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A study on motor fitness variables among state level men and women Kho-Kho players

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Abstract

The main purpose of the study was to compare the Motor fitness variables among men and women Kho Kho players. The subjects were 25 men and 25 women of state level Kho-Kho players on Karnataka. 18 to 22 years of age. These students were studying in various colleges of Ballari district, Karnataka. Motor fitness variables of study were Agility, Balance, and Coordination, were measured by the tests AAHPERD agility test, Flamingo balance test, the data were analyzed by the t test.

Keywords: Motor fitness, agility, balance, coordination

Introduction

The game of Kho-Kho is stand on the natural principal of physical development. It is extremely enjoyable thrilling game, speed is heart of the game and to play four innings with same speed the players need a large amount endurance and stamina to controlled sprint, dodging, diving is the skill throughout the game. The defender performs such skill in the game like swift, zigzag running, circle running, faking stopping, twisting upper body, bending etc. produce great psycho neuromuscular co-ordination especially at abdominal and spinal region. In the fast tempo of the game, perceptual motor skill must be needed through assessment and applied in the field. The Kho-Kho stress great skillful execution in chasing, running, faking, diving, pole dive, attacking, covering. Must be needed in Kho-Kho players. Extra it needs quickness, reflection, intelligence according to game situation and perfect eye sight. The repetitive movements continue Kho-Kho, zig-zag running. Sudden fast movement, sudden slow movement, footwork may cause to injury. In Kho-Kho development of back, abdomen, neck muscles, leg strength for running and chasing etc. should be developed by the coach and different training method must be used for development of the Kho-Kho players.

The player's must be aware of the different types of fitness to develop an effective training program that centre on weak or important areas. Motor fitness or motor physical fitness, refers to how the players can perform at owns and sport and games, and involving the skills of agility, coordination, balance, power, and reaction time. So, these five components of motor fitness are required to compete at high levels competitions, which is why the concept is seen as an essential part of any Sports person's training program. Motor fitness, also use the term motor ability, refers to individual performance as influence by the speed, agility, power, co-ordination and balance. The improvement of these abilities is very accommodating and essential in sports training and different kinds of training are required to achieve these motor abilities.

The research scholar went through the literature available regarding the contribution of different motor fitness components to the playing ability in Kho-Kho players. However, after going through it was found that insufficient scientific work has been done in this filed. Keeping this in the mind and after consultation with experts, finally research scholar has under taken the present study to predict the playing ability of male and female Kho-Kho players of inter college level through motor fitness variable. In the game of Kho-Kho lots of fitness, motor fitness and skills are required to perform. In the game every player wants to perform their best in the filled in chasing and running skills. Some following motor fitness variables are required in Kho Kho players.

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The Kho-Kho players performance depends high level of motor finest factor like speed, endurance, agility, power, flexibility, balance, reaction time, neuromuscular co-ordination, explosive strength, speed of movement and match practices are the principal qualities which should go with the Kho-Kho players. The Coach and game expert must be looked-for to develop these abilities in the Kho-Kho players through implement the various training methods. Now a day's more development noticed in this game if they are physical fitness, skill development, team work and standard of individual player all is improving day by day.

Procedure and Methodology

The objective of the present study was to compare the selected Motor fitness variables in men and women Kho Kho players. The subjects were 25 men and 25 women state level Kho-Kho players on Karnataka 18 to 22 years of age. These students were studying in various a college of Ballari district, Karnataka. Motor fitness variables of study were Agility, Balance, and Coordination, were measure by the tests AAHPERD agility test, Flamingo balance test, the data were analyzed by the t test.

Results and Discussion

Table 1: Comparison on mean and SD of men and women of Kho-Kho players on agility variables

| Variable | Condition | Mean | SD |
|----------|-----------|-------|------|
| Agility | Men | 11.35 | 2.42 |
| | Women | 12.96 | 2.58 |

Table 1 revealed that the obtained men Kho Kho players mean 11.35 and women players mean 12.90 values. With men players SD 2.42 and women players SD 2.58 Significant at 0.05 levels that there was a significant difference in means of agility women Kho Kho players.

