

Exploring the Selected Motor Fitness of Basketball and Volleyball Players

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Abstract – In the last few decades, sports have gained tremendous popularity all over the globe. The popularity of sports is still increasing at a faster pace and this happy trend is likely to continue in the future also. A fit person one who is well adjusted to his environment, his mind and body are in harmony to meet the normal demands without undue fatigue. The Purpose of the study was to compare the selected motor fitness components of Basketball men players and Volleyball men players'. To achieve the purpose of the study thirty men players from each game were selected and administered with standardised field tests. The data collected was analysed by using statistical technique 't' test. Result shows that Basketball players are superior to Volleyball players in speed, agility and endurance. But in leg power Volleyball players are better than the Basketball players.

INTRODUCTION

In the last few decades, sports have gained tremendous popularity all over the globe. The popularity of sports is still increasing at a faster pace and this happy trend is likely to continue in the future also. A fit person one who is well adjusted to his environment, his mind and body are in harmony to meet the normal demands without undue fatigue.

Fitness is for every body and not just for the youth. Fitness is a part of life, who wants to be fit, they may need of exercises. Who doesn't exercises regularly according to a well designed program will have an extra energy reserve because of the increased efficiency of body. There is an old saying "exercises may not necessarily add years to your life, but will add life to your years indeed it is true.

PURPOSE:

The purpose of the study was to compare the selected motor fitness of Basketball men players and Volleyball players.

METHODOLOGY:

For this study was conducted on sixty players comprising 30 Volleyball and 30 Basketball men players of were selected randomly selected during the Karnatak University inter-collegiate tournament.

FINDINGS: The collected data was analysed by using statistical technique 't' test and the results are presented in the following table.

Table 1. Mean, SD and t value of Basketball and Volleyball players in speed

Sl. No.	Game	N	Mean	SD	t-value
1	Basketball	30	7.50	0.469	2.33 *
2	Volleyball	30	7.89	0.874	

* Significant at 0.05 level

The above table shows the mean, standard deviation and 't' value of Basketball and Volleyball players in speed. The 't' value shows significant difference with the value of 2.323. Here Basketball players are having better speed than Volleyball players.

Table 2. Mean, SD and t value of Basketball and Volleyball players in endurance

Sl. No	Players	N	Mean	SD	t-Value
1	Basketball	30	1.58	0.286	2.74*
2	Volleyball	30	1.64	0.324	

* Significant at 0.05 level

The above table indicates the mean, standard deviation and 't' value of Basketball and Volleyball players' endurance. The 't' value indicates significant difference with the value of 2.74. Here Basketball players are more endure than Volleyball players.

Table 3. Mean, SD and t value of Basketball and Volleyball players in agility

Sl. No	Players	N	Mean	SD	t-Value
1	Basketball	30	27.82	0.73	2.25 *
2	Volleyball	30	27.23	0.10	

* Significant at 0.05 level

The above table reveals that the mean, standard deviation and 't' value of Basketball and Volleyball players' agility. The 't' value shows significant difference with the value of 2.25. In this component also Basketball players showed dominance than volley ball players.

Table 4. Mean, SD and t value of Basketball and Volleyball players in Leg power

Sl. No	Players	N	Mean	SD	t-Value
1	Basketball	30	1.37	0.34	2.44 *
2	Volleyball	30	1.61	0.36	

* Significant at 0.05 level

The above table indicate the mean, standard deviation and 't' value of Basketball and Volleyball players in vertical jump. The 't' value shows significant difference with the value of 2.44. Here Volleyball players are better than Basketball players in leg power.

CONCLUSION:

In this study results have shown significant difference in speed, endurance, Agility and leg power between Basketball and Volleyball men players. In speed, endurance, and agility Basketball players have dominated Volleyball players. This is because of the nature and skill involved in the game. In leg power, Volleyball players are better to Basketball players because in Volleyball game, most of the skills required good leg power to execute them.

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