

COMPARISON OF PHYSICAL AND PHYSIOLOGICAL PARAMETERS OF KABADDI AND KHO-KHO INTER-VARSITY PLAYERS

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ABSTRACT

The primary reason for this investigation will be to think about chosen physical and physiological factors of kabaddi and kho-kho between varsity Players. The example comprised of fifty male kabaddi and kho-kho focal zone between varsity Players by basic arbitrary examining technique. The chose physical wellness factors are readiness, quality and adaptability and physiological factors are systolic and diastolic weight, hemoglobin (Hb %) and resting beat rate. The consequences of t-proportion of it demonstrated noteworthy distinction in some physical wellness and physiological parameters of kabaddi and kho-kho intervarsity players. In physiological parameters diastolic weight indicated critical distinction among kabaddi and kho-kho players. The diastolic weight of kho-kho intervarsity players more than kabaddi intervarsity players, which might be because of nature of amusement and development which request more blood volume with more prominent diastolic weight yet systolic weight, hemoglobin (Hb%) and resting beat rate communicated inconsequential distinction among kabaddi and kho-kho intervarsity players. The inquire about finding of some physical wellness parameters demonstrated critical contrast among kabaddi and kho-kho intervarsity players. The readiness and unstable quality communicated critical distinction. The spryness of kabaddi intervarsity players more than kho-kho players, which because of fast and rapid development in getting and attack. The dangerous quality of kho-kho players higher than kabaddi intervarsity players however Flexibility demonstrated irrelevant distinction among kabaddi and kho-kho players.

KEYWORDS: Physical fitness, Flexibility and Kho-Kho.

INTRODUCTION

Amusements and sports have been a piece of human life nearly since the time immemorial. Be it a need for his survival for example chasing for nourishment, safe house and wellbeing from wild creature or different foes, or as a quest for joy. The recreations and sports have been fundamental to humanity, and have moved toward becoming piece of the way of life. The recreations and sports are an incredible bringing together power and have colossal impact on the national and global integration. Through the inception of games is lost in classical times, it is very sure that physical action has been a piece of the life of even crude men. For him it may have been a fundamental need of life, more than fun and preoccupation, for his survival relied upon it. Chasing, angling, heaving rockets were exercises on which his survival depended. Slowly alongside the procedure of development, such exercises turned out to be a greater amount of have and progressed toward becoming impact of the way of life of the clans. Individuals use sports and amusements as a method of transmitting the social legacy of their clans. Recreations sports and physical exercises continued

notwithstanding the ascent and fall of old human advancements and turned out to be emphatically implanted in the historical backdrop of development as a culture legacy, which was passed on starting with one age then onto the next. Today, diversions and sports have risen as general social wonders.

OBJECTIVE OF THE STUDY

The primary reason for this investigation will be to think about chosen physical and physiological factors of Kabaddi and Kho-Kho between varsity Players.

HYPOTHESIS

Based on accessible writing and the specialist's own insight, about the issue, it is speculated that there will be noteworthy contrast in physical and physiological factors of Kabaddi and Kho-Kho between varsity players.

METHODOLOGY

The example comprised of fifty male Kabaddi and Kho-Kho focal zone between varsity Players of each diversion and their matured extended between 18 to 28 years. All subjects had partaken in focal zone interuniversity Kabbadi competition, session 2013-14 held at Kakatiya University, Warangal, Andhra Pradesh from 25-11-2013 to 28-11-2013 and focal zone Kho-Kho competition held at Uttkal University, Bhuneshwar, Orissa from 17-12-2013 to 20-12-2013 individually. The players were educated about the substance of the examinations arranged, and they and additionally their mentors assented to intentional testing.

SELECTION OF SUBJECT:

The subject chose for this investigation was fifty male Kabaddi and fifty Kho-Kho focal zone between varsity players of different college groups for gathering of information.

DISCUSSION OF FINDINGS

The consequences of t-proportion of it indicated noteworthy distinction in some physical wellness and physiological parameters of kabaddi and kho-kho intervarsity players. In physiological parameters diastolic weight indicated critical distinction among kabaddi and kho-kho players. The diastolic weight of kho-kho intervarsity players more than kabaddi intervarsity players, which might be because of nature of amusement and development which request more blood volume with more prominent diastolic weight yet systolic weight, hemoglobin (Hb%) and resting beat rate communicated inconsequential distinction among kabaddi and kho-kho intervarsity players.

The examination finding of some physical wellness parameters showed critical contrast among kabaddi and kho-kho intervarsity players. The readiness and dangerous quality communicated critical contrast. The spryness of kabaddi intervarsity players more than kho-kho players, which because of snappy and expedient development in getting and assault. The touchy quality of kho-kho players higher than kabaddi intervarsity players yet Flexibility demonstrated inconsequential contrast among kabaddi and kho-kho players.

DISCUSSION OF HYPOTHESIS

Based on result, it is speculated that there were critical contrast in deftness, dangerous quality and diastolic weight factors of Kabaddi and Kho-Kho between varsity players.

It is likewise estimated that there were immaterial contrast in others physical and physiological factors of Kabaddi and Kho-Kho intervarsity players.



CONCLUSION AND RECOMMENDATIONS

1. On the premise of finding and inside the restriction of present examination the accompanying end has been drawn:
2. From table-1 it was seen that there is no critical contrast in systolic weight of kabaddi and kho-kho intervarsity players.
3. From table-2 it was seen that there is critical contrast in diastolic weight of kabaddi and kho-kho intervarsity players.
4. From table-3, it was found seen that there is no huge distinction in hemoglobin level of kabaddi and kho-kho intervarsity players.
5. From table-4 it was uncovered that there is no huge contrast in resting beat rate of kabaddi and kho-kho intervarsity players.