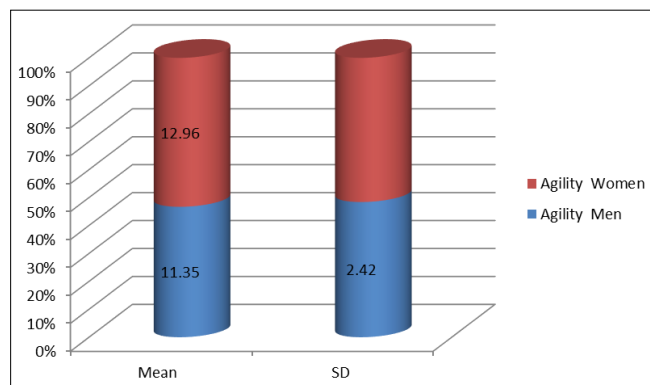


Fig 1: Comparison on mean and SD of Men and Women of Kho-Kho Players on agility Variables

Table 2: Comparison on mean and SD of men and women of Kho-Kho players on balance variables

| Variable | Condition | Mean | SD |
|----------|-----------|------|------|
| Balance | Men | 7.5 | 2.40 |
| | Women | 5.15 | 2.15 |

Table 2 revealed that the obtained men Kho Kho players mean 7.5 and women players mean 5.15 values. With men players SD 2.40 and women players SD 2.15 Significant at 0.05 levels that there was a significant difference in mean of agility men Kho Kho players.

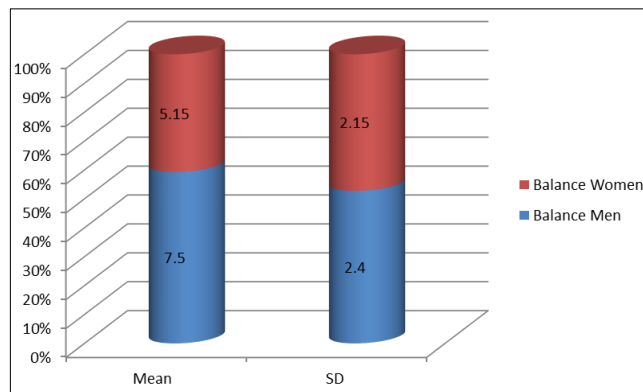


Fig 2: Comparison on mean and SD of Men and Women of Kho-Kho Players on Balance Variables

Table 3: Comparison on mean and SD of men and women of Kho-Kho players on co-ordination variables

| Variable | Condition | Mean | SD |
|---------------|-----------|-------|------|
| Co-ordination | Men | 13.41 | 2.04 |
| | Women | 8.42 | 2.53 |

Table 2 revealed that the obtained men Kho Kho players mean 13.41 and women players mean 8.42 values. With men players SD 2.04 and women players SD 2.53 Significant at 0.05 levels that there was a significant difference in mean of agility men Kho Kho players.

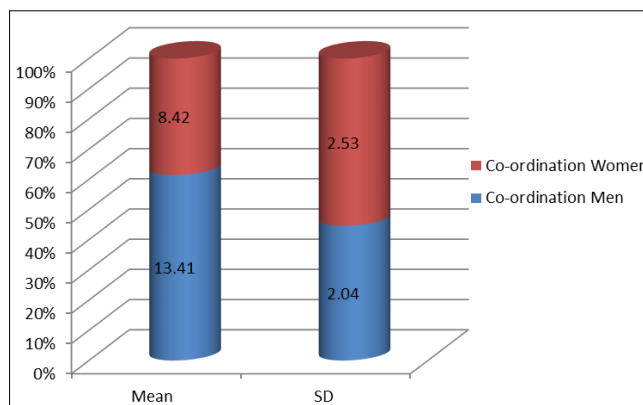


Fig 3: Comparison on mean and SD of men and women of Kho-Kho players on co-ordination variables

Conclusion

The result shows that the men Kho Kho players have more balance, coordination as compare to women whereas the have more agility, to Kho Kho players.

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