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PHYSICAL FITNESS TEAM GAME PLAYERS AND INDIVIDUAL GAME PLAYERS: A STUDY

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ABSTRACT

The study overviews the components, Physical Fitness of the Football, Kho-Kho, Volleyball, Table Tennis, Badminton and Athletics players among the team game players those learning at Government College of Physical Education Ganderbal. The examination draws the comparison among the sportspersons on the parts of Physical Fitness. The examination is restricted to the understudies Government College of Physical Education Ganderbal, wherein necessary data has been collected from 100 male participants, who participated in inter-college competitions during the session 2014-15. The sportsmen participated in the team events like group Football, Kho-Kho, Volleyball, while as Table Tennis, Badminton and Athletics where the individual events. From the data examination, it emerged that Sportsmen taking part in different programs of games exercises, express noteworthy varieties in their physical fitness level is exceedingly identified with execution in games and athletics. The physical fitness if on one hand adds to building sports limit in one classification of games, then again, work in opposition to the yearnings of the sportsman.

KEYWORDS: - *Physical Education Ganderbal , Tennis, Badminton and Athletics .*

INTRODUCTION

"Survival of the fittest", Darvin's hypothesis show that the fittest individual were those with high insight with a decent fitness can make due in any antagonistic condition. The comparable view displayed by Wechsler (1958), "capacity to act intentionally, to think soundly and bargain adequately with the earth". It implies survival of the individual and capacity to acclimate to the earth is conceivable when a decent body alongside fitness and certain scholarly properties are there. Analysts in the past likewise diagram the significance of investment in sports in building the character of youth (Rees and Howell, 1990). Different investigations in the past have demonstrated that competitors are unique in relation to non-competitors regarding scholastic accomplishment, social versatility, adjusting, visual capacity, consideration and intrapersonal improvement (Aries, 2004; Lajoie, 2007).

Physical fitness assumes an exceptionally noteworthy part in a typical individual and in a person who is participating in some sort of sports events. There are unordinary sorts of games and sports which are played out all other than world some are related with each other however some are totally unique. So to play out their extraordinary sort of sports event physical fitness is an essential factor which ought to be fixated by a player, individual has did not have his physical fitness due numerous new developments and now is completely needy upon an assortment of machines for his every day works, yes it's actual that it

spares times however finally these have some sort of antagonistic consequences for physical fitness and satisfaction of a person. To show signs of improvement physical fitness of a player preparing assumes an exceptionally noteworthy part, as the systems which are given in preparing to a player enhances the player's execution give idealistic impacts to his execution in occasions. The capacity of sportsmen to hold up under things assumes an imperative part in his execution. Physical fitness is an imperative idea of physical training and can't be overlooked; it is a critical determinant, Harre1, for an abnormal state of skill in methods and strategies in many games, an abnormal state of physical fitness is generally vital. So to make the determination in sports physical fitness is the most essential factor and can't be ignored. Physical fitness is a condition of prosperity that contains ability and wellbeing related segments. Fitness is a condition in which an individual has adequate vitality to keep away from exhaustion and appreciate life. It is important for elderly individuals to keep up and enhance their physical fitness with a specific end goal to fulfill solid, high caliber of day by day life (Tanaka et al., 2004). Aptitude related physical fitness alludes to a person's athletic capacity in games, for example, tennis and envelops ability related properties like dynamic adjust, power, speed, and agility; the wellbeing related perspective is a measure of cardiovascular endurance, muscle quality, perseverance and adaptability and body structure (Hopkins and Walker, 1988). Physical fitness is measured by practical tests that are particular and normally regularizing based, as opposed to standard based, in this manner leaving unanswered with reference to the amount of a particular wellness factor (e.g. solid continuance) is required for a decent personal satisfaction (Chia et al., 2007). There are various components which are in charge of the execution of sportsmen. The physical make-up and body structure including the size, shape, and frame are known to assume a noteworthy part in such manner (Sodhi&Sidhu, 1984). The execution of a sportsman in any diversion or occasion likewise relies upon physical wellness. The physical wellness or condition is the aggregate of five engine capacities in particular solid quality, nimbleness, power, speed and cardiovascular continuance. In this manner, the games execution in all games depends to extraordinary degree on these capacities. Change and upkeep of physical wellness is the most imperative point of games preparing (Uppal, 1980). Strong power frequently alluded to as hazardous power, is a mix of speed and quality which is vital in overwhelming execution since it decides how hard a man can hit, hop and push and so forth. Spryness is the capacity to alter the course of the body or its parts quickly which is reliant on quality, response time, the speed of development and strong coordination. Speedy begin and stops and fast alters in course are principal for good execution in games. Running rate isn't just an athletic occasion itself; however it is an imperative factor in all court and field diversions it can come about because of the distinction in whether an entertainer can pick up leeway over his/her rival. Man's presence and adequacy rely on his physical wellness. Indeed, even now, physical wellness truly infers more than the ability to complete a work without much hard work. Physical fitness influences ones life's activities the physical joy and mental productivity as well as the individual and social alteration. (Singh 1986) detailed that game is aggressive in nature and each sportsman endeavors to better the prior records and records are broken all the more quickly these days. "Games" he states, "is a perfect character building school for youth. The very idea of the game requires a specific measure of aptitude and physical fitness. It has been because of the developing change in the focused rationality of games that a nearby contact has created among sports researcher, group doctor, athletic mentors, mentors and competitors to inspect present day logical technique regarding the choice of competitors. The execution of a sportsman in any diversion or occasion additionally relies upon solid quality, deftness, power, speed, and cardiovascular continuance. Alongside these physical factors, the physiological and mental component likewise assumes a noteworthy part in the finishing of the execution. Most appropriate action and new preparing techniques accomplish perfection. The point of the present investigation was to choose the distinctions in chose physical wellness independence between the individual amusement and group diversion competitors.

