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A COMPARATIVE STUDY ON HIP FLEXIBILITY BETWEEN FOOTBALL AND HANDBALL PLAYERS

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ABSTRACT:-

Flexibility is one of the important motor quality which help athlete to perform better and easily and also flexibility will prevent athletes from injuries. Flexibility training is also required to improve the athlete's performance. Measuring flexibility is also an important parameter to



asses and to train. The purpose of the study was to compare the hip flexibility between football and handball male players. Forty subjects (football-20, Handball-20) were selected randomly from Chitradurga district. Sit and reach flexibility test was used to measure the hip flexibility between football and handball players. Descriptive

statistical techniques mean, SD and 't' test was performed on 0.05 significance level of confidence.

KEYWORDS: Hip Flexibility, Football, Handball.

INTRODUCTION :

Flexibility is the ability to move a joint through its complete range of motion, is arguably the most neglected component of fitness among the general population. It is a highly adjustable fitness component and it is beneficial in any age. Different sports place different degrees of demands on the athlete's physiological set-up and it has been scientifically proved that different sports or different events in same sports require the demand of different bodily characteristics.. Flexibility is required to perform daily activities easily. Flexibility tends to deteriorate with age often due to a sedentary life style. Less flexibility may become more difficult to perform daily activities. Improved flexibility may enhance the performance in aerobic training and muscular conditioning as well as in sports. It is important to include flexibility training as part of your clients' regular fitness routines to improve range of movements of joints.

OBJECTIVE OF THE STUDY:

The main objective of the study was to compare the hip flexibility between football and handball players.

METHODOLOGY:

The purpose of the study was to compare the hip flexibility between football and handball male players. Forty subjects (football-20, Handball-20) were selected randomly from Chitradurga district. Sit and reach flexibility test was used to measure the hip flexibility between football and handball players. The age of the selected subjects were ranged between 19 to 24 years. Before administration of the test proper warm up

activities undergo by the subjects.

STATISTICAL TECHNIQUES

Descriptive Statistical Techniques Mean, Std. Deviation and ‘t’ test was performed on collected data. 0.05 significance level of confidence was set.

RESULTS:

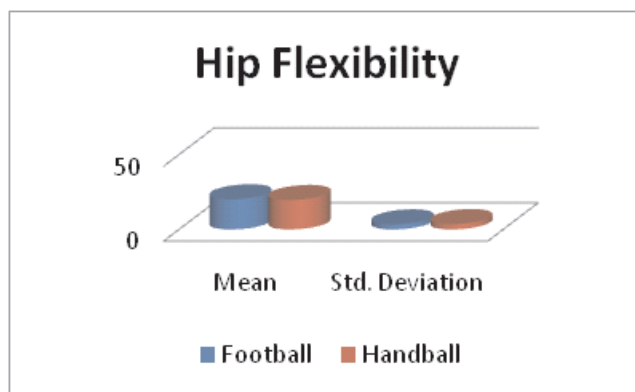
The purpose of the study was to compare the hip flexibility between football and handball male players.

Table-1 Mean, Std. Deviation and ‘t’ Value of Hip Flexibility of Football and Handball male players.

Hip Flexibility	N	Mean	Std. Deviation	‘t’ Value
Football	20	20.05	3.30	1.18
Handball	20	19.60	3.50	

Above table shows that, the mean value of agility of football players and handball players were 20.05 and 19.60 respectively, the SD of football players and handball players were 3.30 and 3.50 respectively, Where as the ‘t’ value 1.18 was found, which was less than critical value of ‘t’. Hence, there is no significance difference between football and handball players.

Figure 1: graphical representation agility of basketball players better than handball players.



CONCLUSIONS:

On the basis of findings of the study;

1. There was no significance difference between football and handball male players related to hip flexibility.
2. When compare mean value football male players had better flexibility than handball male players, it might be because of the football players sometimes extend their lower limbs beyond their limits to gain and to reach the ball position. And the handball players use their upper limbs more in the game, so it might be differ in their hip flexibility.

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