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Effect of 12 weeks handball training on selected physical fitness variables

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Abstract

Handball is a team sport; it involves a great amount of direct struggle and close encounter between the players during the match. The purpose of the study was to know the effect of 12 weeks handball training on selected physical fitness variables. To achieve the purpose of the study 23 inter-collegiate female handball players were randomly selected and they underwent to the 12 weeks handball training. The pre test and post test was conducted to collect the data. Statistical techniques mean, standard deviation and 't' test was used to analyzed the data. The result was found that there was a significance difference between selected physical fitness variables except speed.

Keywords: Handball, physical fitness

Introduction

Handball is a team sport; it involves a great amount of direct struggle and close encounter between the players during the match. Handball players require developing both aerobic and anaerobic capacities to improve their performance. One should have speed, explosive power of legs and arms, strength, endurance and so on along with the good skills to give best performance in handball sport. Team handball originated in the Berlin Physical Education School in 1919 with Professor Carl Schelling, and became an official Olympic Sport in 1972. Since its beginning team handball has developed into a very popular game in European countries, and is slowly becoming a recognized sport worldwide.

Objective of the Study

The main objective of the study was to find out the effect of 12 weeks handball training on selected physical fitness variables of female handball players.

Methodology

The purpose of the study was to know the effect of 12 weeks handball training on selected physical fitness variables among female handball players.

Selection of the subjects

To achieve the purpose of the study 23 inter-collegiate female handball players were randomly selected and age of the subject was ranged between 18-21years.

Table 1: Selection of Variables and test administered

Physical Fitness Variable	Test Administered	Unit
Speed	30m fly Start	Seconds
Agility	Shuttle Run	Seconds
Explosive Strength	Standing Broad Jump	Meter
Flexibility	Forward Bend and Reach	Inch
Endurance	2.4 K Run and Walk	Minutes

Collection of Data

The selected subjects underwent to the handball training for 12 weeks. The training design included fitness training related to handball and training related to handball skills.

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The training was two session per day and five days a week. For the analysis of data Pre test and post test was administered. Statistical technique 't' test was administered to find out the results.

Results

The purpose of the study was to know the effect of 12 weeks handball training on selected physical fitness variables among female handball players.

Table 2: Mean, Std. Deviation and 't' Value of pre test and post test on selected physical fitness variables.

Variable		Mean	SD	't' Value
Speed	Pre test	4.59	.257	.637
	Post test	4.53	.462	
Agility	Pre test	16.13	.909	10.285
	Post test	14.25	.449	
Explosive Strength	Pre test	1.43	.256	7.009
	Post test	1.93	.336	
Flexibility	Pre test	5.15	.894	3.620
	Post test	5.79	.966	
Endurance	Pre test	16.35	1.02	14.333
	Post test	12.61	.662	

Level of significance at 0.05 level

It was clear from the above table that, the 't' value of agility, explosive strength, flexibility and endurance was greater than the critical value of t. Hence there was a significance difference found between pre test and post test of agility, explosive strength, flexibility and endurance variables, where as there was no significance difference found related to speed as the 't' value is lesser than the critical value of t.

Conclusions

From the findings of the study the following conclusions were drawn:

1. The study found significant difference between pre test and post test in selected physical fitness variables except speed.
2. When compare mean value of pre test and post test data of speed, the difference was found.
3. The handball training improves the physical fitness level of female handball players.

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