Physical fitness is partitioned into four prosperity and six expertise related segments. Wellbeing related fitness is the capacity to end up plainly fit and remain physically solid. Ability related fitness improves one's execution in athletic or sports events.

Health Components	Skill Components
Cardio respiratory fitness	Agility
Muscular strength and endurance	Balance
Flexibility	Power
Body Composition	Speed
	Coordination
	Reaction Time

SIGNIFICANCE OF THE STUDY: -

The investigation will evaluate the Physical Fitness of players for the benefit of between inter-college in the team and individual events. Aggressive games are loaded with challenges, so youths taken to focus games must demonstrate the required fitness traits together with factors of Physical Fitness to address the difficulties viably. The factors of Physical Fitness should be contemplated effectively. The discoveries of the examination will help the instructor and coaches to takes choices in their work with youthful players participating at various levels and prepare them in a fitting way. The discoveries of the examination can demonstrate dynamic in the region of training, as it is the teachers who are connected with College camps to discover the capacity and how to wideout them in order to improve conceivable them to perform in the groups and individual events.

OBJECTIVES OF THE STUDY: -

To think about the personality and division of scores for sportsmen for the benefit of college Team and individual occasions on the factors of 'Physical Fitness'.

HYPOTHESES: -

The Sportsmen speaking to the college Team and Individual Events vary altogether regarding their level of Physical Fitness.

SCOPE OF THE STUDY: -

Physical Fitness levels of the sportsmen for the benefit of Government College of Physical Education Ganderbal were measured through Physical Fitness. Just male sportsmen, who were speaking to Physical Fitness in the group and individual occasions at the between inter-college level, were chosen for the examination.

OPERATIONAL DEFINITION OF KEY TERMS: -

Terms utilized as a part of the present investigation having diverse meanings might be characterized as under:-

- Physical Fitness: I read that Physical wellness is a general condition of wellbeing and bliss and, all the more only, the capacity to perform parts of games, occupations and day by day exercises. Physical wellness is by and large accomplished through appropriate eating routine, direct lively physical exercise, physical action, and satisfactory rest. Before the modern insurrection, wellness was characterized as the ability to complete the day's exercises without undue exhaustion. Be that as it may, with computerization and changes in ways of life physical fitness is presently viewed as an assurance of the body's capacity to work professionally and effectively in work and extra time exercises, to be sound, to oppose hypokinetic maladies, and to meet emergency circumstances
- Team Events: It alludes to the players who in the interest of inter-college group activities occasions.
- Individual Events: It alludes to the players who in the interest of school in the individual games events.

