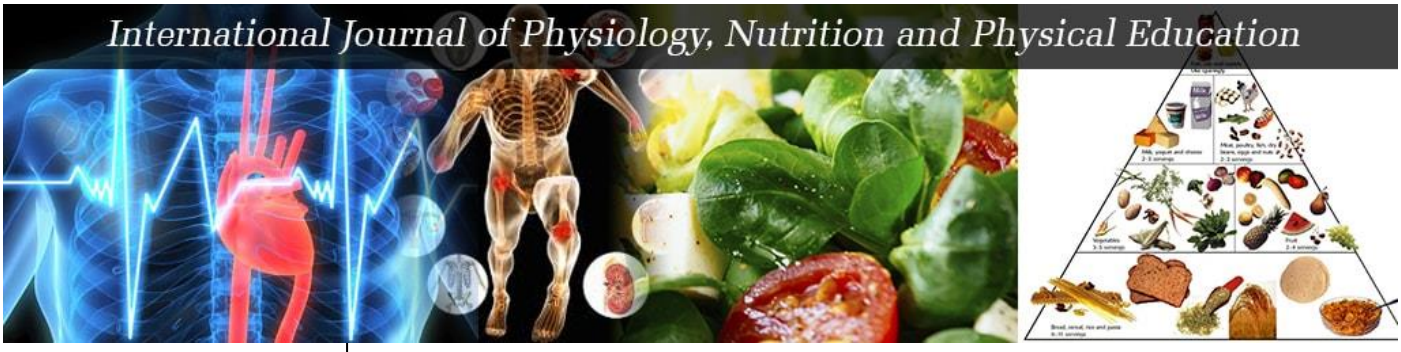

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A comparative study of selected motor fitness components inter-university Women Kabaddi players

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Abstract
The purpose of this study was to find out the significant difference of motor fitness inter-university Kabaddi player. Researcher collected the data from 30 students inter university players between the age group of 18 to 25 years. The entire subject was informed about the objective. Motor fitness components speed, agility and flexibility are selected for as variables. Student's t-test for independent data was used to determine the significant difference inter university players. Unpaid t-test was employed for data analysis. To test the hypothesis, the level of significance was set at 0.05.

Keywords: Motor fitness, speed, agility, flexibility

Introduction
Physical fitness is a basic requirement for sports achievements. In sport theory and practice, the level of motor abilities is the key factor in majority of sports achievements. Motor ability, sprinting, jumping, flexibility and throwing velocity represent physical activities that are considered as important aspects of the softball game and contribute to the high performance of the team. Fitness testing is useful for assessing and monitoring softball players and is complimentary to develop the technical skills, tactics and cognitive abilities that contribute to performance in softball. Examination of fitness profile would be great importance for optimal construction of the strength/power and endurance training programs to improve performance. Quantifying changes in kin anthropometric and motor fitness variables will also provide valuable information for talent identification and development and assist fitness and conditioning coaches in evaluating the effectiveness of conditioning programs and prescription of training.

The term "motor fitness" is most often used synonymously with physical fitness by the physical educators, but it is very important for the physical education student s to know the basic difference between physical fitness and motor fitness. Physical fitness is used to denote only four basic fitness components (muscular strength, muscular endurance, cardiovascular endurance and flexibility), whereas motor fitness is a more comprehensive term which includes all the ten fitness components like four fitness, one of the health-related fitness and five motor performance components, power, speed, agility, balance and reaction time, which is important for the success in sports. In other words, motor fitness refers to the efficiency of basic movements and also to the addition of physical fitness. Sports performance is indeed an aspect of complex human performance, which has several dimensions. Hence, several disciplines of sports sciences are required to work in a coordinated manner to explore the nature and the process of improving performance in the last few decades several disciplines of sports sciences have established e.g. sports medicine, sports physiology, sports training, sports bio-mechanics, sports psychology, sports pedagogy, sports nutrition and so on. These sports sciences work as one integrated unit to give super sports performance.

Physical fitness is the capacity to carry out reasonably well various forms of physical activities without being excessively tired and includes qualities importance to the individual's health and well-being. Regular participation in vigorous exercise increases physical fitness. A high level of physical fitness is desirable for a full, productive life. Sedentary living habits and poor physical fitness have a negative impact on both health and daily living.

Selection of Variables

The following motor fitness components were selected for the purpose of the study.

Motor Fitness Components

- Speed
- Agility
- Flexibility

Methodology

For the purpose of this study thirty (30) women kabaddi players participated in the inter-university tournament, the age ranged from 18 to 25 years.

Data Analysis

Mean, S.D. and t-test was computed by using Statistical Package for the Social Science (SPSS)16 version to examine significant discrepancy between two experimental groups on the motor components Speed, Agility, Flexibility considered for the study. The results have been presented in the following table:

Table 1: shows the Mean, Standard Deviation and t-value of inter-university women Kabaddi Players on selected Motor Fitness Components

Variables	Speed	Agility	Flexibility
Mean	6.53	10.28	12.30
Standard Deviation	0.34	0.58	2.94

* Significant at 0.05 level

The Mean and SD values of inter-university the sub variable speed as 6.53 and 0.34 respectively. Mean and SD values of inter-university the sub variable Agility as 10.28 and 0.58 respectively. The Mean and SD values of inter-university the sub variable flexibility as 12.30 and 2.94 respectively.

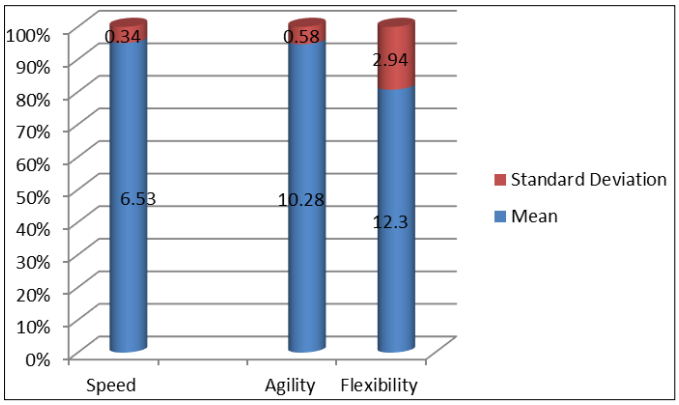

Fig 1: shows the Mean, Standard Deviation and t-value of inter-university women Kabaddi Players on selected Motor Fitness Components

Conclusion

On the basis of the results obtained from the present study it may be concluded that inter-university women kabaddi players significantly differ on their level of motor components. The findings also suggest that the level of motor components of these inter-university women kabaddi players. It has been observed that have demonstrate better Flexibility then the agility and speed variables.

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