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EFFECT OF PHYSICAL EDUCATION PROGRAMME AND BASKET BALL DRILLS ON SELECTED HEALTH RELATED FITNESS VARIABLES AMONG HIGH SCHOOL BASKET BALL PLAYERS.

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ABSTRACT:

The purpose of the present study was to find out the effect of physical education programme and Basket ball drills on selected health related fitness variables among high school Basket Ball players. To achieve the purpose of the study, 60 male subjects will be selected at random from Government High School, Dindigul, Tamilnadu, India. The age of the participants will be ranged between 12 and 15 years. The selected subjects will be randomly divided into three groups namely physical education group, Basket ball drill group and control group with twenty subjects (n=20) in each group.

Experimental groups will undergo physical training and the control group will not have any training programme apart from their regular curricular activity. The analysis of covariance (ANCOVA) will be used to find out the significant difference. If the obtained 'f' ratio is significant, Schefft's test wills he applied as a post hoc to determine the paired means difference. The results of the study showed that there was a significant improvement on selected health related fitness variables.

KEYWORDS: *physical education programme and Basket ball drills , physical training.*

INTRODUCTION

"What our country wants are men of muscles of iron and nerves of steel, gigantic will which nothing can resist, which can penetrate into the in miseries and secrets of universe and will to accomplish the purpose in any fashion, even if it is meant going to the bottom of the ocean meeting death face to face"

SWAMI VIVEKANANDA

Physical education in schools concerns the involvement of children in fitness activities, sports, health and drug education, gymnastics and some aspects of dance. All are designed to encourage a healthier more enjoyable lifestyle.

Physical fitness refers to the organic capacity of the individual to perform the tasks of the daily living without undue tiredness and fatigue and still have a reserve of strength and energy available to meet satisfactorily sudden emergency placed upon him. Physical fitness provides capacity for activity. Modern competitive performance demands severe training every day throughout the year to maintain fitness for performance at peak level.

Modern Basket Ball is a fast game. characterized by incredible athletic performances by athletes. In fact, modern Basket Ball players are able to perform many different moves, jumps, running, change of directions and technical

movements in very short time and with an order determined by the tactical situation.

NEED OF HEALTH FITNESS ON SPORTS

Physical fitness refers to the organic capacity of the individual to perform the tasks of the daily living without undue tiredness and fatigue and still have a reserve of strength and energy available to meet satisfactorily sudden emergency placed upon him. Physical fitness provides capacity for activity. The techniques and skills in sports and games have advanced dramatically which demands the competitive sport participant to possess a high degree of physical fitness. Basket Ball and Basket Ball require physical fitness to enhance the performance.

STATEMENT OF THE PROBLEM

The purpose of the study is to find out the effect of physical education programme and Basket Ball drills on selected health related fitness (cardio respiratory endurance and flexibility) among high school Basket Ball players.

HYPOTHESES

It was hypothesized in the following manner.

1. There would be a significant deference among experimental groups and control group on selected criterion variables due to physical education programme and Basket Ball drill.
2. There would be a significant difference between experimental groups on selected criterion variables.
3. There would be a significant improvement on selected criterion variables due to physical education program me and Basket Ball drill.

METHODOLOGY

Selection of Subjects

To achieve the purpose of the study, 60 male subjects will be selected at random from government high school, Dindigul, Tamilnadu, India. The age of the participants will be ranged between 12 and 15 years. The selected subjects will be randomly divided into three groups namely physical education group, Basket Ball drill group and control group with twenty subjects (n=20) in each group. Experimental groups will undergo physical training and the control group will not have any training program me apart from their regular curricular activity.

Selection of Variables

The following Physical education programme and Basket Ball drills will be selected as Dependent variables namely

Physical Education Programme

1. Free hand exercises.
2. Light apparatus exercise (Dumbbells, warns, lazime and hoops)
3. Minor games (Relay games, Ball relay games and tag games)
4. Aerobic dance.
5. Com.visual program.

