REVIEW OF RESEARCH
IMPACT FACTOR : 5.2331(UIF) UGC APPROVED JOURNAL NO. 48514 ISSN: 2249-894X
VOLUME - 7 | ISSUE - 8 | MAY - 2018

AN ANALYSIS ON THE COORDINATION ABILITIES OF AMONG TALL AND SHORT MEN INTER-UNIVERSITY BASKETBALL PLAYERS

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ABSTRACT:

Sports are becoming increasingly sophisticated, technical and gaining popularity as separate profession with the expansion of educational facilities in the country. More and more young people are taking part in sports as a daily feature of their life. The participation in Sports and Physical Education activities promote good health, high degree of physical fitness and increase an individual's productivity besides promoting social harmony and discipline.

KEY WORDS: - *increasingly sophisticated, technical , Physical Education activities.*

INTRODUCTION

Sports are categorized in different categories i.e. semi-contact and non-contact sports. Semi-contact sports are those sports in which physical contact occurs sometimes as per the demands of a situation. For Example: Football. Non-contact sports are those sports in which no body contact occurs during a competition. For Example: Gymnastics. Coordinative abilities are an expression of motor coordination which is of crucial importance in sports movements. The movement quality depends to a great extent on coordinative abilities. The rhythm, flow, accuracy, consistency, amplitude etc. of a movement are expression of motor coordination and hence highly dependent on the level of various coordinative abilities. So in every sport, whether it is semi-contact and non-contact sports requires some type of coordination but it is very difficult to find out, in which sports, which type of coordinative ability is required (Bisht R. and Mardikar M. 2017).

The phenomenon of sports today intervenes in almost all fields of human endeavor and very often, it even has a central position. Sports, thus has experienced an enormous extension quantitatively as well as qualitatively with many positive but also some negative aspects. Many people participate in games and sports for fun, happiness, pleasure for health and fitness. Increased participation in sports has resulted in competition which has become an important element of modern life. Competition provides the means by which one can show one's worth successfully.

The developing tendencies in international sports are identified as the increase in game tempo, tougher body game and greater variability in technique and tactics. In principle, an increase in performance level can only be achieved by better exploitation of all major components i.e. technique coordination, tactics, physical fitness and psychological quantities of the sportsperson. The component technique co-ordination however, plays a greater role in sports.

Coordinative abilities are primarily dependant on the motor control and regulation processes of Central Nervous System. The theory of motor co-ordination, therefore, is the basis for understanding the

nature of coordinative abilities. For each coordinative ability the motor control and regulation processes function in a definite manner. When a particular aspect of these function improved then the sportsman is in better position to do a certain group of movements which for their execution depend on this type of CNS functioning pattern. This also explains the difference between a coordinative ability and motor skill. For a Coordinative ability the control regulation processes are required to function in particular pattern whereas in case of a skill these processes are automatised to a great extent.

Motor co-ordination is a part and parcel of action regulation and is hence closely linked with processes of regulation of cognitive, psychic (e.g., motive, drive, etc) and movement execution aspects of and action. Coordinative abilities have also important and strong links with the motor skills as motor co-ordination forms the basis of both. Coordinative abilities become effective in movements only through the motor abilities and actively determined drives and cognitive processes.

Coordinative abilities are understood as relatively stabilized and generalized patterns of motor control and regulation processes. These enable the sportsman to do a group of movements with better quality and effect**.**

STATEMENT OF THE PROBLEM:

The main purpose of the study is "An Analysis on the Coordination Abilities of among Tall and Short Men Inter-University Basketball Players".

OBJECTIVE OF THE STUDY:

1. To compare the coordination abilities among short and tall men Inter-University Basketball Players of Karnataka and Telengana State.

MATERIALS AND METHODS:

Design of the Study:

For the present investigation, the researcher was used comparative design for assessing the coordination abilities of tall and short men Inter-University Basketball players of Karnataka and Telengana State. For making the study quantitative the data is to be collected through multiple mechanisms, this enhances cross checking of the data and thereby ensures reliability and minimizes variability will be seen.

Procedures:

On the basis of the available literature, the coordination abilities with their respective tests were selected. Further, clarification of selection procedures of subjects, the criterion measures, collection of data, design of the study, administrations of tests and statistical tests for the analysis have been explained in this chapter.

Sample:

The sixty tall and short men Inter-University Basketball players of Karnataka and Telengana State ranging 20-25 years of age were selected on random sampling method for the present study.

Sample Design:

State	Basketball players		Total
	Tall	Short	
Karnataka	30	30	60
Telengana	30	30	60
Grand Total			**120**

Test Administration:

The researcher visited to Christ University, Bengaluru prior to South Zone Inter-University Basketball tournament. The tests were administered to men Basketball players who are going to participate in the South Zone Inter-University Basketball tournament. The researcher has collected the data related to present study in the following methods,

Coordinative Ability Tests (Peter Hirtz):

1. Ball Reaction Exercise Test.
2. Numbered Medicine Ball Run Test.
3. Backward Medicine Ball Throw Test.
4. Long Nose Test.
5. Sprint at the Given Rhythm Test.

Statistical Analysis:

Descriptive Statistics: Included a mean and standard deviation for selected coordination abilities tests of tall and short Basketball players. Paired t-test: For comparison of tall and short Basketball players with respect to coordination abilities.

