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## A COMPARATIVE STUDY ON MOTOR FITNESS AMONG BASKETBALL AND HANDBALL PLAYERS

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### ABSTRACT:

The nature of sports performance has been insufficiently explored because sports performance is a complicated multidimensional process of taking a sports task. Its exploration further needs an integrated effort on the part of various training science disciplines and theory and methods of specific sports. Human movement, human performance is a subject for such varied sciences as exercise, physiology, neurophysiology, biomechanics, psychology, human cybernetics etc. the investigator selected the motor fitness components like, speed, endurance, agility, flexibility and strength tests to measure the ability of the sports players.

The present study focused on the sports performance among the basketball and handball players of Gulbarga University, Karnataka. In this study the investigator used the standardized tests AAPERD test to measure the motor fitness among the sample of the study. the major objectives of the study to measure the motor abilities of the basketball and handball players and also compare the motor ability data with each other. The research hypothesis stated that there would be significance difference in motor abilities among basketball and handball players due to difference in playing games. The basic statistical tests used to analyses the result of the study.

**KEYWORDS:** Motor fitness.

### INTRODUCTION

The sports performance is a process- the process of taking a given motor task. The degree, to which this task has been fulfilled, is the result of the process of tackling the motor task. Therefore, the concept of sports performance should include the actual process of tackling the task.

The sports performance is defined as, "unity of execution and result of sports action or a complex sequence of sports actions measured or evaluated

according to agreed and socially determined names" (Schanbel, 1987).

The actual performance is the psycho-socio-biological process. The nature of sports performance can be understood completely only by studying this process. The study of this process will field variable information about the structure of performance thereby giving valuable information having implications about training. Therefore, it is of utmost importance to understand the sports performance as a unity of movement and its result.

The concept of sports performance and its various aspects have been developed by Schnabel (1981). The sports performance is the result of the interpreted action of various control and regulatory process, taking place at various levels of the central nervous system and consciousness. These processes determine the level of motor co-ordination and find expression in the movement structure and in various qualities and characteristics of sports movement.

## METHOD OF THE STUDY

The present study is based on the comparative method and it is focused on the motor fitness levels among the basketball and handball players of Gulbarga University, the research investigator selected the fifty basketball and fifty handball players through the simple random method of sampling. The study revealed the significance differences of motor fitness among the sample of the study.

## Major Objectives

- To measure the motor fitness levels among the basketball and handball players
- To compare the motor fitness among the basketball and handball players
- Find out the significance difference in the motor fitness levels among the sample group of the study.

## Research Hypothesis

- There would be significance difference in motor fitness levels between basketball and handball players.
- There would be better motor fitness in the basketball players than the handball players.

## Sample

The present study consisted fifty basketball and fifty handball players for the research investigation and the sample were instructed by the researcher about the investigation, before the motor fitness tests the sports players were warmed up for the tests.

## Tool

Sl. No.	Motor Ability Tests	Tests	Unit of Measurement
1	Speed	50 yard dash	Time
2	Endurance	12 min. Run & Walk	Distance
3	Flexibility	Sit & Reach test	Inches
4	Agility	Shuttle run 10x4 yards	Time
5	Strength	Pull ups	Score

## Statistical tests

In this study the mean, SD, and t tests were used to test and analysis the data of the research study.

## Analysis and Interpretation of Data

Table showing the motor fitness between Basketball and Handball players of Gulbarga University

Sample	N		Speed	Endurance	Agility	Flexibility	Strength
Basketball Players	50	Mean	6.46	1922.72	11.95	3.14	13.04
		SD	1.16	297.87	.98	1.01	1.54
Handball Players	50	Mean	7.05	2114.98	12.48	1.68	10.88
		SD	1.55	198.13	1.57	1.28	1.45
t values			1.282**	2.773**	1.055**	2.66**	4.388**

Significant at 0.01\*\* levels

The table showing the motor fitness levels of the basketball and handball players of the Gulbarga university, the basketball players are better performed in speed, agility, flexibility and

strength tests than the Handball players, in endurance the handball players are better than the basketball players, all the t values are significant at 0.01\*\* levels.

## CONCLUSIONS

The result of the research study showing that the basketball players have the higher degree of motor fitness than the handball players of the study, the handball players have better endurance than the basketball players.

- The basketball players better in speed, agility, flexibility and strength than the handball players of the Gulbarga university.
- Handball players are higher in endurance test than the basketball players.
- There is significance difference in motor fitness among basketball and handball players
- The basketball player's motor fitness is better than the handball players.

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