Basket Ball drills such as

1. Chest pass
2. Overhead pass
3. Bounce pass
4. Wrist pass
5. Two men pass
6. Long pass
7. Run with ball passing relay
8. Jump and shoot
9. High dribble
10. Low dribble
11. Skill development visual fiber
12. Using Technique visual method

TRAINING PROGRAMME

During the training period, the experimental group underwent their respective training programmes three days per week on alternate days for twelve weeks. The training session includes, warming up and warm down period.

Every session, the workout lasted for 45 to 60 minutes approximately. The training programs carried out in the play ground and athletic track. The subjects underwent their respective training programs as per the schedules under the supervision of the investigator. Each training session was conducted only in the evening time (5.00 to 6.00 pm. During experimental period control group did not participate in any of the special training.

SELECTION OF DEPENDENT VARIABLES

HEALTH RELATED PHYSICAL FITNESS COMPONENTS

- Flexibility
- Cardio respiratory endurance

SELECTION OF TESTS

HEALTH RELATED FITNESS VARIABLES

CRITERION VARIABLES	TEST ITEMS	UNIT OF MEASUREMENT
Cardio Respiratory Endurance	1.5 mile run and walk	In Seconds
Flexibility	sit and reach	Centimeters

THE SCHEFFE'S POST HOC TEST FOR THE DIFFERENCESD BETWEEN PAIRED MEANS ON FLEXIBILITY

PHYSICAL EDUCATION GROUP	BASKET BALL GROUP	CONTROL GROUP	MEAN DIFFERENCES	CONFIDEDNCE INTERVAL VALUE
24.13	21.95	-	2.18*	.88
24.13	-	19.87	4.26*	.88
-	21.95	19.87	2.08*	.88

* Significant at .05 level of confidence.

RESULT OF THE STUDY ON FLEXIBILITY

The result of the study showed that there was significant difference among the adjusted post-test means of physical education group, Basket Ball drill group and control group on flexibility. Hence, it was concluded that physical education programme and Basket Ball drill improves flexibility.

THE SCHEFFE'S POST HOC TEST FOR THE DIFFERENCES BETWEEN PAIRED MEANS ON CARIO REPIRATORY ENDURANCE

PHYSICAL EDUCATION GROUP	BASKET BALL GROUP	CONTROL GROUP	MEAN DIFFERENCES	CONFIDEDNCE INTERVAL VALUE
655.91	654.67	-	1.24	4.90
655.91	-	672.55	16.64*	4.90
-	654.67	672.55	17.87*	4.90

* Significant at .05 level of confidence.

THE RESULT OF THE STUDY ON CARDIO RESPIRATORY ENDURANCE

The result of the study showed that there was significant difference among the adjusted post-test means of physical education group, Basket Ball drill group and control group on flexibility. Hence, it was concluded that physical education programme and Basket Ball drill improves flexibility.

STATISTICAL TECHNIQUE

The analysis of covariance (ANCOVA) will be used to find out the significant difference. If the obtained 'f' ratio is significant, Scheffe's test will be applied as a Post hoc to determine the paired means difference. In all the case level of confidence will be fixed at .05 to test the significance.

DISCUSSION ON FINDINGS

There was a significant improvement on selected criterion variables such as flexibility and cardio respiratory endurance, due to physical education programme and Basket Ball drill among them. The Basket Ball drill group dominated in the improvement on selected criterion variables.

The results of the study showed that there was a significant difference between experimental groups on selected criterion variables such as flexibility and cardio respiratory endurance due to physical education programme and Basket Ball drill. Hence, the researcher's second hypothesis was accepted.

CONCLUSIONS

- It was concluded that physical education programme group and Basket Ball drill group significantly improved flexibility of the school boys and comparing between the experimental groups, it was found t hat physical education program me group was significantly better than Basket Ball drill group.
- It was concluded that physical education programme group and Basket Ball drill group significantly improved cardiorespiratory endurance of the school boys and comparing between the experimental groups, it was found that there was no significant differences.

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