RELATED LITERATURE: -

Investigators must be aware of the research studies conducted in the past and only then he/she will be in a position to contribute something in the original. Good, (1972) has rightly remarked, "without a critical study of the related literature, the investigator will be groping in the dark and perhaps uselessly, repeat the work already done. Accordingly, some of the studies conducted in the areas of Physical Fitness have been reviewed hereunder, so as to develop a better understanding of the subject and the concepts. The various types of methods, techniques and the tests used to assess the Physical Fitness level of the teams and individual events by the various sports scientists and Physical Educationalist is listed in this chapter. A brief review of related literature is presented below.

VishawGaurav et al (2010) Studied Comparison of physical fitness variables between individual games and team games athletes The aim of the study was to investigate the significant differences of selected physical fitness variables between individual games and team games athletes. A group of 30 sportspersons A (Individual games athletes: N=15) and B (Team games athletes=15) of age group 18-25 years were selected from the department of physical education (T), Guru Nanak Dev University, Amritsar, Punjab, India. It was hypothesized that there may be significant differences with regard to selected physical fitness variables among individual and team games athletes. The between-group differences were assessed by using an independent samples t-test. The level of $p \leq 0.01$ was considered significant. An independent samples t-test revealed that individual games athletes had significantly higher muscular strength, agility, power, speed and cardiovascular endurance ($p<0.01$) than team games athletes. Further investigations are needed on the above-studied variables along with physiological variables to assess relationships among them and with performances in team games and individual games athletes.

Xianwen Shang Ailing Liu ET. Al (2010), the research objectives of the association were the physical fitness, inter alia, to the Chinese children. Methods: a total of 6 or 12 the 6929 under 15 years of age 5 selected primary schools in the eastern Chinese city for height and weight. The age for nonspecific criteria used on thin, overweight BMI obesity and. Physical fitness parameters, i.e. standing wide, 50m sprint, and 50 (8) regular shuttle run m has been tested results. The slim, and the overweight and obesity, and 3.1 % and 14.9 % and 7.8 %.Boys and girls are better than the children made more than their younger counterparts, all physical fitness. There is no significant difference between the three physical fitness test children and neonates, the normal weight, and they both better than the overweight and obese children three physical fitness. This was a good performance, overweight and obese children is much lower than that of normal-weight their companions (or=0, 13 -0,54 microns). Conclusions: the association of obesity, cardiorespiratory fitness, muscle and explosive, and, inter alia, the Chinese children. Studied

Sinku and Chavan (2011) were investigated to identify the physical fitness components of physical and urban students. 40 students, 20 physical and 20 urban from various colleges of Swami Ramanand Teerth Marathwada University, Nanded, Maharashtra India were selected as a subject for the study. Execution criteria were the presence of the chronic medical condition such as asthma, heart disease or any other condition that would put the subject at risk when performing the physical fitness components. Data collection for height and weight measurements, and the application of tests, running, jumping, etc., is in place, the options were to analyze the data for a statistical procedure in which the arithmetic mean, standard deviation, and the T-test.The average age of students physical 21,03 (3.11) year; the height of it was 171,33+ 5,22 cm68.48 and the weight is less than less than 3.91 (+kg a year. The other side of the (+) This means that the urban students 21,99 (3,72) year, the height + 171,66(67,92 + 8.29cm, (+ 3.76).The essential difference is in the flexibility" ($t=3.11, p<.05$), the urban students, physical and urban students more flexible, as it turned out the comparison of the physical ability students ($t = 3.26$ amps a, $p<.05$) was a major difference between the physical & urban students. The urban students to incur at speed significantly less able students to compare the physical. Meanwhile, a significant difference is in the durable ($t=5, 96, p<.05$), the physical and the urban students. The students physical, it was found that more cardiovascular, compare the urban students. Comparison between the explosive force the most significant difference between the

physical and the urban students were found (t=6, 53, p<0.5).Most of the students in the physical. Although the not significant difference between the two groups had not the strength.

Sunil Kumar (2011) the study made an attempt to compare the physical fitness, i.e. structural strength, endurance, agility, and flexibility the urban physical and urban students. The study,50 150 urban students physical and 50 urban Delhi University. The data was collected for height and weight measurements, and the application of tests jumps out, and if the engine is running and the flexibility test, etc., from the comparison and analysis of the data, was the statistical procedure, during which shall be the arithmetic mean and standard deviation standard error (e.g.), Medium (not), t-test is also employed also the students' excellent physical strength, endurance, speed, and agility. The urban students, it was found that a much more difficult task, such as the flexible and excellent.

