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**SELECTED PHYSICAL FITNESS VARIABLES OF
KABBADDI AND CRICKET PLAYERS^{p.p.96-101}**



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ABSTRACT

The purpose of the study was to compare the selected physical fitness variables of Kabaddi and Cricket Players. 40 players were selected on the bases of simple random sampling method of each game. The age of the selected subjects ranged from 18 to 25 years. Only (Standing Board Jump and 50 yard dash tests) were used to measures the selected physical fitness variables of the players. The study was delimited to AAPHER youth fitness test. In order to analyze the data t-test was used to analyze the data and investigator observed the significant different between Kabaddi and Cricket Players.

Keywords: Kabaddi, Cricket, Physical fitness, Standing Board Jump & 50 yard dash.

INTRODUCTION

Kabaddi and Cricket is a sport that requires both muscular strength and endurance, and for this reason when training with Physical fitness exercises you need to concentrate on developing strong muscles with high endurance capabilities. Sports and Games sports are accepted as a cultural phenomenon. There is a constant Endeavour to achieve higher standard of performance. As a result, today's sports and games demand optimum fitness and highest degree of performance. Sports is all forms of usually competitive physical activity which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators. Hundreds of sports exist, from those requiring



INDIA



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GERMANY

Page 96

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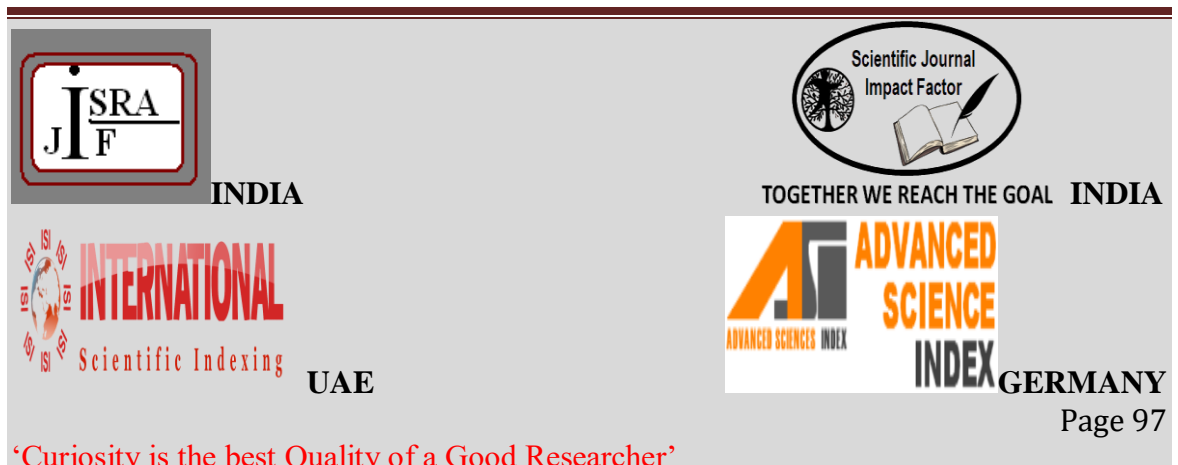
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only two participants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. Physical fitness is not an end in itself but it is a means to an end. It provides us with a basis for optimal physiological health and capacity to enjoy a full life. As we regularly need food, rest and sleep so do we need daily exercise for the maintenance of our physical capabilities. Physical fitness is a pre-requisite not only for excellence in competitive sport but is also closely related to defense and economic potential of a nation and for the quality of individual and social life. Physical fitness is a general concept defined in many ways by differing scientists. Here two major categories are considered: general fitness (a state of health and well-being), and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. Physical fitness used in two close meaning: General fitness (a state of health and well being) and Specific fitness (a task oriented definition based on the ability to perform specific aspects of sports or occupation). The participation in sports and physical education activities for good health, high degree of physical fitness, increases an individual's productivity. It is the need of every citizen irrespective of age and sex to participate and enjoy games, sports recreational activities. In endurance sports, coordinative abilities ensure higher movement effectiveness and movement economy. Where as in sport events they facilitate a higher movement frequency with high explosiveness and force application. In strength dominating sport they help in the application of short time maximum strength.

Physical fitness is the capacity of the heart, blood vessels, lungs and muscles to function at optimum efficient in previous years, fitness was destined as the capacity to carry out the day activities without undue fatigue. Automation, increased leisure time and changes in life style following the industrial revolution meant this



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INDEX
GERMANY

Page 97

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criterion will be no longer sufficient. Optimum efficiency is the key. Physical fitness is now defined as the body’s ability to function efficiently and effectively in work and leisure activities to be healthy, to resist hypo kinetics diseases and to meet emergency situations. When you think of a person who is very physically fit, who do you see? An ultra-marathoner, a sprinter, a weightlifter, a gymnast, a professional football player, or maybe a guy on the beach with a six-pack?

