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Comparison of Physical Fitness among Team and Individual Players

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ABSTRACT

Purpose of this study to determine the comparison of physical fitness among team and individual players. Forty boys' and girls' students belonging to Department of Physical Education, Lovely Professional University, Punjab acted as subjects for the study. To measure the physical fitness of selected subjects, AAHPER Youth Fitness Test was selected, keeping in mind its wider range of application and its nature as well as its administrative feasibility. The data was collected by administering the AAHPER Youth Fitness Test. The test was administered as per the guidelines provided in AAPHER Youth Fitness Test manual. Medicine Ball Throw was considered to determine arm and shoulder strength. The strength was tested through Flexed Arm Hang. Shuttle Run Test was conducted to measure the agility and the time taken in seconds were the scores. The explosive powers of legs were tested through Standing Broad Jump. Three trials were permitted and best trial was considered and recorded in meters. For measuring speed, 50 meters Dash Run was employed and the time was recorded in seconds. One trial was permitted. To measure muscular endurance 600 meters Run/Walk test was used. Time in seconds was recorded on completion. To compare the collected data Independent 'T' Test was applied at 0.05 level of significance to find out the difference among team and individual players physical fitness. there is no significant difference was found among team and individual players' physical fitness variables Medicine Ball Throw, Shuttle Run, Standing Broad Jump, 50 Meters Dash and 600 Meters Run/Walk except Pull ups/Flexed Arm Hang.

INTRODUCTION

A sports is an organized competitive in entertaining and skillful activity requiring commitment, strategy, and fair play, in which a winner can be defined by objective means. It is governed by of rules of customs. Activities such as card and games board games are classified as "mind sports" and some are recognized as Olympics sports, requiring primarily mental skill and mental physical involvement. Noncompetitive activities, for example as jogging or playing catch are usually classified as forms of recreation.

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Physical fitness has three basic components i.e. muscular endurance, muscular strength and circular-respiratory endurance, where motor fitness is includes four additional components i.e. muscular power, agility, flexibility and speed. Along with these physical variables, physiological and psychological components also play an important role in the execution of the performance. The physical characteristics of body building in the sportsmen are advantages in one way or another during game. To excel in sports one must possess such typical characteristics, lack of which is likely to affect one's performance.

Different sports require different fitness components. During a game the exercise intensity varies continually thus fitness training should be as realistic as possible. Training should not only develop the specific muscles involved in match play, but also improve technical and tactical skills and help keep players interested. People were defining physical fitness in different ways. This is because people have different body types, different fitness goals, different health goals, and have different daily demands on their body.

METHODOLOGY

The purpose of this study was to find out different among of team and individual players in relation to their physical fitness. For the present investigation selected forty (40) students in (20 boys and 20 girls' students) which were selected randomly from Department of Physical Education, Lovely Professional University, Punjab.

SELECTION OF VARIABLES

- Medicine Ball Throw (Arms and Shoulder Strength)
- Pull ups/Flexed Arm Hang (Strength)
- Shuttle Run (Co-ordinative Ability)
- Standing Broad Jump (Explosive Strength of Legs)
- 50 Meters Dash (Speed)
- 600 Meters Run/Walk (Endurance)

To compare the collected data Independent 'T' Test was applied at 0.05 level of significance to find out the difference among team and individual players physical fitness.

ISSN-2231-3745

FINDINGS

TABLE NO.1

COMPARISON OF MEDICINE BALL THROW AMONG THE TEAM AND INDIVIDUAL

Players	Mean	Standard Deviation	Standard Error	Mean Difference	Degree of Freedom	t-value
Individual	7.33	2.76	0.62	0.02	38	0.014
Team	7.35	2.29	0.51			

* Significant at 0.05 level significance 't' (0.05) (38) = 2.042

Table no.1 shows that mean of scores of individual and team players are 7.33 and 7.35 respectively whereas standard deviation value of team and individual players is 2.76 and 2.29 respectively. As the calculated 't' value i.e. 0.014 lesser than tabulated value i.e. 2.042.