Gill and Nishan Deolet Manmeet Singh. Al. (2012), the study made an attempt to compare the physical fitness, i.e., structural strength, endurance, agility and flexibility of the urban physical and urban students. The study of the urban students, 50 150 physical and 50 urban the Punjabi University, feast forward in Patiala. The data was collected for height and weight measurements, and jumps out of the tests, and entered, while the engine is running and the flexibility test, analysis of the data, and a comparison was the statistical procedure in which arithmetic average, standard deviation (e.g. I don't understand (standard error), t-test is also employed. Urban students have found excellent physical strength, endurance, speed, and agility. The urban students, it was found that a much more difficult task, such as the flexible and excellent.

DR. SHAFIODDIN S. SHAIKH (2012) studied A Comparative of Physical Fitness among athletes and Non-Athletes for the present study 100 Sample were selected from Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, 50 subjects were an athlete and 50 subject's non-athlete. The age range of subjects was 18-26 years Ratio were 1:1 for data collection first permission has been taken from respective sources than the despondence has been selected for data collection. Personal data sheet (PDS) has been given to collect the preliminary information with respect to subject's related variables then standardized lest administer to the subjects. Before that rapport was established with subjects- And they have been told that their responses were kept confidential and the information is used for research purpose only. Variable: Independent variable: 1) Players a) Athlete b) Non-Athlete Dependent Variable: 1) Physical Fitness on the basis of results it has been analyzed that the athletes have better physical fitness as compared to non-athletes

KohliKeshavetal (2014) studied A Comparative Study of Physical Fitness Variables of male Volleyball Players and Football Players. The study was conducted to compare the physical fitness of Volleyball and Football players of Khalsa Public School, Amritsar, and Punjab, INDIA. For this study 15 football (Age 17±0.845) and 15 volleyball players (age 16.866 ± 0.833) were selected. Physical fitness variables were strength, endurance, agility, speed, flexibility. The tests taken to measure these were pull ups, sit ups, shuttle runs, 50 m dash and 600 m run. Data were analyzed by using t-test at 0.05significance. Analyzed data showed that there was no significant difference in pull ups, sit ups, 50 m dash, and 600 m run, but there was a significant difference between the two groups on the basis of the shuttle run performed by them.

Anil Kumar (2014) studied Comparison status of strength and speed between Kho-Kho and Kabaddi male players. The purpose of the study was to compare the physical fitness variable of Kho-Kho and Kabaddi Players to fulfill the objective of the study, (25 Kho-Kho and 25 Kabaddi) players. Only those male players of K.U.K. were selected who have participated at the minimum intercollegiate level of K. U. K. The data were collected in different coaching camps organized by the university. The age of the selected subjects ranged from 19 to 25 years. (Standing Board Jump and 60-yard dash tests) were used to measures the selected physical fitness variables of the players. In order to analyze the data t-test was used to analyze the data and investigator observed the significant differences between Kho-Kho and Kabaddi players.

Gulshankumar et al (2013) studied A COMPARATIVE STUDY OF PHYSICAL FITNESS OF STATE LEVEL MEDALIST& NON-MEDALIST WEIGHTLIFTERS The purpose of this study was to compare the Physical Fitness components of State level Medalist & Non-medalist weightlifters. A total of 48 state-level medalist & non-

medalist weightlifters were selected (24 Medalist, 24 Non-medalist) from different districts of Haryana State. Haryana State weightlifting tournament held at Palwal from Ist Feb. to 3rd Feb. 2008 in men section. In this study, the Physical fitness of the weightlifters was studied in terms of Endurance, Strength, Power, Speed, Agility, and Flexibility. The six elements of Physical fitness were studied with the help of different tests. The present study has been analyzed with the help of mean SD, SEM and the comparison between the groups was done with the help of ratios. The study revealed that on the basis of t-test applied the finding of the study calculated the medalist and non-medalist weightlifters show a significant difference in possessing the speed and agility, power, strength, flexibility, and endurance. The medalist weightlifters were found significantly possessing a higher degree of speed ability, agility ability, power ability, flexibility ability and endurance ability as compared to the non-medalist weightlifter.

