



AN EVALUATION OF SELECTED PHYSICAL FITNESS VARIABLES OF KABADDI AND KHO-KHO PLAYERS FROM GOVERNMENT FIRST GRADE COLLEGE, KOPPA

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ABSTRACT

The motivation behind this investigation was a near examination of physical wellness factors viz., control, nimbleness, quality, speed, adaptability, and perseverance was directed on players of Kabaddi and Kho-kho players amid day by day instructional courses of the two amusements in the school. The subjects for the investigation were members between age aggregate 18-21 of First Grade undergrads. A sum of 75 students were analyzed. The investigation uncovers that, Kabaddi and Kho-kho players have square with leg control nimbleness, adaptability and speed capacity. Dexterity and Endurance of Kho-kho players was the best contrasted with by Kabaddi players. The arm quality of Kabaddi players was the best though; Kho-kho players performed similarly. Consequently, according to the necessity of the particular diversion every one of the players are physically fit yet, in contrast with Kabaddi players, Kho-kho players address a superior wellness. This examination gives base data to contriving preparing module for upgrade of execution of the players of the two indigenous recreations.

KEYWORDS: Kabaddi, Kho-kho, Physical fitness, speed, flexibility.

INTRODUCTION

Idea of physical wellness is as old as mankind. Since the commencement of humanity physical wellness has been viewed as a fundamental component of consistently life. The antiquated individuals were chiefly needy upon their individual quality, power and essentialness for physical survival. This included dominance of some essential ability like quality, speed, continuance, deftness for running, bouncing, climbing and different aptitudes utilized in chasing for their livings. In the course of recent decades, there has been an expansion in the commonness of overweight and physical wellness weakening in grown-up over all sexual orientations, ages and racial/ethnic gatherings. Physical wellness is the capacity to perform every day exercises enthusiastically and effectively. Physical wellness incorporates parts of games as well as those of wellbeing also. Standard physical movement anticipates or confines weight gain, and gain in weight record (BMI). Each individual has an alternate dimension of physical wellness which may change with time, work environment, circumstance and there is likewise a communication between the day by day exercises and the wellness of an individual, the point if where to put the dimension of ideal wellness. From the physiological perspective physical wellness may state to be capacity at the body to embrace and recoup from strenuous exercise. Charles (2006) directed an investigation on the "Distinctions in wellbeing for country and urban Canadians". His report demonstrates that Canadians living in rustic territories by and large have higher death rates than those living in urban areas. The master board of the World Health Organization (1981) depicted physical wellness as "the capacity to attempt strong work tastefully". Physical wellness is the ability to ahead of schedule out, sensibly well, different types of physical exercises, without being unduly drained and incorporates characteristics critical to the person's wellbeing and well-being. Good wellbeing gives sound and

strong establishment on which wellness rests and in the meantime wellness gives a standout amongst the most essential key to wellbeing and carrying on with one's life to fullest. In towns which framed the primary residence of edified man provincial games became out of sheer need. Joint protection against on slaughters of a typical adversary and hazardous creatures probably brought forth sports like wrestling, running, hopping, weight lifting and such performing expressions as estimating quality by holding wrists, curving hands and so on. Same is the situation with recreations and sports in provincial and urban settings. We see that there is a great deal of distinction in light of a legitimate concern for kids. Like we see that in rustic territories kids are enjoying minor, indigenous exercises and field diversions like football, kabaddi, kho-kho, hockey, wrestling, games and so forth though, in urban we discover youngsters playing ball, swimming, badminton, tennis, squash, golf and so on.

Physical wellness is the key need for any wearing action. Engine characteristics, for example, speed, quality, perseverance, and adaptability alongside physical wellness are basic for magnificence in games. Sports mentors and mentors are underscoring on enhancing the physical wellness and engine characteristics of the players, which is otherwise called molding. A decent molding system is the foundation of the general preparing of the sportsperson.

Physical wellness is arranged into general and explicit wellness. General wellness alludes to the engine characteristics required in any sportsperson regardless of the games discipline, for example, speed, quality, adaptability, perseverance and co-appointment. Every single game requests certain engine characteristics over the customary. Explicit wellness is the heightened dimension of engine characteristics accomplished by the sportsperson that is required by the explicit game.

In Kabaddi, the explicit wellness is with reference to quality, speed and co-appointment. Wellness preparing prepares the sportsperson to confront the physiological and mental difficulties that come his way in his aggressive games profession. Explicit wellness empowers the player to play out the bizarre developments required by the concerned game, which the non-sportsman does not perform in his ordinary daily schedule. Explicit wellness anyway depends a great deal on general wellness and this is the motivation behind why the sportsperson needs to give square with significance to both general and additionally explicit wellness, to succeed.

OBJECTIVES OF THE STUDY

The fundamental goal of the present investigation will be to discover the distinction among Kabaddi and Kho-Kho players at school level with respect to their physical wellness factors. The formally, the destinations of the investigation will be as per the following:

- To discover the diverse between physical wellness segments of Kabaddi and Kho-Kho players, for example, speed, touchy quality, cardiovascular continuance, coordinative capacity, power and adaptability.

IMPEDIMENTS OF THE STUDY

The discoveries of the investigation will be comprehended by thinking about the accompanying impediments.

