



TO DEVELOP MOTOR FITNESS PROFILE OF SOFTBALL MEN'S INDIAN PLAYERS

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ABSTRACT:

Fitness becomes an essential part of life. Running, Throwing, Catching, Swimming, Walking – the list of fitness activities can be never ending, but remember, healthy life of players depends on his daily life routine. The purpose of the study to know the fitness profile of the Indian Softball players. For this purpose 30 men's Softball players was selected as a subject to the study. In this study Descriptive statistics was applied. . In the Flexibility fitness Component mean score was 12.83 & S.D. 3.16. In Reaction time mean 15.138 & S.D. 3.14. In the Speed Component the Mean score of the Subject was 3.35. & S.D. 0.190. In standing broad jump mean score 2.1770 & S.D. 0.2084. In Push ups Mean score 35.733 & S.D. 7.82. In sit ups Mean score was 25.476 & S.D. 5.245. Finding has been founded that the flexibility level was average in Softball players. In Reaction time of the players score was average. In Speed Component the score of the player was good in 20 meter run test. In Strength fitness component in Pushups and Standing broad jump score was good but in sit ups score was average level.

KEYWORDS : Fitness, Flexibility, Reaction Time, Speed, and Strength.

INTRODUCTION

To provide long term health, it is important to let fitness become an essential part of life. Running, Throwing, Catching, Swimming, Walking – the list of fitness activities can be never ending, but remember, healthy life of players depends on his daily life routine! In the modern era, sports is becoming a highly specialized competitive area of human activity, while in ancient time physical exercise in the form of sports recitative and competitive activity that was regarded as the most potent factor are in keeping an individual physically healthy and mentally sharp. Sports, perhaps, may be viewed as that aspect of human activity which essentially strengthens the intermigration of body and mind. It helps to maintain an appropriate weight which in future will prevent illnesses and positively influence self-confidence. Who devote much time to regular physical activities; grow up feeling comfortably with their bodies. It is of great importance for softball players to obtain & maintain a high level of physical fitness at International & national level. A pitcher who cannot throw more than at top pace or a batsman who cannot score more because of fatigue are simply not realizing their potential for team. Muscular fitness is an important aspect of fitness which allows the muscle to contract with force & power yet to be flexible enough to offer a wide range of motion without occurring injury.

OBJECTIVE OF THE STUDY:

To develop motor fitness profile of Softball Senior India Players.

METHODOLOGY

Selection of the Subjects:

To conduct the study 30 players of Softball India Men's team were selected as a sample of the study for collecting the data; this study was conducted on chiman bagh Ground in Indore M.P. For this test we used measuring equipments like: Measuring tape, stopwatch, and ruler.

Selection of the Variables:

- Flexibility
- Reaction time
- Speed
- Strength

Flexibility: To check the flexibility of Softball players we conducted sit and reached test. The purpose of this test was to know the flexibility of lower back and Hamstring muscles, scoring of test were calculated maximum reached in sitting position. Scored was counted in cm.

Reaction Time: To check the reaction time of Softball players we conducted stick drop test. The purpose of this test was to know the reaction ability of both hands. Scoring of test was calculated minimum reaction time of both hands. Scored was counted in cm.

Speed: To check the speed in Softball players we conducted 20 meter speed test, for this allowed at least two practice runs at sub maximal pace. Mark a starting line (0m) and a finishing line (20m) with marking tape, line marking chalk and/or cones. The player should be positioned with one foot on the starting line. On the command "Go" (accompanied by a hand signal or clap), the player sprints as fast as possible through to the finish line, making sure not to slow down before the finish line. Two testers record the time and are used with this test to improve accuracy and reliability of measurement. The testers' record the average of both times for the final time (20m) for three trials. A rest interval of ≥ 3 minutes is required between trials. Record average of both timers for three attempts. The best trial to the nearest 0.01 second is recorded. For this test used 2 quality stopwatches.