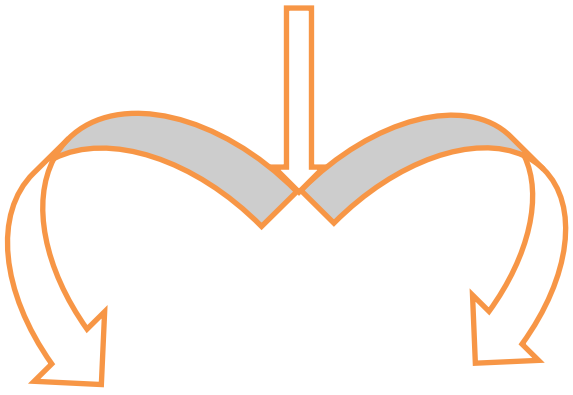
METHODOLOGY AND SCOPE OF THE STUDY: -

The study overviews the physical wellness among the male games people amusements individuals of the Government College of Physical Education Ganderbal sharing in individual and group events in between inter-college rivalries in the midst of the session 2014-15. The data was accumulated by AAPHER Youth Physical Fitness Test. (only four batteries).In each one of the fifty (50) individuals, each from the individual and the group events was picked as subjects for the data collection.

S No.	Items	Purpose
1.	50 yard Dash	Speed
2.	Shuttle Run	Agility
3.	Standing Broad Jump	Lower body Strength
4.	Pull Ups	Upper body Strength

Groups
1). Team game players = 50
2). Individual game players = 50
Total Samples=100

Source of Data: - For the present investigation subjects were chosen from Government College of physical education Ganderbal. There were 100 subjects (50 team game players and 50 individual game players from the said college.



RESULTS: -

The objectives of the present investigation were to study and analyze the level of Physical Fitness. Two trials are permitted, and the best time is recorded to the closest 2 decimal spots. The timing begins with

the first movement (if utilizing a stopwatch) or when the planning framework is activated and finishes when the chest crosses the end line and or the finishing timing gate is triggered.

Reliability: Reliability is incredibly enhanced if timing gates are utilized. Likewise, climate conditions and the running surface can influence the outcomes, and these conditions ought to be recorded with the outcomes. On the off chance that conceivable, set up the track with a crosswind to limit the impact of wind.

Shuttle Run:- This test portrays the method as utilized as a part of the President's Challenge Fitness Awards. The varieties recorded beneath give different approaches to likewise play out this test.

Purpose: this is a test of speed and agility, which is essential in many games and sports.

Equipment required: wooden blocks, marker cones, measurement tape, stopwatch, non-slip surface.

Procedure: This test requires the individual to keep running forward and backward between two parallel lines as quick as possible. Set up two lines of cones 30 feet separated or utilize line markings, and place two squares of wood or a comparative object behind one of the lines. Beginning at the line opposite the blocks, on the flag "Ready? Go!" the member rushes to the next line, picks up a block and comes back to put it behind the beginning line, at that point comes back to get the second block, at that point keeps running with it back over the line.

Scoring: Two or more trails may be performed, and the quickest time is recorded. Results are recorded to the nearest tenth of a second.

Standing Broad Jump: The Standing long jump, also called the Broad Jump, is a common and easy to administer test of explosive leg power.

Purpose: to measure the explosive power of the legs

Equipment required: measuring tape to measure distance jumped, non-slip floor for take-off, and soft landing area preferred. Commercial Long Jump Landing Mats are also available. The take-off line should be clearly marked.

Procedure: The competitor remains behind a line set apart on the ground with feet slightly apart. A two-foot take-off and landing are utilized, with the swinging of the arms and bending of the knees to give forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are permitted.

Scoring: The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.

Pull Ups: The pull up test (also called the chin-up test) is widely used as a measure of upper body strength.

Purpose: This test measures upper body muscle strength and endurance.

Equipment required: Horizontal overhead bar, at an adequate height so that the participants can hang from with arms fully extended and feet not touching the floor.

Procedure: Grasp the overhead bar using either an overhand grip (palms facing away from body) or underhand grip (palms facing toward body), with the arms fully extended. The subject then raises the body until the chin clears the top of the bar, then lowers again to a position with the arms fully extended. The pull-ups should be done in a smooth motion. Jerky motion, swinging the body, and kicking or bending the legs is not permitted. As many full pull-ups as possible are performed.

Scoring: The total number of correctly completed pull-ups is recorded.

