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A COMPARATIVE STUDY ON PHYSICAL FITNESS OF KUVEMPU UNIVERSITY  
DEGREE COLLEGE HAND BALL AND BASKET BALL PLAYERS  
OF BHADRAVATHI TALUK



Ajay Kumar P.V.

### INTRODUCTION :

The modern age is the age space, adventurism and technological gigantism. In this machine age, machine becomes part and parcel of our life and in this process man himself as become automation modern man in comparison to the primitive man is poorer and inferior with regard to physical power and skills. No doubt machines have done and can do much of man's work and yet assumptions, that the basic existence of man cannot be ruled out, for man there is nothing more beautiful land this physic in the world.

Physical education promotes the efficient function of the body and facilitates during the progress of the pupil's growth and development of personality, skills, the shaping of its attitudes and habits for socially approval ends necessary to balanced life.

Fitness for any sports consists number of interrelated qualities or factors such as strength, coordination ect. Physical fitness provides capacity for activity. Physical fitness has been considered as one of the most important requirement of sports performance. Greater the physical fitness, better the physical endurance and precise (the movement) will be the

### ABSTRACT

*The purpose of the study was to assess the physical fitness of players of various Degree College of Bhadravathi Taluk Hand Ball and Basket Ball players.*

*Key Words: Age, speed, agility, power, strength and endurance.*

### SHORT PROFILE

Ajay Kumar P.V is a Faculty Member at Department of Physical Education in Sir M V Govt. Arts and Commerce College, Bhadravathi, Shivamogga District, Karnataka State.

movement, which are essential for any sports. A person who is physically fit possesses the strength and stamina to carry out his daily tasks without undue fatigue and still has enough energy to enjoy leisure and to meet unforeseen emergencies. Fitness improves general health and is essential for full

vigorous living. The physically fit child feels (move) alert and eager to do things.

### METHODOLOGY

The subject for the study were students studying in Degree College players in Hand ball (n=60) and Basket ball (n=60). Only Degree College boy's player in Bhadravathi taluk. The subjects were in the age group of 18-21 years. These Handball and basketball players were tested with the help of following tests to find the physical fitness elements.

- 1.50 mtr Dash - Speed.
- 2.Push-ups – Shoulder Strength.
- 3.Vertical jump – Leg Power.
- 4.Shuttle run - Agility.
- 5.600 yard run and walk – Endurance.

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### STATISTICAL TECHNIQUE

The data collected was statistical treated using Mean, Standard Deviation and T value. The obtained value of 'T' was tested for significance at 0.05 level of confidence.

### ANALYSIS OF DATA

The data pertaining to five different test to asses five fitness components among the boy's players of Degree college were subjected to statistical analysis such as descriptive statistics including Mean, Standard Deviation and comparative statistics such as T- value for total sample. The T- Value was tested for significance at 0.05 levels of confidence.

Mean, Standard deviation and T- value of all five components are presented in different tables.

Table 1 Showing the mean value, standard deviation and T score of the "50 Mtr Dash"

Sl. No.	Name of the game	Samples size	Mean	Standard deviation	T value	Significant
1	Hand ball	60	7.12	0.41	0.34	0.05
2	Basket ball	60	7.0	0.7		

Table't' value 1.960 at 0.05 level of Signification (df=198).

Table 1 indicates the mean and standard deviation value of the two groups with't' score. The result is in agreement with the hypothesis of the researcher.

The 't' score on calculation is 0.34 which is less than the table the table value not only of 0.5 level of confidence it is also lesser at 0.1 level of confidence.'

Table 2 Showing the mean value, standard deviation and T score of the "Push-ups (Dips)"

Sl. No.	Name of the game	Samples size	Mean	Standard deviation	T value	Significant
1	Hand ball	60	30.68	3.61	0.53	0.05
2	Basket ball	60	27.90	3.78		

Table't' value 1.960 at 0.05 level of Signification (df=198).

Table 2 reflect the mean and standard deviation value of the two groups with't' score. The result is in agreement with the hypothesis of the researcher.

The 't' score on calculation 0.53 which is less than the table the table value not only of 0.5 level of confidence it is also lesser at 0.1 level of confidence.'

Table 3Showing the mean value, standard deviation and T score of the "Vertical Jump".

Sl. No.	Name of the game	Samples size	Mean	Standard deviation	T value	Significant
1	Hand ball	60	74.97	4.37	0.74	0.05
2	Basket ball	60	77.82	3.52		

Table't' value 1.960 at 0.05 level of Signification (df=198).

Table 3 shows the mean and standard deviation value of the two groups with't' score. The result is in agreement with the hypothesis of the researcher.

The 't' score on calculation 0.74 which is less than the table the table value not only of 0.5 level of confidence it is also lesser at 0.1 level of confidence.'

Table 4 Showing the mean value, standard deviation and T score of the "Shuttle Run"

Sl. No.	Name of the game	Samples size	Mean	Standard deviation	T value	Significant
1	Hand ball	60	16.68	0.79	0.42	0.05
2	Basket ball	60	16.57	0.72		

Table't' value 1.960 at 0.05 level of Signification (df=198).

Table 4 states the mean and standard deviation value of the two groups with't' score. The result is in agreement with the hypothesis of the researcher.

The 't' score on calculation 0.42 which is less than the table the table value not only of 0.5 level of confidence it is also lesser at 0.1 level of confidence.'

Table 5 Showing the mean value, standard deviation and T score of the "600 Yard Run and Walk"

Sl. No.	Name of the game	Samples size	Mean	Standard deviation	T value	Significant
1	Hand ball	60	2.24	0.39	0.02	0.05
2	Basket ball	60	2.05	0.46		

Table't' value 1.960 at 0.05 level of Signification (df=198).

Table 5 states the mean and standard deviation value of the two groups with't' score. The result is in agreement with the hypothesis of the researcher.

The 't' score on calculation 0.02 which is less than the table the table value not only of 0.5 level of confidence it is also lesser at 0.1 level of confidence.'

Table 6 Showing the mean value, standard deviation and T score of the Speed, Strength, Power, Agility, and Endurance.

Sl. No.	No. of items	Mean		Standard Deviation		T' value
		Hand Ball	Basket Ball	Hand Ball	Basket Ball	
1	Speed	7.01	7.12	0.71	0.41	0.34
2	Strength	27.90	30.68	3.78	3.61	0.53
3	Power	74.97	77.82	4.37	3.52	0.74
4	Agility	16.57	16.68	0.79	0.72	0.42
5	Endurance	2.05	2.24	0.46	0.39	0.02

### DISCUSSION OF FINDINGS

The purpose of this study was to evaluate and compare the selected physical fitness components of Hand ball and Basket ball players. To achieve this purpose, the investigation was conducted on 60 Hand ball male players' Degree College of Bhadravathi Taluk. The subject selected were tested with 50 mtr dash, push ups, vertical jump, shuttle run and 600 yards run and walk, which measure five components of physical fitness. The data collected from these were statistically analyzed to find out the difference in physical fitness among Hand Ball and Basket Ball players.

### RESULTS

The results indicated that there were significance differences between players of various Degree College in speed, flexible strength and power between Hand Ball and Basket Ball players. Hand Ball players have better speed, agility, power and endurance then the Basket Ball players.

### CONCLUSION

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

1. Hand Ball players have better speed, agility, power and endurance then the Basket Ball players.
2. Hand Ball players have better strength, agility, speed and power then the Basket Ball players.
3. There is significant difference in speed, flexible strength and power between Hand Ball and Basket Ball players.

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