

COMPARISON OF AGILITY BETWEEN SPORTS AND NON SPORTS PERSONS

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Abstract:

The aim of the study was to find out the agility among Sports and Non Sports Person. The subjects of the study were twenty Sports Person and twenty Non Sports Person with in age of 20 to 25 years. All persons are from Jat Colleges of M.D.U, (Rohtak). The data was randomly collected. To measure the agility the Shuttle Run was used. The 't' test was in use to compare agility between Sports and Non Sports Person. The 'p' value was in use to find significant different between Sports and Non Sports Person. The level of significance value was in use is 0.05. Result: For analysis and interpretation of the collected data, there was significant difference in agility between handball and basketball players. Sports person are having good agility compare to Non Sports person because the Sports person are involved more in running and agility type of Movements in game.

KEYWORDS:

Agility, Shuttle run, Sports person and Non Sports person.

INTRODUCTION

Generally, agility can be defined by the ability to explosively start, decelerate, change direction, and accelerate again quickly while maintaining body control and minimizing a reduction in speed. Universally, agility can often be described as an athlete's collective coordinative abilities. These are the basic elements of technical skills used to perform motor tasks spanning the power spectrum from dynamic gross activities to fine motor control tasks and include adaptive ability, balance, combinatory ability, differentiation, orientation and rhythm. Coordinative abilities are often recognized to be most easily developed in preadolescence, which is considered to be an important time period for skill development. This period often changes focus during adolescence when the shift from general to special preparation should begin.

Most athletic activities that utilize agility occur in less than 10 seconds and involve the ability to coordinate a few or several sport specific tasks simultaneously (like catching a football and then making a series of evasive moves and cuts to avoid being tackled in order to advance the ball further down the field. With the exception of skills specific to the sport, agility can be the primary determining factor to predict success in a sport. Sports inherently require changes of direction in which lateral movements are used in the several planes of movement simultaneously. Sports regularly are played in short bursts of 30 feet (10 yards) or less before a change of direction, acceleration and/or deceleration is required. Because movements can be initiated from various body alignments, athletes need to be able to react with strength, explosiveness and quickness from these different positions.

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Some people in sport may believe that agility is primarily determined by genetics and is therefore difficult to improve or enhance to any significant level. Sport coaches often become enamoured with an athlete that possesses natural physical attributes (physical size, strength, vertical & horizontal power, ideal body composition) that are generally associated with a successful performance in sport.

However, many coaches often find these attributes alone will not guarantee success in sports that require agility. Unfortunately, because of the focus placed on physical attributes the focus on off-season programs often revolves around strength training and conditioning. Often agility and speed development at sport-specific speeds are neglected or only focused upon during small blocks of time in the preseason. Agility is a neural ability that is developed over time with many repetitions. The nervous system, motor abilities and sport specific movements at sport-specific speeds will have little time for development if not addressed throughout the off-season. It takes athletes weeks and months to see improvements in speed and agility. Agility should be trained as an important component of the annual training program.

Athletes who train for power oriented sports by only strength training and not incorporating sport-specific agility training are making a mistake in reaching their absolute best performance enhancement for sport. Whether it is a basketball player cutting toward a pass or a football lineman pulling to trap a defensive lineman, agility is a “critical” and often overlooked component of athletic performance. In sports such as baseball lateral speed, agility and quickness can be just as essential as strength and speed. The performances of athletes in sports today have dramatically elevated the level of agility necessary for performance success. There is a direct correlation between improved agility and the development of athletic timing, rhythm and movement.

The key to improving agility is to minimize the loss of speed when redirecting your body's centre of gravity. Drills that require rapid changes of direction forward, backward, vertically and laterally will help you improve your agility as well as coordination by training your body to make these changes in movement more quickly.[1]

Professional sportspeople earn all or part of their living through participating in sporting events, either as individuals or as members of a team.

Professional sportspeople may perform the following tasks:

maintain a high degree of expertise in their particular sport
attend regular practice sessions and undertake private training to maintain the required standard of fitness
take part in scheduled sporting competitions
repair sporting equipment or organise its repair
undertake sports promotional activities, demonstrations and television appearances
coach individuals, groups and/or teams by demonstrating techniques and supervising practice.[2]

Sports have many advantages and disadvantages as listed in the previous posts e.g. these are necessary for the health of body and mind and provide recreation. Most sports also inculcate in us discipline and team spirit i.e. cooperation. But what I see as a major disadvantage is the loss of time and money of the spectators that can be used more effectively for the benefit of mankind, and this is especially true for cricket where a single match goes on for days. The spectators, in this case, are sitting on their butts watching them for hours for many days. The idle time spent by them is not much different than the drug addicts. Sorry for such a strong analogy, if someone is hurt.[3]

Statement of the problem: Comparison of Agility between Sports and Non Sports Persons.