T-TEST OF TEAM GAME PLAYERS AND INDIVIDUAL GAME PLAYERS

GROUP STATISTICS

TABLE No. 1

Variables	Group	N	Mean	Std. Deviation	Std. Error Mean
50 yard dash	Team Sport	50	6.8205	.57580	.08143
	Individual Sport	50	6.9974	.56657	08013
Shuttle run	Team Sport	50	10.7580	1.10932	.15688
	Individual Sport	50	10.2794	.89262	.12624
Standing Broad Jump	Team Sport	50	2.1586	.29004	.04102

	Individual Sport	50	2.0640	.26323	.03723
Pull ups	Team Sport	50	14.2400	3.25489	.46031
	Individual Sport	50	17.7400	6.64189	.93930

Independent Sample test

TABLE No. 2

Variables	T	DF	Sig. (2-tailed)	Mean Difference	Standard error difference
50 yard dash	1.548	98	.125	-.17690	.11424
Shuttle run	2.377	98	.019	.47860	.20136
Standing Broad Jump	1.708	98	.091	.09460	.05539
Pull ups	3.346	98	.001	-3.50000	1.04603

Mean difference of 50 yard dash (Speed) between Team Game and Individual Game players

TABLE No. 3

DESCRIPTIVE STATISTICS

S. No.	Game	No. of Students	Mean	Standard Deviation	't'- Value
01	Team Game Players	50	6.8205	.57580	**1.548**
02	Individual Game players	50	6.9974	.56657	

- Significant at 0.05 level (Df=98) Table value is =1.66

From the above table it was experimental that the obtained 't' assessment of "Speed" is 1.548 at 0.05 level of significance which is less than the tabulated assessment 't' 1.66.Hence it was accomplished that the two means of team game players and individual game players does not significantly differ from each other. I.e. The team game players and individual game players have approximately the same speed. The two means were given graphically in below figure 1.

Figure: 1

Measurements in Time (seconds)

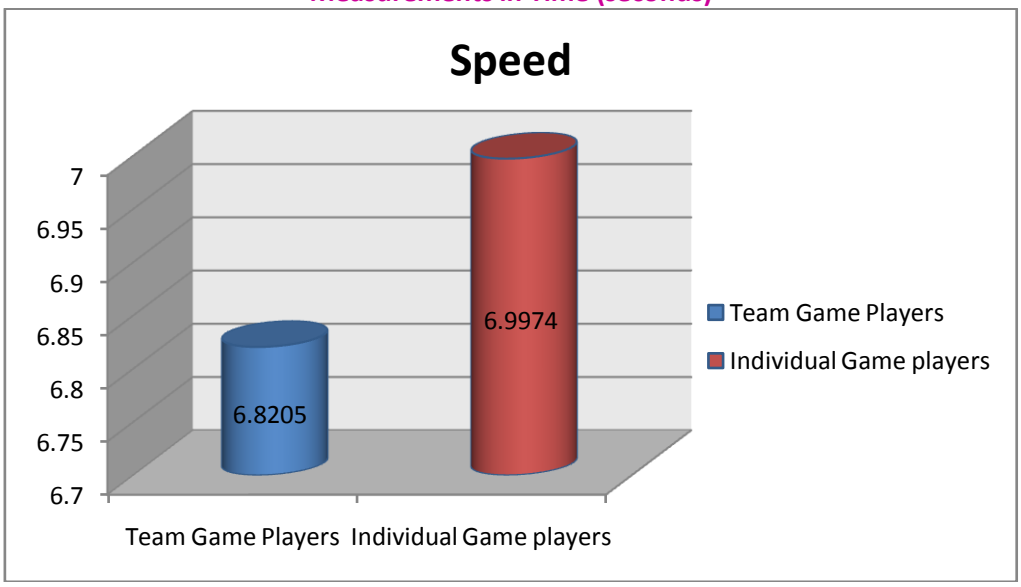


Figure 1: Assessment of speed between team game players and individual game players.

Mean difference of Shuttle Run (Agility) between Team Game and Individual Game players

TABLE No. 4

DESCRIPTIVE STATISTICS

S. No.	Game	No. of Students	Mean	Standard Deviation	't'- Value
01	Team Game Players	50	10.7580	.57580	**2.377**
02	Individual Game Players	50	10.2794	.56657	

- Significant at 0.05 level (Df=98) Table value is =1.66

From the above table it was observed that the obtained 't' value of "Agility" is 2.377 at 0.05 level of significance which is greater than the tabulated value 't' 1.66. Hence it was concluded that the two means of team game players and individual game players differ significantly from each other. I.e. the Individual game players have more Agility than team game player's players. The two means were given graphically in below figure 2.

