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Dr. J Samuel Jesudoss

Asst. Prof. YMCA College of
Physical Education, Chennai.
Tamil Nadu, Chennai India

A comparative study of selected physical fitness variables between football and hockey players of higher secondary school boys

Dr. J Samuel Jesudoss

Abstract

The purpose of this study was to compare the physical fitness variables between Football and Hockey players of higher secondary school boys. To achieve the purpose of the study, selected 15 Football players and 15 Hockey players from Laurel Matriculation Higher Secondary School, Coimbatore. Who did not participate in any of the special training or the coaching programme? However, they were allowed to participate in their regular physical education classes in the college as per their curriculum. The subjects were aged between 20 and 25. For the study, the physical fitness variables selected were agility and speed. To find out whether there was any significant difference between Football and Hockey players, the dependent 't' ratio was used. The result of the study showed that there was a significant difference in agility and speed between Football and Hockey players of Higher Secondary School boys.

Keywords: Agility, speed,

Introduction

A sport is an indoor or outdoor activity involving physical and mental effort and skill, a game where people compete with each other according to fixed rules. It is an activity people take up during their free time, usually for fun, amusement, recreation or entertainment.^[1] It is used to be considered, a peripheral activity, a part time and an appendage to the core of life which life can do without a refuge for the escapist. But such a definition of sports has undergone a sea change in the modern days when sports have become indispensable for life to be meaningful and wholesome, both playing (sports) and watching sports. (Bucher 1964)^[2].

Fitness means the ability of an individual to live a happy and well-balanced life. It involves not only physical but intellectual, emotional, social and spiritual aspects of an individual.^[3] Interaction and interdependence of these phases of a man's health are such that any deviation from normal in any aspect of these components of fitness will make a man unable to meet the demands placed on him by his work or way of life. Physical fitness is the capability of the heart, blood vessels, lungs and muscles to function an optimal efficiency. (Getchell 1965)^[4].

Methodology

For the purpose of this study was to compare the physical fitness variables between Football and Hockey players of higher secondary school boys. To achieve the purpose of the study, selected 15 Football players and 15 Hockey players from Laurel Matriculation Higher Secondary School, Coimbatore. who did not participate in any of the special training or the coaching programme? However, they were allowed to participate in their regular physical education classes in the college as per their curriculum.^[5] The subjects were aged between 20 and 25. For the study, the physical fitness variables selected were agility and speed.

Analysis and interpretation of the data

Single group design was used for the study. The following statistical procedures were used to analyze the obtained data. To find out whether there was any significant difference between Football and Hockey players, the dependent 't' ratio was used. To test the level of significance of difference between the means 0.05 level of confidence was fixed.

Correspondence

Dr. J Samuel Jesudoss
Asst. Prof. YMCA College of
Physical Education, Chennai.
Tamil Nadu, Chennai India

Table 1: computation 't' ratio of shuttle run for football and hockey players of higher secondary school boys

Group	Number	Mean	S D	Obtained 't' ratio
Football	15	9.73	0.62	6.82*
Hockey	15	11.57	0.81	

Significance at 0.05 level, $t(0.5) 19 = 2.05^$

Table I revealed that the mean agility of Higher Secondary School Football and Hockey boys were 9.73 and 11.57 respectively. The standard deviation of two groups in agility were 0.62 and 0.81. The mean difference in agility of two

groups was 1.84. The standard error of mean difference in agility of two groups were 0.27. The obtained 't' ratio in agility was 6.82. Table I reveals that the obtained 't' value 6.82 is greater than the required value of 2.05 at 0.05 level of confidence with 28 degree of freedom.^[6] So it is found to be statistically significant and concluded that there is significant mean difference between Football and Hockey players agility.

The mean values of agility (shuttle run) performance of Football and Hockey higher secondary school boys have been graphically represented in Figure I.

