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## A comparative study of aerobic endurance among boxers and judo players of Bathinda district

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### Abstract

**Aim:** The aim of this paper was to find out the Aerobic endurance among Boxers and Judo Players of Bathinda District of Punjab in India. The subjects for the present study is Twenty Male Boxers and Twenty Male Judo Players between the age group of 19 to 21 years of Bathinda District. In order to find out and measure the aerobic endurance of Boxers and Judo players, Twelve Minute Cooper Test were used to measure the Aerobic Endurance of Boxers and Judo Players.

**Keywords:** Aerobic Endurance, Boxing, Judo.

### Introduction

Aerobic Endurance is the amount of oxygen intake during exercise. Aerobic Endurance is the time which you can exercise without producing lactic acid in your muscles. During Aerobic work, the body is working at a level that the demands for oxygen and fuel can be meet by the body's intake. Boxing is a combat sport in which two fighters battle each other with their fists. The boxers were heavily padded gloves and fight in a square rope of area called ring. Judo is a system of unarmed combat, now primarily a sport. The rules of the sport of judo are complex. The objective is to cleanly throw, to pin, or to master the opponent, the latter being done by applying pressure to arm joints or to the neck to cause the opponent to yield.

Aerobic Endurance is the amount of oxygen intake during exercise. Aerobic Endurance is the time which you can exercise, without producing lactic acid in your muscles. During aerobic (with oxygen) work, the body is working at a level that the demands for oxygen and fuel can be meet by the body's intake. The only waste products formed are carbon-dioxide and water which are removed by sweating and breathing.

Aerobic endurance can be sub-divided as follows:

- Short aerobic – 2 minutes to 8 minutes (lactic/aerobic)
- Medium aerobic – 8 minutes to 30 minutes (mainly aerobic)
- Long aerobic – 30 minutes + (aerobic)

Boxing is a combat sport in which two fighters battle each other with their fists. The boxers were heavily padded gloves and fight in a square rope of area called a ring. A good bout between two well matched fighters is a fast violent display of strength and skills. The Boxers through powerful punches as such tries to win the bout on points. Good Boxer must be strong, quick, skillful and in excellent physical condition. They also should have the courage and determination to fight in spite of pain and exhaustion. In all amateur tournaments there shall be 3 rounds of 3 minutes each, a full one minute rest period shall be given between the Rounds.

Judo's techniques are generally intended to turn an opponent's force to one's own advantage rather than to oppose it directly. A ritual of courtesy in practice is intended to promote an attitude of calm readiness and confidence. The usual costume, known as judogi, is a loose jacket and trousers of strong white cloth. White belts are worn by novices and black by masters, with intermediate grades denoted by other colours. Judoka (students of judo) perform the sport with bare feet.

Kano Jigoro (1860–1938) collected the knowledge of the old jujitsu schools of the Japanese samurai and in 1882 founded his Kodokan School of judo

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(from the Chinese jou-tao, or roudao, meaning “gentle way”), the beginning of the sport in its modern form. Kano eliminated the most dangerous techniques and stressed the practice of randori (free practice), although he also preserved the classical techniques of jujitsu (jijutsu) in the kata (forms) of judo. By the 1960s judo associations had been established in most countries and affiliated to the International Judo Federation, which is headquartered in Budapest, Hungary.

### Purpose

The Purpose of the present study was to find out the Aerobic endurance among Boxers and Judo Players of the Bathinda District of Punjab in India.

### Method

The sample for the present study is Twenty Male Boxers and Twenty Male Judo Players between the age group of nineteen to twenty one years of Bathinda District. The Twelve Minute Cooper Test were used to measure the Aerobic Endurance of Boxers and Judo Players.

### Result

This study shows that Boxers are having good Aerobic Endurance Compare to Judo Players and the Boxers has covered the more distance in twelve minute.

**Table 1:** The Cooper Test results of Boxers and Judo Players

Cooper Test				
Group	Mean	Std. Deviation	Std. Error Mean	N
Boxers	3085.500	140.180	25.595	20.000
Judo	2644.833	190.719	34.822	20.000
Independent Samples Test				
	t	df	Sig. (2-tailed)	
Cooper Test	2.06	38.000	0.000	

Table 1 showing the Cooper Test results of Boxers and Judo Players. The Boxers has covered the distance of 3085.500 Meters and Judo Players has covered the distance of 2644.833 Meters in 12 Minutes Run. There is a significant difference between Boxers and Judo Players in Aerobic Endurance.

### Conclusions

It is concluded that Boxers are having good Aerobic Endurance compare to Judo Players. It may be due to the regular training of Boxing and requirement of Endurance is high compare to the Judo.

### Recommendations

It is recommended that similar studies can be conducted on females and also in other sports and games among males and females.

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