DESIGN OF THE STUDY

The purpose of the study was to compare the selected physical fitness variables of Kabaddi and Cricket Players. 40 players were selected on the bases of simple random sampling method of each game. The age of the selected subjects ranged from 18 to 25 years. Only (Standing Board Jump and 50 yard dash tests) were used to measures the selected physical fitness variables of the players. The study was delimited to AAPHER youth fitness test. In order to analyze the data t-test was used to analyze the data and investigator observed the significant different between Kabaddi and Cricket Players.

RESULTS AND DISCUSSION

Table 1: Comparison of Explosive Strength Component of Standing Broad Jump

Variable	Kabaddi Players		Cricket Players		SEd.	t-ratio	Level of significant
	Mean	S.D.	Mean	S.D.			
Strength (Standing Broad Jump)	2.38	0.23	2.31	0.1	0.05	1.4	significant

*Significant at .05 level



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Page 98

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The mean score (2.38) of the explosive strength component of physical fitness Kabaddi Player is high than the mean score (2.31) of Cricket Player of Ch. Charan Singh University Meerut. However, the t-ratio is 1.4, which is significant at 0.05 level. High score better Explosive strength. It means that Kabaddi Player have better Explosive strength of physical fitness than the Cricket Player of Ch. Charan Singh University Meerut.

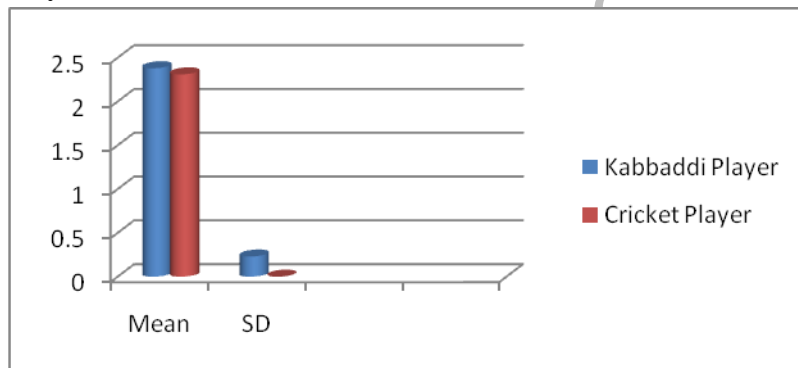



Fig 1:

Table 2: Comparison of Speed Component of 50 yard dash


Variable	Kabaddi Player		Cricket Player		SEd.	t-ratio	Level of significant
	Mean	S.D.	Mean	S.D.			
50 yard dash	7.79	0.55	7.17	0.51	0.16	3.88	significant

*Significant at .05 level

The mean score (7.79) of the speed component of physical fitness of Kabaddi Player is high than the mean score (7.17) of Cricket Player of Ch. Charan




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Page 99

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Singh University Meerut. However, the t-ratio is 3.88 which is significant at 0.05 level. High score better speed. It means that Kabaddi Player have better speed of physical fitness than the Cricket Player of Ch. Charan Singh University Meerut.

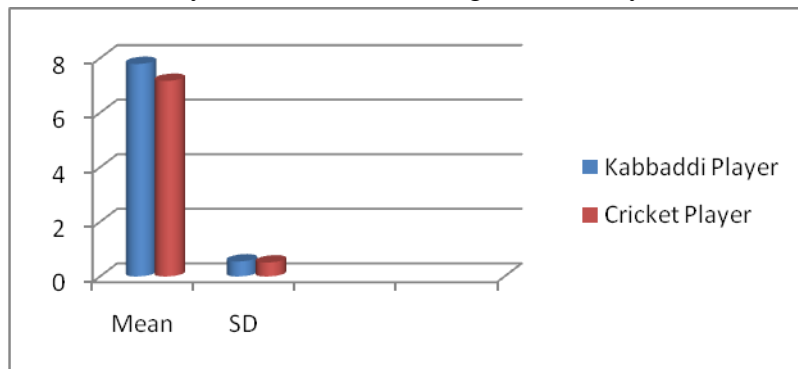


Fig 2:

CONCLUSION

On the basis of the analysis of data the Kabaddi Players were having better mean values among speed and Explosive strength than Cricket Players.

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Page 100

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Page 101

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