



## COMPARATIVE STUDY ON PERFORMANCE RELATED MOTOR FITNESS AMONG INTER SCHOOL LEVEL KHO-KHO AND KABADDI PLAYERS OF VIJAYAPURA DISTRICT.

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### **Abstract.**

*Motor fitness is gauged by performance and this performance is based on a composite of many factors. The most commonly mentioned fitness factors are strength/ endurance, power, speed, agility, balance, flexibility and stamina. Some of these factors evidently are more dominant than others and thus have a higher relationship with motor fitness," (Barrow and Rosemary 1979). The purpose of this study was to Comparative Study on Performance Related Motor Fitness among Inter School Level Kho-Kho and Kabaddi Players of Vijayapura District. To achieve the players purpose the investigator selected 30 inter school zonal level Kho-Kho players and 30 inter school zonal level Kabaddi players. The performance related Motor Fitness variable were selected as criterion variable. All the subjects of both the groups were tested on the selected dependent variables by using standard tests. The independent "t" ratio was used to analyze the significant difference, if any between groups. The 0.05 level of confidence was fixed as the level of significance to test the "t" ratio obtained, which was considered as appropriate.*

**Keywords:** *Motor Fitness, Leg explosive power, Kho-Kho and Kabaddi Players.*

### **Introduction**

Motor fitness is an inseparable part of sports performance and achievements; its components play a vital role in achieving top-level performance in sports discipline. However, importance of various components of fitness varies with different sports. Although the term motor fitness (while often used synonymously with physical fitness) was coined to include elements which involve more abilities than merely those of basic components of physical fitness yet it was not to encompass the various neuromuscular coordination skills which make up general motor ability. Motor fitness takes into account efficiency of basic movements and therefore would involve such elements as power, agility, speed and balance.

Motor fitness might be referred to as an efficient performance in such basic requirements as running, jumping, dodging, and falling, climbing, swimming with sustained effort in a variety of situations and, therefore, would involve such elements as power, agility, speed and balance. "Motor fitness is the final criterion through which all other elements of physical fitness or total fitness are seen and measured in man" (Brock 1941).

"The objective of physical education includes the development of efficiency in the fundamental movements as well as the development of neuromuscular skills and organic efficiency. So, it well may be that it is more desirable to develop and measure motor fitness than basic physical fitness," (Johnson and Nelson, 1982).



### Objective of the study

Objective of the Present Study was to Comparative Study on Performance Related Motor Fitness among Inter School Level Kho-Kho and Kabaddi Players of Vijayapura District.

### Hypothesis

Leg explosive power of the Kho-Kho girls Players is better than Kabaddi girls Players.

### Samples

Total 60 Subjects consisting of 30 Kho-Kho Girls Players and 30 Kabaddi Girls Players were randomly selected for the present study. All the Players were the participants of Inter School Level tournaments.

### Methods

To achieve the purpose of the present study, 60 subjects were randomly selected from Government High School of Vijayapura District of Karnataka State in 30 were Kho-Kho and Kabaddi girls Players. To measure the level of Motor fitness among Kho-Kho and Kabaddi Players Standing Broad Jump test was used. The collected data from Kho-Kho and Kabaddi Players was analyzed by simple “t” test and the level of significance was fixed at 0.05.level.

Table Shows Statistical Comparison of leg explosive power between Kho-Kho and Kabaddi players.

SL. No	Game	Number of Students	Mean	Standard Deviation	t-value
01	Kho-Kho	30	13.00	1.044	1.48
02	Kabaddi	30	12.83	1.114	

\*\* Significance at 0.05 Tab value = 2.042

Table indicates that a mean and standard deviation values with regard to Kho-Kho girls Players on leg explosive power variable were 13.00 and 1.044 whereas in case with Kabaddi girls players the same were recorded as 12.83 and 1.114 respectively. There were no significant difference between Kho-Kho and Kabaddi girls players were found as the calculated t-value 1.48 was less than tabulated t-value 2.042 at .05 level.

### Graphically representation of above table is made in fig. No 1.

Figure-1 Shows Mean Scores and Standard Deviation of leg explosive power of Kho-Kho and Kabaddi players

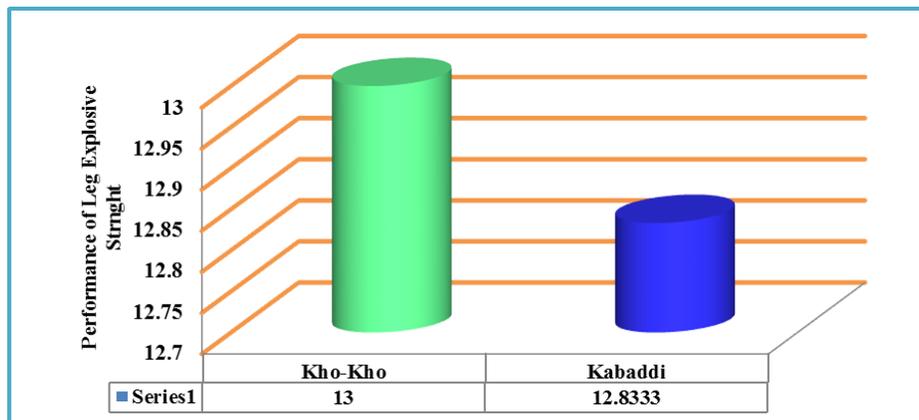




Figure 1 the above figure indicates that leg explosive power Performance mean scores a different the graphs showing of comparison of Kho-Kho and Kabaddi girls Players with to leg explosive power Performance scores. The mean leg explosive power scores of Kho-Kho and Kabaddi girls Players were 13.00 and 12.83, SD were 1.044 and 1.114 respectively. It means that the leg explosive power Performance of Kho-Kho girls Players is better than Kabaddi girls Players.

### **Conclusion**

A Comparative study on leg explosive power of Kho-Kho girls Players was better than the leg explosive power of Kabaddi girls Players.

### **References**

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