1. Accessibility of modest number of test size will be one of the constraint of the examination.
2. Refined testing hardware and advanced gear for activities will likewise be one of the confinement for the present investigation.
3. Singular contrasts among the subjects and different factors, for example, Life Style, dietary propensities, day by day schedule, will likewise thought about restrictions for the present examination.

MATERIALS AND METHODS,

With the end goal of the investigation seventy five players-40 from the session of Kabaddi and 35 from the Kho-Kho has been chosen on purposively and haphazardly premise, who has won award/position in

between university, South-Zonal and took an interest in College Games amid the 2013 and 2014. Every one of the subjects were frequently rehearsing and contending in their particular games rivalry.

The part of leg control just was utilized as a marker of intensity estimated by utilizing Standing Broad Jump Test (Ground surfaces of around 20 feet with stamped 'take-disconnected' at any side and an estimating tape was utilized to decide the separation of the bounce. The separate scores of the players were recorded with the assistance of two prepared aides. Each hop was estimated in meters from the take off point to the closest point where any piece of the body contacts the ground surface. The perusing of the best bounce out of three trails was recorded as the last score. Deftness was estimated by transport Run Test .Scoring was done up to the closest tenth of a second on fruition of three laps. Speed of the subjects was acquired by 50-Yard Dash Test .The score was characterized as the slipped by time to the closest tenth of a second between the beginning sign and the minute the subject crosses the end goal. Adaptability was estimated by Kraus-Weber Floor Touch Test formulated by Kraus, and Hirschland for testing the scope of development at explicit joints (contacting the fingertips to the floor by bowing descending have been utilized to inspect the capacity of the parts of the body to expand or flex).Endurance was analyzed by 600yard run/walk(548.64 mts.) Time required to finish the undertaking was recorded right away.

To discover the distinction among Kabaddi and Kho-Kho players on their chose Physical factors, the required factual count were registered with the assistance of SPSS programming in the PC. The distinction among all the chose physical wellness factors, the information were gathered and investigated utilizing the unmistakable measurements and,, "T" test. The dimension of hugeness was set at .05 level. At the point when a two followed meet gathering measurable centrality mean examination 't' test was utilized on both the arrangement of information, the outcome found clear altogether in lion's share of the factors.

RESULTS AND DISCUSSION

The information gathered with different instruments of physical wellness factors were organized, classified and measurably dissected. The accompanying procedures as mean, SD, and Z-test were utilized to see the importance of contrasts between the players of Kabaddi, Kho-kho and Wrestling on different estimates utilized in the examination.

Kabaddi and Kho-kho players have comparable leg control, in light of the fact that both the recreations include in reverse and forward developments and furthermore bouncing all through the play. These activities help in the advancement of the leg control. The term of the play and the developments of speed are relatively same in both the diversions. Consequently, no noteworthy contrasts exist between speed capacity of the players. In Kabaddi and Kho-kho, the players need to confront the assault of a pillager, who executes numerous abilities with speed –, for example, contacting with hands, back kick, and intersection the reward line. In the meantime the safeguards additionally apply numerous strategies to hold the plunderer –, for example, lower leg hold, thigh hold, knee hold, and chain hold and so on the component of spryness assumes an essential job in these developments. In all the two amusements, be that as it may; development of bowing forward is performed by the safeguards to execute numerous aptitudes, for example, lower leg hold, thigh hold, and knee hold. Henceforth, the players of the considerable number of diversions create square with adaptability of the storage compartment.

Continuance segments of Kho-kho players are better when contrasted with that of Kabaddi players presumably on the grounds that, Kho-kho field zone is greater than the Kabaddi field zone. In this manner, while playing, the Kho-kho players cover more separation by running when contrasted with the Kabaddi players, where the field is a lot littler. Additionally, in Kho-kho, the ability of running rules. In this amusement a group of nine players pursues the protectors with greatest speed to put them out and in the meantime the safeguards keep running with the most extreme speed not to be put out. This procedure proceeds till a term of 9 minutes. There are four terms of 9 minutes in Kho-Kho diversion, though; in Kabaddi the ceaseless running of 9 minutes does not occur. This might be the motivation behind why the Kho-kho players indicate better outcomes on 600 yard run/walk(548.64 mts.) Test when contrasted with Kabaddi players.

Table demonstrates that the mean of the dexterity of Kho-Kho and Kabaddi Players was 7.06 and 6.31 individually. Though the standard deviation of the nimbleness of Kho-Kho and Kabaddi Players was 0.89 and 0.58 separately. The 'T' estimation of the dexterity was 2.68 . The examination appears there are huge distinction between kho-kho and kabaddi players in connection to readiness.

CONCLUSION

Physical Fitness is by and large accomplished through exercise, right sustenance and enough rest. It is a critical piece of life. Distinctive recreations gave to do the body exercises, in an unexpected way. Kabaddi and Kho-Kho players are similarly conducive to creating abilities among players. The present examination will have the criticalness of self-appraisal of physical wellness of Kabaddi and Kho-Kho players. The proposed investigation may look for the noteworthiness through the examination of the components between the Kabaddi and Kho-Kho players. Mentors, coaches and physical training educators for Kabaddi and Kho-Kho players to create physical and physiological wellness of sportsmen.

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