



A COMPARATIVE STUDY OF ANTHROPOMETRIC VARIABLES OF NETBALL AND VOLLEYBALL PLAYERS

Sudhir Kulkarni
Assistant professor



ABSTRACT

Anthropometric estimations have been a piece of physical instruction research and assessment since its origin. The prior research in the region of anthropometry was with the accentuation on changes in muscle estimate, realized through activities. (Clarke and Clarke, 1989) Anthropometry establishes the soonest type of estimation in physical training, as one may induce. Investigation of the human constitution and its extents started numerous hundreds of years back. Anthropometric factors, for example, weight, standing tallness, sitting stature, foot length, fore leg length, thigh length, leg length and shoulder width are identified with ideal and apt execution in group and also singular game. Physical instructors have since a long time ago understood that the execution of people is enormously affected by such factors of age, tallness, a safe distance, leg length and body structure.

KEYWORDS: *Anthropometric estimations , physical training , weight, standing tallness.*

INTRODUCTION

Netball is a ball sport played by two groups of seven players. Each group endeavors to score objectives by passing a ball down the court and shooting it through its objective ring. Players are allocated explicit positions, which characterize their jobs inside the group and confine their development to specific regions of the court. Amid general play, a player with the ball can clutch it for just three seconds previously shooting for an objective or going to another player. The triumphant group is the one that scores the most objectives. Netball games are a hour long. Varieties have been created to build the amusement's pace and request to a more extensive gathering of people.

Volleyball has formed into an exceedingly aggressive game which requires an abnormal state of physical, physiological and anthropometric wellness. The amusement at an abnormal state of rivalry, requires speedier sudden developments and quick response. Volleyball matches have no time limit and matches can keep going for a few hours, if the groups are equally coordinated.

STATEMENT OF THE PROBLEM

The reason for the investigation was to make a relative examination of anthropometric variable among volleyball and netball players.

HYPOTHESES

It was estimated that there would be critical contrasts among netball players of men, ladies, volleyball players of people on chosen anthropometric factors, stature, weight, leg length, a safe distance, upper arm bigness and thigh circumference.

IMPORTANCE OF THE STUDY

The discoveries of the investigation might be useful for survey the status of netball and volleyball players on chose anthropometric, physical wellness and physiological factors.

DELIMITATION

To accomplish the motivation behind the examination, the agent haphazardly chosen 150 ladies netball players who partook at intercollegiate dimension competitions held in Kerala State. Similarly, 150 ladies volleyball players who took an interest at intercollegiate dimension competitions were chosen from various universities who partook at intercollegiate dimension competitions held in Kerala.

TEST FOR THE STUDY

The present investigation was bound to the haphazardly chosen 150 netball players comprising of 75 men and 75 ladies and 150 volleyball players comprising of 75 men and 75 ladies from various schools of Kerala State situated at different places in the University of Kerala Region. The age gathering of the subjects were between 18-25 years with standard deviation + 2.15. The schools were situated at different spots at college of Kerala.

RESEARCH DESIGN

This exploration adjusted "Similar Research" technique to look at anthropometric, factors of netball and volleyball players. Relative research points looking at least two gatherings of subjects with a view to finding something around one or everything being thought about. In this examination, people netball players and volleyball players of anthropometric factors were analyzed. The gathered information were factually examined utilizing 't' test to analyze two gatherings, that is, young men and young ladies of netball and volleyball players. In all cases 0.05 dimension was settled to test the theory of this examination.

ANTHROPOMETRIC VARIABLES

1. HEIGHT: Apparatus used: Stadiometer and Anthropometric bar

Test Description: Height will be estimated by anthropometric bar. The subject stands erect exposed footed on a plane even surface against a divider with her rear areas, back of the shoulder and head contacting the divider and stretch the body. Tallness will be recorded in meters.

2. WEIGHT: Apparatus used: Weighing Machine

Test Description: The weights of the subjects were gone up against a gauging machine with the subjects wearing short and vest as it were. They remained on the gauging machine and weight was recorded closest to a large portion of a kilogram.