SIGNIFICANCE OF THE STUDY

The study would be of great significance as it would provide an opportunity to the physical educators, coaches and athletes. This study may bring out information about the agility status among sports person and non sports person.

Hypothesis of the study

There would be significant difference in agility between handball and basketball players. Sports person are having good agility compare to Non Sports person.

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Research Methodology

The present study was conducted on 20 subjects from sports person and 20 subjects from non sports person. The age of the subject were ranging from 20 to 25 years.

Data Collection

The research scholar followed the following method for collection of data. Shuttle Run Test was conducted for Agility at stadium and Demonstration of all the test was given to the subjects. This test requires the person to run back and forth between two parallel lines as fast as possible. Set up two lines of cones 30 feet apart or use line markings, and place two blocks of wood or a similar object behind one of the lines. Starting at the line opposite the blocks, on the signal "Ready Go" the participant runs to the other line, picks up a block and returns to place it behind the starting line, then returns to pick up the second block, then runs with it back across the line.[4] and all effort were made by the researcher to ensure accuracy and uniformity in conducting the tests.

Analysis of the data: Shuttle Run tests are analyzed and the results are discussed here

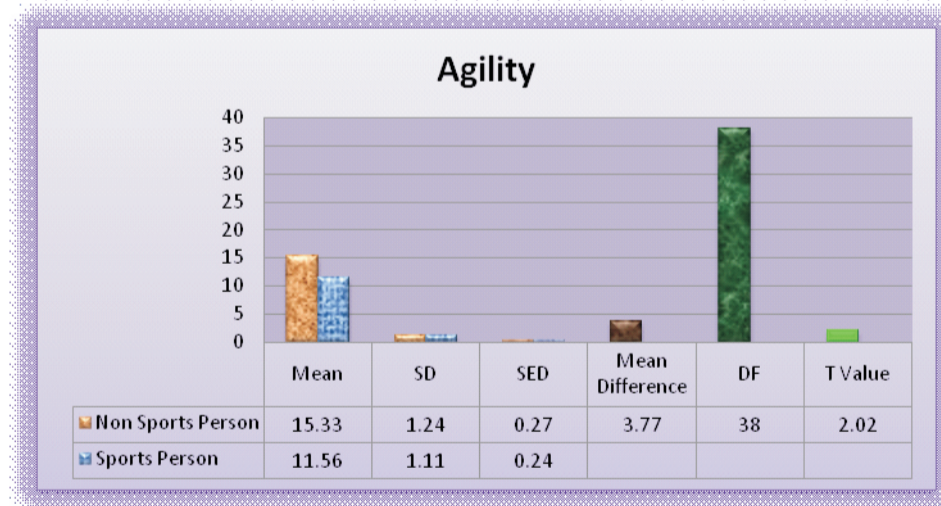
Table – 1
Comparison of agility between Non Sports Person and Sports Person

Agility	Mean	SD	SED	Mean Difference	Degree of Freedom	't' Value
Non Sports Person	15.33	1.24	0.27	3.77	38	2.02
Sports Person	11.56	1.11	0.24			

*Significant at 0.05 level

According to Table 1, the Mean of Agility in Non Sports Person and Sports Person were 15.33 and 11.56 respectively, the SD of Agility in Non Sports Person and Sports Person were 1.24 and 1.11 respectively, the SED of Agility in Non Sports Person and Sports Person were 0.27 and 0.24 respectively, the Mean Difference of Agility between Non Sports Person and Sports Person was 3.77, the Degree of Freedom of Agility between Non Sports Person and Sports Person was 38. Whereas the 't' value 2.02 was found between Non Sports Person and Sports Person, so we can say that the difference was significant at 0.05 which prove that there are agility of Non Sports Person better than Sports Person.

Graph – 1
Comparison of agility between Non Sports Person and Sports Person



CONCLUSION

Hence it was concluded that Non Sports Person showed superior performances than Sports Person between ages of 20 to 25 years. Non Sports Person needs to start regular practice, hard work and professional determination and devotion to improve in strength flexibility and power resting pulse rate and body fat percentage to attain perfect level of sportsmen ship and play for Nation.

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