Figure: 2

Measurements in Time (seconds)

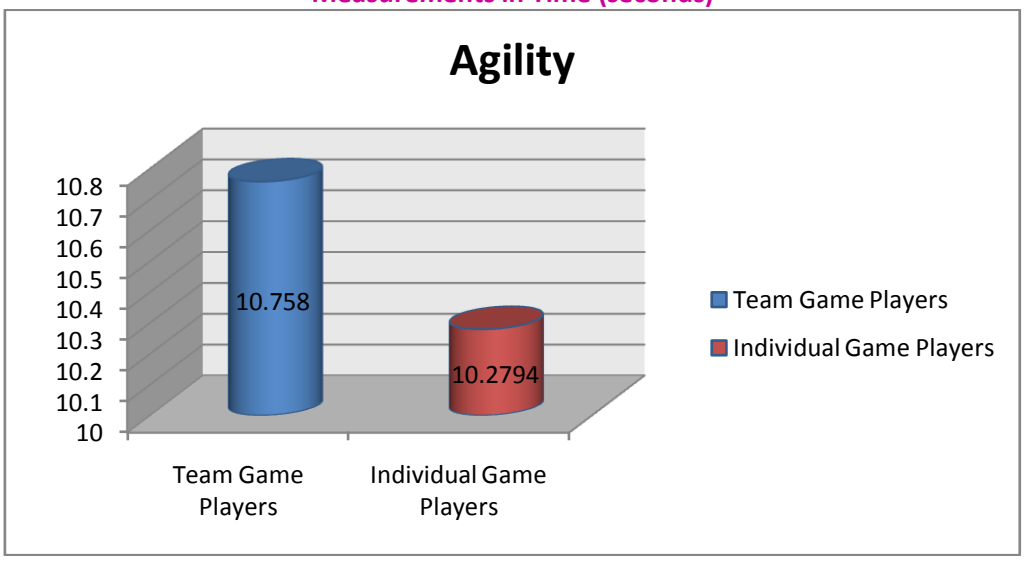


Figure 2: Assessment of Agility between team game players and individual game players.

Mean difference of Standing Broad Jump (Lower Body Strength) Team Game and Individual Game players

TABLE No. 5

DESCRIPTIVE STATISTICS

S. No.	Game	No. of Students	Mean	Standard Deviation	't'- Value
01	Team Game Players	50	2.1586	.29004	**1.708**
02	Individual Game Players	50	2.0640	.26323	

- Significant at 0.05 level (Df=98) Table value is =1.66

From the above table it was observed that the obtained't' value of "S B J" is 1.708 at 0.05 level of significance which is greater than the tabulated value 't' 1.66 .Hence it was concluded that the two means of team game players and individual game players differ significantly from each other. I.e. The Individual game

players have lower body strength than team game players. The two means were given graphically in below figure 3.

Figure: 3
Measurements in Distance (Meters)