RESULTS AND DISCUSSIONS:

Table 1
Mean, Standard Deviation and t-values of Coordinative abilities of Karnataka and Telengana State Inter-University Tall men Basketball players

Paired Samples Statistics							t-value	Sig. (2-tailed)
Pairs	Variables	Category	State	Mean	N	Std. Deviation		
Pair 1	Orientation ability	Tall	Karnataka	8.52	30	0.72	5.28*	.000
			Telengana	11.06	30	0.83		
Pair 2	Differentiation ability	Tall	Karnataka	12.21	30	0.92	0.93	.564
			Telengana	12.08	30	1.02		
Pair 3	Balance ability	Tall	Karnataka	8.54	30	2.04	4.03*	.004
			Telengana	11.26	30	2.26		
Pair 4	Reaction ability	Tall	Karnataka	6.45	30	1.68	0.86	.652
			Telengana	6.04	30	1.60		
Pair 5	Rhythm ability	Tall	Karnataka	7.12	30	1.89	3.54*	.000
			Telengana	9.18	30	1.32		

Significant at 0.05 level

Table.No.1 shows the coordinative abilities test scores of Coordinative abilities of Karnataka and Telengana State Inter-University Tall men Basketball players. There is significant difference in the Orientation ability of Karnataka and Telengana State Inter-University Short men Basketball players as its t-value (5.28) is significant because the calculated value (.000) is less than 0.05. Thus, there is significant difference in the Orientation ability between Karnataka and Telengana State Inter-University Tall men Basketball players. In case of Differentiation ability of Karnataka and Telengana State Inter-University Tall men Basketball players no significant difference was seen as t-value (0.93) is not significant because the calculated value (.564) is more than the 0.05. In case of Balance ability of Karnataka and Telengana State Inter-University Tall men Basketball players there is significant difference was seen as t-value (4.03) is significant because the calculated value (.004) is less than the 0.05. In case of Reaction ability of Karnataka and Telengana State Inter-University Tall men Basketball players no significant difference was seen as t-value (0.86) is not

significant because the calculated value (.652) is less than the 0.05. In case of Rhythm ability of Karnataka and Telengana State Inter-University Tall men Basketball players there is significant difference was seen as t-value (3.54) is significant because the calculated value (.000) is less than the 0.05.

Table 2
Mean, Standard Deviation and t-values of Coordinative abilities of Karnataka and Telengana State Inter-University Short men Basketball players

Paired Samples Statistics							t-value	Sig. (2-tailed)
Pairs	Variables	Category	State	Mean	N	Std. Deviation		
Pair 1	Orientation ability	Short	Karnataka	9.24	30	0.81	6.02*	.000
			Telengana	11.82	30	0.90		
Pair 2	Differentiation ability	Short	Karnataka	13.12	30	0.86	5.12*	.000
			Telengana	10.32	30	0.72		
Pair 3	Balance ability	Short	Karnataka	9.13	30	1.76	5.46*	.000
			Telengana	11.82	30	1.96		
Pair 4	Reaction ability	Short	Karnataka	6.78	30	1.68	0.78	.612
			Telengana	6.24	30	1.60		
Pair 5	Rhythm ability	Short	Karnataka	8.23	30	1.76	4.52*	.000
			Telengana	10.18	30	1.64		

Significant at 0.05 level

Table.No.2 shows the coordinative abilities test scores of Coordinative abilities of Karnataka and Telengana State Inter-University Short men Basketball players. There is significant difference in the Orientation ability of Karnataka and Telengana State Inter-University Short men Basketball players as its t-value (6.02) is significant because the calculated value (.000) is less than 0.05. Thus, there is significant difference in the Orientation ability between Karnataka and Telengana State Inter-University Tall men Basketball players. In case of Differentiation ability of Karnataka and Telengana State Inter-University Tall men Basketball players there is significant difference was seen as t-value (5.12) is significant because the calculated value (.000) is less than the 0.05. In case of Balance ability of Karnataka and Telengana State Inter-University Tall men Basketball players there is significant difference was seen as t-value (5.46) is significant because the calculated value (.000) is less than the 0.05. In case of Reaction ability of Karnataka and Telengana State Inter-University Tall men Basketball players no significant difference was seen as t-value (0.78) is not significant because the calculated value (.612) is less than the 0.05. In case of Rhythm ability of Karnataka and Telengana State Inter-University Tall men Basketball players there is significant difference was seen as t-value (4.52) is significant because the calculated value (.000) is less than the 0.05.

CONCLUSIONS:

- There is significant difference in the Orientation ability of Karnataka and Telengana State Inter-University Tall and Short men Basketball players.
- No significant difference was seen in Differentiation ability between Karnataka and Telengana State Inter-University Tall men Basketball players.
- There is significant difference was seen in Differentiation ability between Karnataka and Telengana State Inter-University Short men Basketball players.
- There is significant difference was seen in Balance ability of Karnataka and Telengana State Inter-University Tall and Short men Basketball players.
- No significant difference was seen in Reaction ability between Karnataka and Telengana State Inter-University Tall and Short men Basketball players.

- There is significant difference was seen in Rhythm ability of Karnataka and Telengana State Inter-University Tall and Short men Basketball players.

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