



Category: Science of Sports Training



COMPARITIVE STUDY ON SELECTED HEALTH RELATED FITNESS VARIABLES BETWEEN WOMEN CRICKET PLAYERS AND BADMINTON PLAYERS

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INTRODUCTION

Now a day's cricket and badminton are the very crazy sports in all kind of age groups in this modern sports world. Most of the people from 10 years to 45 years are interested in playing cricket and badminton on these days. However participation in any sport definitely will give some kind of fitness to the body.

Physical fitness is divided into two types such as health related fitness and motor fitness .Harrison Clarke was one of the first to write extensively about health related physical fitness. Indeed, we would consider him and his contemporaries such as Tom Cureton, Wilhelm Raab and Arthur Steinhaus as the leaders in changing the way we view physical fitness today. The definition of fitness in 1958, when the first national youth fitness test was developed is considerably different from our current definition of physical fitness .Physical fitness, combined good health and physical development. The object of any program of physical fitness is to maximize an individual's health, strength, endurance, and skill relative to age, sex, body build, and physiology .Physical fitness is the functioning of the heart, blood vessels, lungs, and muscles at optimum efficiency. In previous years, fitness was defined as the capacity to carry out the day's activities without undue fatigue. the key.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the difference on selected health related fitness variables among cricket and badminton women players.

METHODOLOGY

To achieve the purpose of this study total thirty(30) JNT University and its affiliated colleges woman cricket players and badminton players were selected as subjects who were selected for the intercollegiate Tournament in the year of 2014 and their age was ranged from 18 to 22 years. The subjects were considered into two groups respectively cricket group (n=15) and badminton group (n=15). The study was restricted to selected health related fitness variables which were cardio respiratory endurance and flexibility .To measure the endurance 12 mins run/walk test was used and to measure the flexibility forward bending test on wooden box was used. The data collected from cricket and badminton players on cardio respiratory endurance and flexibility were statistically analyzed by 't' test to determine the difference of means.

It was evident from table 1 that the mean differences of cricket players and badminton players in the cardio respiratory endurance and flexibility were 3.28 and 2.85 respectively. Since the obtained t value 3.28 was greater than the table value 2.048 at 0.05 level of confidence in cardio respiratory endurance, it was concluded that cricket players had better cardio respiratory endurance than the badminton players. Similarly



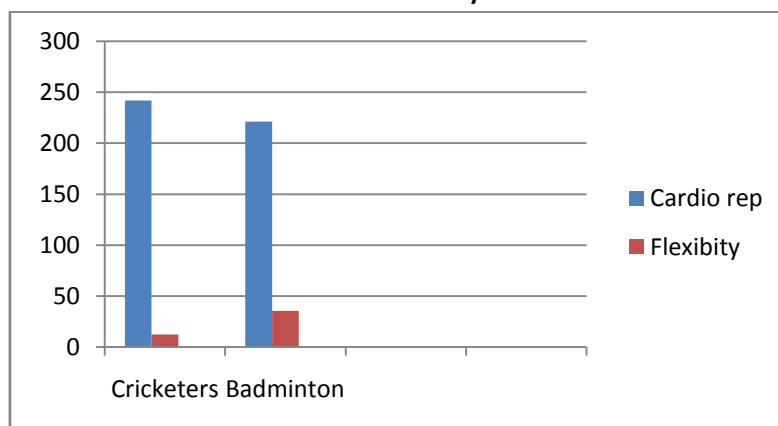
in the case of flexibility, the obtained t value 2.58 was greater than the table value 2.048 at 0.05 level of confidence. The result indicated that badminton players had better flexibility than the cricket players.

Table I. Mean, standard deviation, standard error and 't' ratio on cardio respiratory endurance and flexibility among cricketers and badminton players

Variables	Groups	Mean	Standard deviation	Standard error of mean	't' ratio
Cardio vascular endurance	Cricket players	2427	412.35	147.8	3.28*
	Badminton players	2218	383.54		
Flexibility	Cricket players	14.49	4.82	2.31	2.85*
	Badminton players	18.67	3.59		

*Significant at 0.05 level of confidence with degrees of freedom 28. The table value is 2.048.

Fig. 1 Showing That the Mean Values Of cricket and badminton players On Cardio respiratory endurance and flexibility.



CONCLUSIONS

Based on the analysis of statistical results, it was clearly evident that cricket players were better than the badminton players on cardio respiratory endurance and the badminton players are better than the cricket players on flexibility.

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