Strength: To check the strength of players conducted strength test. For Upper body one minute pushup test. Standing broad Jump test for lower body and for abdominal muscle one minute sit up test was conducted. Pushup Test. The subject warms up sufficiently prior to the start of the test. The subject begins in a normal push up position. The subject sets the shoulder blades back and down and supports the weight on hands and feet. Hands are aligned under shoulders with fingers facing forward. The gluteus remains contracted and abdominal bracing position is assumed. The subject lowers the chest to the floor and return ensuring the trunk remains fixed at all times. To register a successful repetition the subject must begin in the starting position described with elbows extended, lower themselves to the ground with the chest touching the ground and return to the starting position. They must maintain correct body alignment for the repetition to be counted. Encourage the subject to execute push-ups at a rate comfortable to them with good form. The subject aims to complete as many successful repetitions with correct posture and form in one minute. In Standing broad jump subject stand behind the making line with feet apart and jump with both legs subject can flex knee to take power of lower extremities. Not allowed to run or take step for jump. Three chances given to subject & best of one were counted in meter.

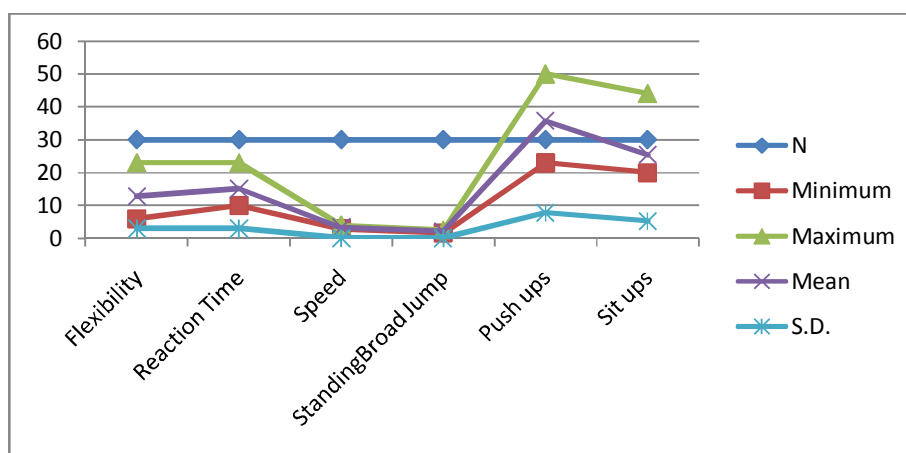
In sit up test subject lie down on ground with flex of both knees, both feet on the ground and both hands should behind the neck and fingers interlocked. After given command "Start" subject perform sit-ups continuously for one minute. Maximum number of sit ups was counted in one minute.

Table: Table-1: Criterion Measures

Variables	Measuring Test Items
Flexibility	Sit and reach test
Reaction time	Stick drop test
Speed	20 meter run
Strength	Pushups, S.B.J. Sit up

Table-2: Descriptive Statistics to Develop Motor fitness Profile of Softball Men's India Players

Variables	N	Minimum	Maximum	Mean	S.D.
Flexibility	30	6.00	23.00	12.893	3.16
Reaction Time	30	10.00	23.00	15.138	3.14
Speed	30	3.00	4.00	3.3553	.190
Standing Broad Jump	30	1.70	2.60	2.1770	.2084
Push ups	30	23.00	50.00	35.733	7.82
Sit ups	30	20	44.0	25.467	5.245
Valid N (List wise)	30				

Graphical Representation of Motor Fitness Variables with Mean and Standard Deviation.**FINDINGS:**

The purpose of the study to know the fitness profile of the Indian Softball players. For this purpose 30 men's Softball players was selected as a subject to the study. In this study Descriptive statistics was applied. In the Flexibility fitness Component Minimum score was 6 and Maximum score 23 & mean score was 12.83. In Reaction time Score of the sample was minimum 10 & maximum 23. The mean score of Reaction time was 15.138. In the Speed Component the minimum score 3 second & 4 second was the maximum score The Mean score of the Subject was 3.35. In standing broad jump minimum score was 1.70 meter & maximum was 2.177 meter. The mean of the standing broad jump was .2084. In Push ups

Minimum 23 & Maximum score was 50 in one minute. The Mean score of Pushups was 35.733. In sit ups variable the minimum score was 20 & Maximum score 44 counted. The Mean score was 25.476. Finding has been founded that the flexibility level was average in Softball players. In Reaction time of the players score was average. In Speed Component the score of the player was good in 20 meter run test. In Strength

fitness component in Pushups and Standing broad jump score was good but in sit ups score was average level.

RECOMMENDATION:

For better improvement in flexibility they have to focus on stretching exercises like PNF stretch. To improve the reaction time players have to more practice on reaction ability exercise for better coordination of mind and lymph's.

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