TABLE NO. 2

COMPARISON OF PULL UPS/FLEXED ARM HANG AMONG THE TEAM AND INDIVIDUAL PLAYERS

Players	Mean	Standard Deviation	Standard Error	Mean Difference	Degree of Freedom	t-value
Individual	19.00	4.94	1.10	0.70	38	0.196
Team	19.30	4.72	1.06			

* Significant at 0.05 level significance 't' (0.05) (38) = 2.042

Table no.2 shows that mean of scores of individual and team players are 19.00 and 19.30 respectively whereas standard deviation value of team and individual players is 4.94 and 4.72 respectively. As the calculated 't' value i.e. 0.196 lesser than tabulated value i.e. 2.042.

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TABLE NO. 3

COMPARISON OF PULL UPS/FLEXED ARM HANG AMONG THE TEAM AND INDIVIDUAL PLAYERS

Players	Mean	Standard Deviation	Standard Error	Mean Difference	Degree of Freedom	t-value
Individual	11.14	1.12	0.25	0.91	38	2.263*
Team	12.05	1.39	0.31			

* Significant at 0.05 level significance 't' (0.05) (38) = 2.042

Table no.3 shows that mean of scores of individual and team players are 11.14 and 12.05 respectively whereas standard deviation value of team and individual players is 1.12 and 1.39 respectively. As the calculated 't' value i.e. 2.263 lesser than tabulated value i.e. 2.042.

TABLE NO. 4

COMPARISON OF STANDING BROAD JUMP AMONG THE TEAM AND INDIVIDUAL PLAYERS

Players	Mean	Standard Deviation	Standard Error	Mean Difference	Degree of Freedom	t-value
Individual	1.91	0.30	0.07	0.07	38	0.761
Team	1.84	0.29	0.06			

* Significant at 0.05 level significance 't' (0.05) (38) = 2.042

Table no.4 shows that mean of scores of individual and team players are 1.91 and 1.84 respectively whereas standard deviation value of team and individual players is 0.30 and 0.29 respectively. As the calculated 't' value i.e. 0.761 lesser than tabulated value i.e. 2.042.

TABLE NO. 5

COMPARISON OF 50 METERS DASH AMONG THE TEAM AND INDIVIDUAL PLAYERS

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Players	Mean	Standard Deviation	Standard Error	Mean Difference	Degree of Freedom	t-value
Individual	1.91	0.30	0.07	0.07	38	0.761
Team	1.84	0.29	0.06			

* Significant at 0.05 level significance 't' (0.05) (38) = 2.042

Table no.5 shows that mean of scores of individual and team players are 7.68 and 8.69 respectively whereas standard deviation value of team and individual players is 1.34 and 1.63 respectively. As the calculated 't' value i.e. 2.141 lesser than tabulated value i.e. 2.042.

TABLE NO. 6

COMPARISON OF 600 METERS RUN/WALK AMONG THE TEAM AND INDIVIDUAL PLAYERS

Players	Mean	Standard Deviation	Standard Error	Mean Difference	Degree of Freedom	t-value
Individual	2.58	0.68	0.14	0.15	38	0.688
Team	2.73	0.71	0.16			

* Significant at 0.05 level significance 't' (0.05) (38) = 2.042

Table no.6 shows that mean of scores of individual and team players are 2.58 and 2.73 respectively whereas standard deviation value of team and individual players is 0.68 and 0.71 respectively. As the calculated 't' value i.e. 2.141 lesser than tabulated value i.e. 2.042.

CONCLUSION

It is revealed that there is no significant difference was found among team and individual players' physical fitness variables Medicine Ball Throw, Shuttle Run, Standing Broad Jump, 50 Meters Dash and 600 Meters Run/Walk except Pull ups/Flexed Arm Hang. As its well-known fact that now a day both team and individual players requires similar kind of physical fitness at state, national and international level. Individuals and team both needs more or less same kind of physical fitness to perform.

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