3. LEG LENGTH: Apparatus utilized: Flexible Steel Tape

Test Description: To decide the leg length, the inspector confronted the subject the hands roughly four to six creeps underneath the subject's midriff on the hip and requested that the subject swing the correct leg forward and backward gradually and lifting it to the outside. By control, the inspector could find the spot where the more prominent trochanter entered the pelvic support. The tallness of the more prominent trochanter from the floor was estimated. This technique was pursued multiple times with each subject. The estimation was recorded in centimeters.

4. ARM LENGTH: Apparatus utilized: Flexible Steel Tap, Rod, Pencil and Paper

Test Description: Reposition the finish of the estimating tape to a spot around 5 crawls from one end of the pole. The subject was requested to get a handle on the pole and to hold in his arm at around 45 degrees from the midline of the body the elbow must be broadened completely amid this estimation.

Scoring

Subsequent to taking a few estimations, record on the fit pack sheet under adjusted a safe distance of the subject was recorded.

CONCLUSION:

The acquired means on anthropometric variable, Arm Length of netball players was 65.97 with standard deviation +8.56 and volleyball players was 66.16 with standard deviation + 8.61 and the mean distinction was - 0.19. The got 't' estimation of - 0.2 was not noteworthy at 0.05 as the got 't' esteem was lesser than the required 't' estimation of 1.65 to be huge at 0.05 dimension. Correlation demonstrated that there was unimportant contrast between players of netball and volleyball on anthropometric variable Arm Length.

The mean estimations of netball and volleyball players on anthropometric variable, Arm Length is introduced graphically in Figure VIII through bar chart for better comprehension of the consequences of this investigation.

The outcomes demonstrated that there were noteworthy contrasts on anthropometric factors, stature, weight, leg length, a safe distance, percent muscle to fat ratio, and upper arm bigness among people netball and volleyball players and the figured theory No. 1 that there would be huge contrasts among netball players of men, ladies, volleyball players of people on chosen anthropometric factors, tallness, weight, leg length, a safe distance, percent muscle versus fat and upper arm circumference was acknowledged. In any case, the outcomes on weight list and thigh circumference demonstrated that there were no noteworthy contrasts and to this degree the defined speculation was rejected and the invalid theory was acknowledged at 0.05 dimension.

It was reasoned that there were noteworthy contrasts on anthropometric factors tallness, weight, leg length, a safe distance, percent muscle to fat ratio and upper arm bigness among people netball and volleyball players. What's more, there were no critical contrasts on weight file and upper arm size of the people netball and volleyball players.

It was reasoned that there were no critical contrasts between netball players and volleyball players comprising of the two people players, there was no huge contrasts on stature, weight, leg length, a safe distance, percent muscle versus fat, weight record and thigh size. With respect to upper arm bigness, it was discovered that netball players were more noteworthy than volleyball players.

REFERENCE:

1. Md. Ariful, Islam; Md., Asadujjaman; Md., Nuruzzaman; Md. Mosharraf, Hossain. "Ergonomics Consideration for Hospital Bed Design: A Case Study in Bangladesh". *Journal of Modern Science and Technology* 01 (01): 30-44.
2. Ganong, William F. (Lange Medical, 2001) *Review of Medical Physiology* (pp. 392-397)
3. Gill, Simeon; Parker, Christopher J. (2014). "The True Height of the Waist: Explorations of Automated Body Scanner Waist Definitions of the TC2 scanner". *Proc. of 5th Int. Conf. on 3D Body Scanning Technologies: 55–65*. doi:10.15221/14.055. Retrieved 1 May 2018.
4. Shortest man world record: It's official! Chandra Bahadur Dangi is smallest adult of all time Guinness World Records
5. "Tallest Man". *Guinness World Records*. March 19, 2010. Archived from the original on March 19, 2010. Retrieved 2010-03-19. at Wayback machine