



TO DEVELOP MOTOR FITNESS PROFILE OF SOFTBALL MEN'S INDIAN PLAYERS

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ABSTRACT

Wellness turns into a fundamental piece of life. Running, Throwing, Catching, Swimming, Walking – the rundown of wellness exercises can be ceaseless, yet recall, solid existence of players relies upon his day by day life schedule. The motivation behind the investigation to realize the wellness profile of the Indian Softball players. For this reason 30 men's Softball players was chosen as a subject to the examination. In this examination Descriptive insights was connected. . In the Flexibility wellness Component mean score was 12.83 and S.D. 3.16. In Reaction time mean 15.138 and S.D. 3.14. In the Speed Component the Mean score of the Subject was 3.35. and S.D. 0.190. In standing wide bounce mean score 2.1770 and S.D. 0.2084. In Push ups Mean score 35.733 and S.D. 7.82. In sit ups Mean score was 25.476 and S.D. 5.245. Finding has been established that the adaptability level was normal in Softball players. In Reaction time of the players score was normal. In Speed Component the score of the player was great in 20 meter run test. In Strength wellness segment in Pushups and Standing wide bounce score was great yet in sit ups score was normal dimension.

KEYWORDS: Fitness, Flexibility, Reaction Time, Speed, and Strength.

INTRODUCTION

To give long haul wellbeing, it is critical to give wellness a chance to wind up a basic piece of life. Running, Throwing, Catching, Swimming, Walking – the rundown of wellness exercises can be endless, yet recollect, solid existence of players relies upon his day by day life schedule! In the advanced period, sports is turning into an exceedingly specific aggressive territory of human movement, while in antiquated time physical exercise as games recitative and focused action that was viewed as the most powerful factor are in keeping an individual physically sound and rationally sharp. Sports, maybe, might be seen as that part of human movement which basically fortifies the intermigration of body and brain. It keeps up a fitting weight which in future will forestall diseases and decidedly impact fearlessness. Who dedicate much time to customary physical exercises; grow up feeling serenely with their bodies. It is of incredible significance for softball players to get and keep up an abnormal state of physical wellness at International and national dimension. A pitcher who can't toss more than at best pace or a batsman who can't score more due to exhaustion are basically not understanding their potential for group. Strong wellness is an essential part of wellness which enables the muscle to contract with power and power yet to be sufficiently adaptable to offer a wide scope of movement without happening damage.

OBJECTIVE OF THE STUDY:

To create engine wellness profile of Softball Senior India Players.

METHODOLOGY

Selection of the Subjects:

To direct the investigation 30 players of Softball India Men's group were chosen as an example of the examination for gathering the information; this examination was led on chiman bagh Ground in Indore M.P. For this test we utilized estimating types of gear like: Measuring tape, stopwatch, and ruler.

Selection of the Variables:

- Adaptability
- Response time
- Speed
- Quality

Flexibility: To check the adaptability of Softball players we led sit and achieved test. The motivation behind this test was to know the adaptability of lower back and Hamstring muscles, scoring of test were determined most extreme came to in sitting position. Scored was checked in cm.

Reaction Time: To check the response time of Softball players we led stick drop test. The motivation behind this test was to know the response capacity of two hands. Scoring of test was determined least response time of two hands. Scored was tallied in cm.

Speed: To check the speed in Softball players we led 20 meter speed test, for this permitted somewhere around two practice keeps running at sub maximal pace. Imprint a beginning line (0m) and an end goal (20m) with stamping tape, line checking chalk as well as cones. The player ought to be situated with one foot on the beginning line. On the direction "Go" (joined by a hand flag or applaud), the player dashes as quick as conceivable through to the end goal, making Beyond any doubt not to back off before the end goal. Two analyzers record the time and are utilized with this test to improve exactness and unwavering quality of estimation. The analyzers' record the normal of the multiple times for the last time (20m) for three preliminaries. A rest interim of ≥ 3 minutes is required between preliminaries. Record normal of the two clocks for three endeavors. The best preliminary to the closest 0.01 second is recorded. For this test utilized 2 quality stopwatches.

RECOMMENDATION:

For better improvement in adaptability they need to concentrate on extending practices like PNF extend. To improve the response time players need to more practice on response capacity practice for better coordination of brain and lymph's.

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