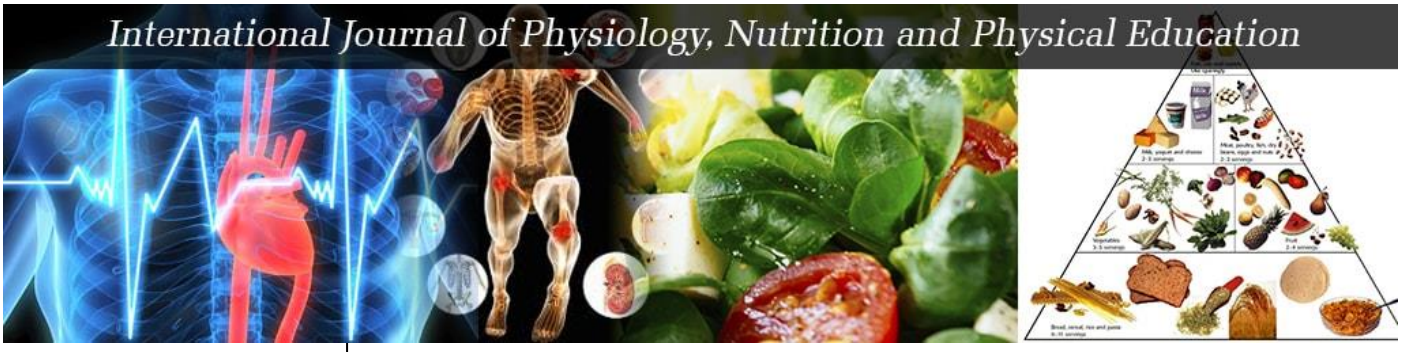

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Dr. Chetan Sharma
Judo Coach, Sports and Youth Affairs Department, Kaithal, Haryana, India

Corresponding Author:
Dr. Chetan Sharma
Judo Coach, Sports and Youth Affairs Department, Kaithal, Haryana, India

Assessment of physical fitness components between Kho-Kho and Kabaddi boys of Haryana

Dr. Chetan Sharma

Abstract
The present study was an attempt to evaluate the degree of components between kho-kho and Kabaddi boys' players of Haryana. To carry out this study total 80 subjects 40 from (Kho-Kho) and 40 from (Kabaddi) game. The age limit of players was ranged between 10 to 15 years. The samples were taken from Rohtak districts of Haryana. Only speed and explosive power of arms were used to measure the physical fitness components. To assess the significance of differences between the means in case of significant t-values'' test was applied. The level of significance was 0.05.

Keywords: Physical fitness components, Kho-Kho, Kabaddi, Haryana

Introduction
The word 'Fitness' has been discussed and explained by physical educators, coaches and medical professional in numerous ways in relation to performed in games and sports and organic health. The literature on 'fitness' is most confusing. Each one of the professional stated above keeps in mind his own expectations from a human body and defines fitness in his own way and therefore, different terminologies like physical fitness, motor fitness, motor-physical fitness, general fitness, total fitness, athletic fitness, organic fitness and health-related physical fitness are in practice.

Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop physical fitness for a happy develop physical fitness for a happy and effective living. In order to improve in physical activity is essential for the development of wholesome personality of a child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Over a decades, the social in general has realized the need for keeping fit and health through organized physical activity programme. Hence a well-organized and properly administered physical education programme for school children is very essential.

Physical activity throughout the ages has been acclaimed for health and recreation for health and recreation. In provided fun and enjoyment. It also provided youthful exuberance and the elderly care. Physical activity and movements are as old as human existence. It played humerous roles from struggle for existence to struggle for excellence. A sports is an activity in our lives where pursuits of different movements achieved through the total investigation of Neuro-muscular, co-ordination. In this modern era, we can see that each and every individual directly or indirectly related to sports. Modern physical education commonly known as there is sports where our suits freely formed such as biological, social and physical sciences.

Over a decades, the society in general has realized the need for keeping fit and health through organized physical activity programme scientific evidence has made with a clear and that unless man engages himself in organized vigorous physical activity programme. The real benefits would not come. Many researcher one to keep a strong and healthy and to prevent cardio vascular disease, physically fit person, heart beats at a lower rate and pumps more blood per beat at rest. As a result of regular exercises and individuals capacity to use oxygen is increased systematically energy production depends on internal chemical or metabolic change.

Method and procedure

Selection of subjects

To carry out this study, 80 boys players (40 from Kho-Kho and 40 from Kabaddi) game. The age limit of players was ranged between 10 to 15 years. The sample was collected from Rohtak district of Haryana.

Selection of variables

Out of the three test items, the following four were selected for this study:

1. 40 meter run dash Test – To measure speed ability
2. Medicine ball test –To measure explosive power of arms

Statistical techniques

Mean and standard deviation were calculated in order to study the physical fitness components of the kho-kho and Kabaddi boys' players of Haryana. To assess the significance of differences between the means in case of significant T-values'' test was applied. The level of significance was 0.05.

Results and interpretation

The Scholar examined the Physical fitness components between Kho-Kho and Kabaddi boys' players of Haryana. The results of the study in general revealed that there were difference in all of the Physical fitness components, i.e. Speed and explosive power of arms between Kho-Kho and Kabaddi boys' players of Haryana.

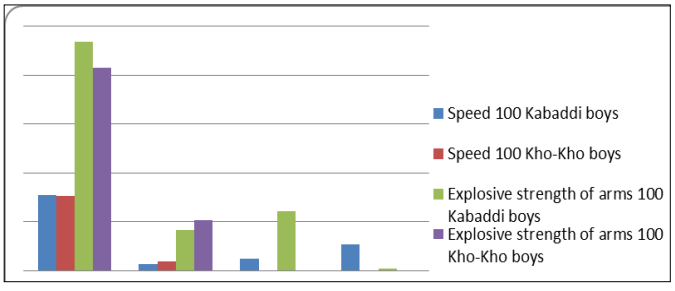
Table 1: Comparison of physical fitness components between the Haryana's Kho-Kho and Kabaddi boys' players

Variable	N	Game	Mean	S.D	S.E.D	't'
Speed	100	Kabaddi boys	7.70	0.72	1.20	2.70
		Kho-Kho boys	7.65	0.93		
Explosive strength of arms	100	Kabaddi boys	23.43	4.19	6.11	0.25
		Kho-Kho boys	20.78	5.13		

Significant at 0.05 levels

The findings of the study in relation to Speed showed that the Kho-Kho boys' players of Haryana had better speed in comparison to the Kabaddi boys' players of Haryana. This may be attributed to the fact that speed plays an important role in the performance of Kho-Kho and Kabaddi boys' players of Haryana.

The findings of the study revealed that significantly higher strength was found in the Kabaddi boys' players of Haryana than the kho-kho boys' players of Haryana.



Graph 1: Graphical representation of physical fitness components between Kho-Kho and Kabaddi boys' players of Haryana

Conclusion

- Kho-Kho boys' players of Haryana had better speed in comparison to the Kabaddi boys' players of Haryana.
- Higher strength was found in the Kabaddi boys' players of Haryana than the Kho-Kho boys' players of Haryana.

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