who represented inter-collegiate tournaments and inter-university trials of S.G.B.A.U., Amravati by using simple random sampling method. For collecting data the researcher administrated 50 yard dash was used to test the speed of movement was used and measured in seconds, ball putting from one box to another test was used for Eye-Hand Co-ordination Test and measured in seconds, foot prints test was used for Eye-Foot Co-ordination Test and measured in seconds.

Statistical analysis

To find out the significant difference's' test was employed on each variable independently. To test the hypothesis, the level of significance was set at 0.05 level of confidence.

Table 1: Summary of mean, standard deviation and t-ratio for the data on motor fitness variables between the means of volleyball and handball players

	Players	Mean	S.D.	Mean Difference	S.E.	't'-ratio
50 Yard Dash	Badminton	7.374	0.648	0.499	0.226	2.212*
	Table Tennis	7.873	0.299			
Eye-Hand Coordination	Badminton	18.721	0.777	0.834	0.326	2.555*
	Table Tennis	19.555	0.680			
Eye-Foot Coordination	Badminton	6.047	0.843	0.862	0.386	2.235*
	Table Tennis	5.185	0.881			

* Significant at 0.05 level Tabulated $t_{0.05(18)} = 2.100$

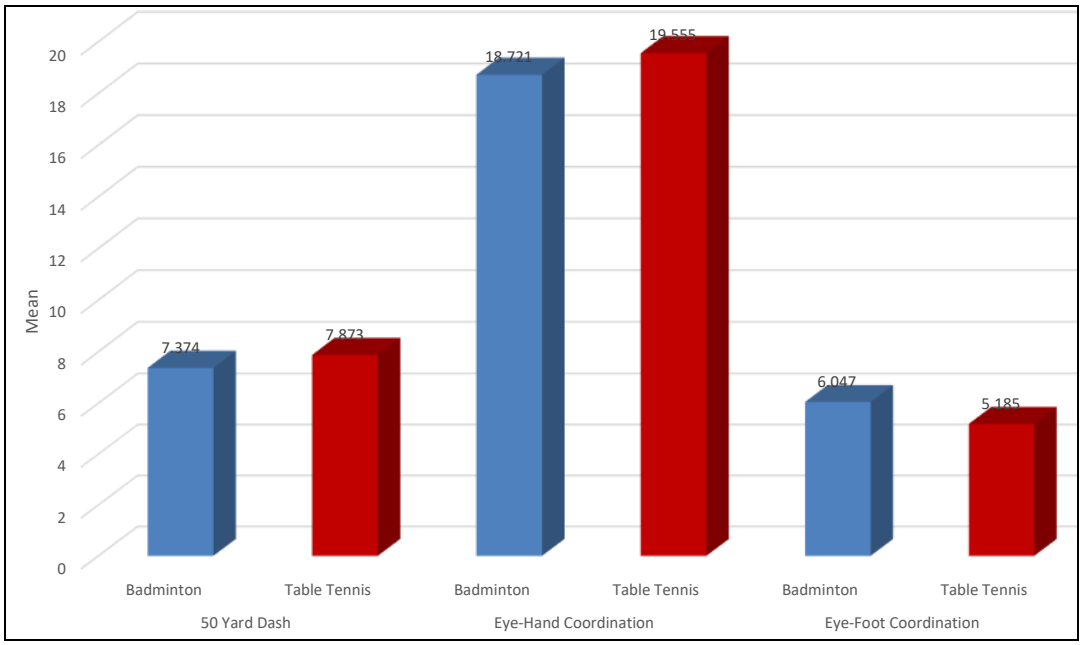

Fig 1: Showing means of speed of movement and coordination of badminton and table tennis players

Findings

From the above table following are the findings are

1. Badminton players are very good in speed of movement than the Table Tennis players.
2. Eye-Hand Co-ordination of Badminton players are better than the Table Tennis players.
3. Eye-Foot Co-ordination of Table Tennis players are better than the Badminton players.

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