

COMPARISON OF EXPLOSIVE STRENGTH & FLEXIBILITY AMONG JUMPERS & THROWERS

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Abstract:

The main Objective of this study was to compare the explosive strength & flexibility among jumpers & throwers. A total number of sample were 60 athlete's in which 30 jumpers & 30 throwers and equally divided in to two groups. The age group of the sample ranged from 17 & 19 years. The sample was selected from Punjab State who had participated at State level of Competition & from random basis. To find out the explosive strength, standing broad jump & for flexibility bend & reach test has been used. Result found that jumpers have more explosive strength than throwers & also jumpers have more flexibility than throwers.

KEYWORDS:

Explosive strength, Flexibility, Jumpers & Throwers etc.

INTRODUCTION

Typically track men are slight in skeleton framework with longer four legs relative to thighs & longer leg length relative to length of trunk, but with exceedingly well developed musculature. The jumpers, hurdles and pole-vaulter are relatively slim in skeletal build and are taller with longer legs and shorter trunks. The typical throwers (including short putters) are those with greater arm span/height and greater upper arm length/forearm length. The variation in human physique is so enormous that it is extremely difficult to classify them with specific criteria. Sometimes both constitutions are considered as the synonymous of physique. Damon (1970) defined constitution as the sum ode. The ugly well developed musculature an individual's innate and relatively fixed biological development. It is an application to the structure function relationship of man. So classification of human morphology had remained a long interest among the human biologists, physical anthropologists, audiologists and the scientists related to this field. Numerous efforts have been done in this line. Few scientists have the opinion that constitutional factors play a significant role in man's susceptibility to diseases and that one's constitutional make up is related to temperament and behavior. Effort to classify the human physique started as early as the time of Hippocrates. He suggested a twofold classification viz. habitués phithicus (linear) and habitués apoplecticus (lateral) expressing that each type was especially prone to certain diseases arid associated with certain temperamental types. Since then numerous efforts have been made to classify human physique. The longer lower extremities with smaller & slender trunk in them seem to be an asset for reduction of relative body weight.

METHODOLOGY:

60 athlete's in which 30 jumpers & 30 throwers were selected as subjects for the purpose of the study and the age group of the samples ranged from 17 & 19 years. All the selected subjects were classified into two groups. For this purpose conventional criterion, statistical technique't test was used.

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RESULT & DISCUSSION:

Table No.1
Show the comparison of Explosive strength between jumpers and throwers

Jumpers				Throwers			
Groups	N	Mean	S.D.	N	Mean	S.D.	t value
Under17	16	6.86	0.81	17	6.63	0.40	1.10
Under19	16	6.69	0.59	18	6.65	0.58	1.97

(under 17 years df-32) (under 19 years df-33) *Significant at 0.05 level (Table Value t-2.03 at 0.05 level) (Table Value t-2.03 at 0.05 level)

From table no.1, shows that comparison of Explosive strength between jumpers and throwers of under 17 and 19 years age groups. The mean values of under 17 years age group of jumpers and throwers were found to be (6.86 and 6.63), respectively and under 19 year age group were found to be (6.69 and 6.63), respectively. In statistically results were found to be significant in under 17 and non significant in 19 years age groups (t = 1.10 and 1.97), respectively. The results shows under 17 and 19 years age groups jumpers have more explosive strength than throwers.

Table No.2
Show the comparison of Flexibility between jumpers and throwers

Jumpers				Throwers			
Groups	b	a s	{ S }	b	a s	{ S }	C
Under17	23.81	23.76	12.06	23.29	19.63	11.61	12.06
Under19	23.81	23.76	12.06	23.29	19.63	11.61	12.06

(under 17 years df— 32) (under 19 years df— 33) *Significant at 0.05 level (Table Value t-2.03 at 0.05 level) (Table Value t-2.03 at 0.05 level)

From table no.2 shows that comparison of flexibility between jumpers and throwers of under 17 and 19 years age groups. The mean values of under 17 years age group of jumpers and throwers were found to be (23.81 and 23.76), respectively and under 19 year age group were found to be (23.29 and 19.63), respectively. In statistically results were found to be significant in under 17 and non significant in 19 years age groups (t = 12.06 and 11.61), respectively. The results shows under 17 and 19 years age groups jumpers have better flexibility than throwers.

CONCLUSION:

The results found that under 17 & 19 years age group jumpers have more explosive strength & flexibility than throwers.

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