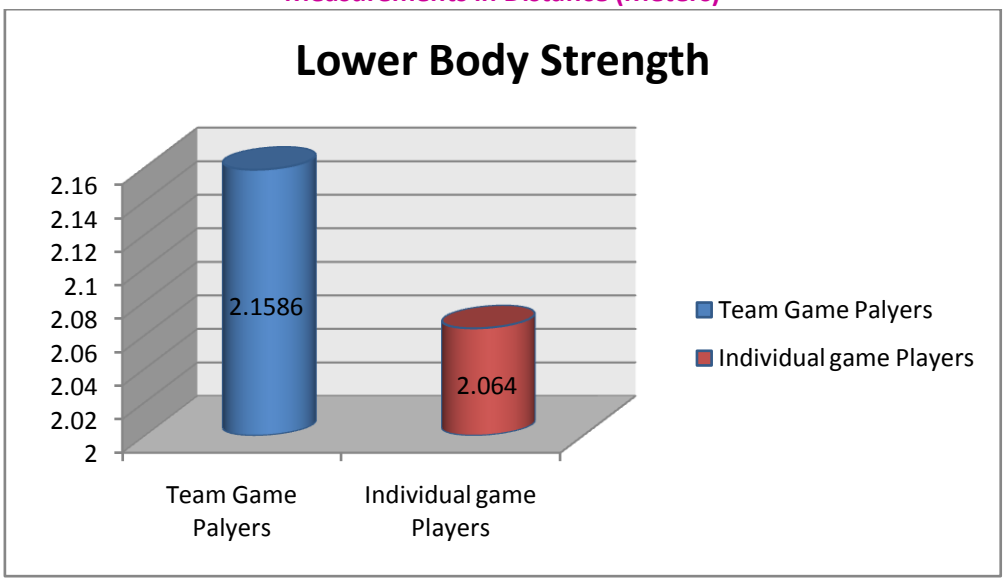


Figure 3: Assessment of lower body strength between team game players and individual game players.

Mean difference of Pull Ups (Upper Body Strength) between Team Game and Individual Game players

TABLE No. 6
DESCRIPTIVE STATISTICS

S. No.	Game	No. of Students	Mean	Standard Deviation	't'- Value
01	Team Game Players	50	14.2400	3.25489	**3.346**
02	Individual Game players	50	17.7400	6.64189	

- Significant at 0.05 level (Df=98) Table value is =1.66

From the above table it was observed that the obtained't' value of "Upper body strength" is 3.346 at 0.05 level of significance which is greater than the tabulated value 't' 1.66.Hence it was concluded that the two means of team game players and individual game players differ significantly from each other. I.e. The Individual game players have more Upper Body Strength than team game players. The two means were given graphically in below figure 4.

Figure: 4
Measurement in Distance (meters)

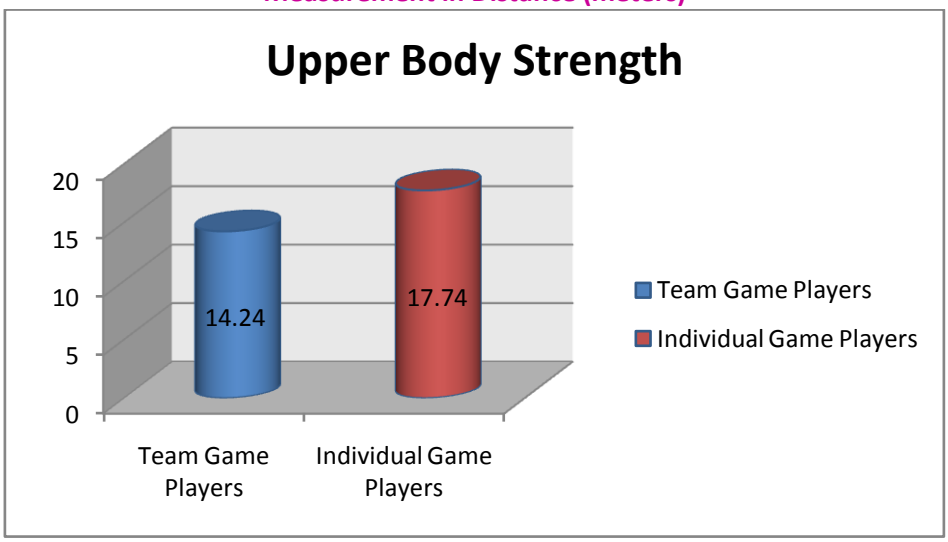


Figure 4: Assessment of Upper Body Strength between team game players and individual game players.

FINDINGS AND CONCLUSIONS: -

On the basis of analysis and interpretation of data, following conclusions may be drawn for the present study

- There was no significant difference in speed among the team game players and individual game players.
- There was a significant difference in upper body strength among team game players and individual game players. I.e. the individual game players have more upper body strength as compared to team game players.
- There was a significant difference in lower body strength among team game players and individual game players. I.e. The Individual game players have lower body strength than team game players.
- There was a significant difference in agility among team game players and individual game players. I.e. the Individual game players have more Agility than team game player's players.
- There was a significant difference in intelligence among team game players and individual game players. I.e. The Individual game players have more Intelligence than team game players.

SUGGESTIONS FOR FURTHER STUDIES: -

On the base of present study similar kind of studies can be conducted on the male and female inter-college level, district level, state level, national level teams game players and individual game players.

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