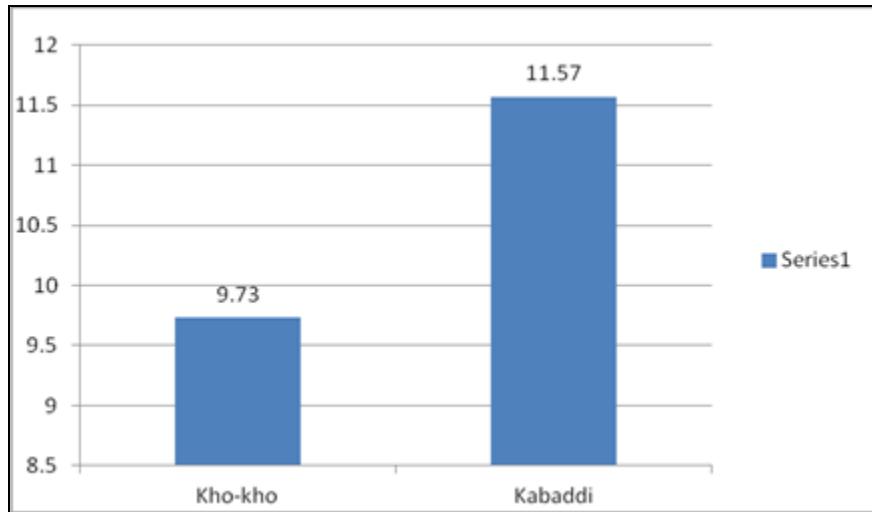


Fig 1: Bar diagaram showing mean agility (shuttle run) performance of football and hockey higher secondary school boys

Table 2: Computation 't' ratio of 50 yards run for football and hockey players of higher secondary school boys

Group	Number	Mean	S D	Obtained 't' ratio
Football	15	8.02	0.46	3.18*
Hockey	15	8.72	0.71	

Significance at 0.05 level, $t(0.5) 19 = 2.05^$

Table II revealed that the mean speed of Higher Secondary School Football and Hockey boys were 8.02 and 8.72

respectively. The standard deviation of Football and Hockey players in speed were 0.46 and 0.71 respectively. The mean difference in speed of two groups was 0.7. The standard error of mean difference in speed of two groups were 0.22. The obtained 't' ratio in speed was 3.18. Since the obtained 't' ratio value of 3.18 was greater than the required table value of 2.05 at 0.05 level of confidence with 28 degree of freedom. It was found to be statistically significant.

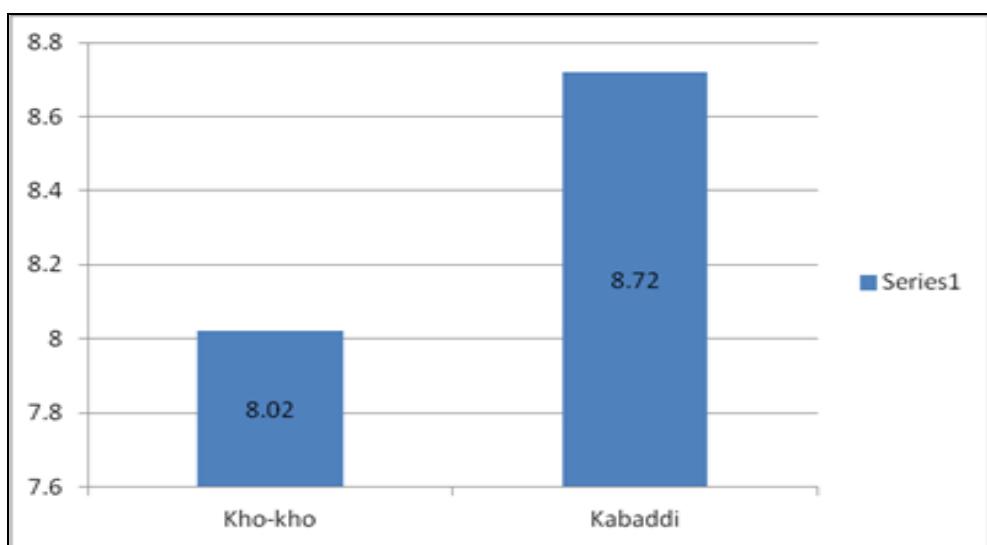


Fig 2: Bar diagaram showing mean speed (50 yards run) performance of football and hockey higher secondary school boys

Conclusion

The result of the study showed that the there was a significant difference in agility and speed between Football and Hockey players of Higher Secondary School boys.

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