



## EFFECT OF SELECTED PHYSICAL EXERCISE ON KINESTHETIC ABILITY OF BASKET BALL PLAYERS

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### ABSTRACT :

*The purpose of the study is to find out the Effect of Selected Physical Exercise on Kinesthetic Ability of Basket Ball Players. The subjects were 20 male Basket Ball Players of Amity University, Uttar Pradesh. The average age of the subject was ranging from 20-25yrs. There were two groups one is experimental group and other control group. Pre Test of the subjects was taken by administering Kinesthetic Obstacle Test, After that 6 week training programme comprises different Physical Exercise was given to the group and Post Test was done. In order to analyze the raw data the Dependent T-TEST was applied. The finding reveals that there is a significant Effect of Physical Exercise on Kinesthetic Ability of Basket Ball Players of Amity University, Uttar Pradesh.*



**KEYWORDS :** Physical Exercise , training programme, physical activity.

### INTRODUCTION :

Every human being has an inborn tendency to participate in physical activity. No matter how young are we, we are involved directly or indirectly in the form of movement. To be a good sportsman one has to develop using qualities with in themselves. A sportsman should have good Kinesthetic Perception Ability, Stability, Speed, Strength, Skill etc. For a sportsman it is extremely important to have information about what the muscles doing & their position during a movement. It is also successfully argued that this muscle sense is called Kinesthetic. Kinesthetic sense sensory information obtained ear from receptors in muscle, joints, tendons and inner and free nerve endings in the other organs. Basket Ball is the worlds most popular sport, Basket Ball is a game of ball control both individually & in combination with other members of the team. In order to control ball players must master the fundamental like Passing, Dribbling etc. A game of Basket Ball requires a considerable amount of Kinesthetic Ability.

### OBJECTIVE:-

The objective of this study was to find out the Effect of Selected Physical Exercise on Kinesthetic Ability of Basket Ball Players.

### SUBJECTS:-

20 Male Basket Ball Players of Amity University, Uttar Pradesh were selected randomly for the purpose of the study. The average age of the subjects were ranging from 20-25 yrs.

**COLLECTION OF DATA:-**

There were 2 group that is control group & experimental group, pre & post test was conducted to collect the data.

**RESEARCH TOOLS:-**

The experimental group was given the following 6 exercise programme:

- 1- Side Stretcher
- 2- One leg jumping
- 3- Line walking after front role
- 4- Five meter dash
- 5- Raising the hand with the folded hand
- 6- 6- Walking on hand with partner

**RESULT:-**

The statistical analysis of the data collected on 20 subjects of Amity University, Uttar Pradesh on the Effect of Physical Exercise on Kinesthetic Ability of Basket ball Players is presented below.

**TABLE-1**  
**Effect of Exercise Programme on Kinesthetic Ability of Basket Ball Players**

		Mean	N	Std Dv	Std Error	Difference	t
<b>Experimental Group</b>	Pre test	69.3000	20	14.20934	3.17730		
	Post Test	70.5500	20	14.66638	3.27950	19	-5.000
<b>Control Group</b>	Pre Test	70.000	20	15.58035	3.48387	19	-.370
	Post Test	70.7500	20	15.46431	3.45752		

Significance = .05 level

N=20

Table 1, After comparing the scores between experimental group and control group it reveals that Exercise Programme Effects the Kinesthetic Ability of Basket Ball Players

**TABLE 2**  
**SIX WEEK PHYSICAL EXERCISE PROGRAMME**

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Side stretcher</b>	3x6	3x6	4x5	4x5	4x4	3x12
<b>One Leg Jump</b>	3x6	3x6	4x5	4x5	4x4	3x12
<b>Line walking after front roll</b>	3x6	3x6	4x5	4x5	4x4	4x12
<b>5 Mtrs dash</b>	3x6	3x6	4x5	4x5	4x4	3x12
<b>Raising the hand with the</b>	3x6	3x6	4x5	4x5	4x4	3x12

<b>folded hands</b>						
<b>Walking on hands with partners</b>	3x6	3x6	4x5	4x5	4x4	3x12

**CONCLUSION:-**

Within the limitation of the present study another basis of the analysis of data the following conclusion was drawn:-

There is a significant effect of physical exercise on kinesthetic ability of basket ball player of Amity University, Uttar Pradesh.

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