

An Analysis On Selected Physical Fitness And Physiological Parameters Of Kho-Kho And Kabaddi Players Of Kalaburgi And Raichur Players

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Introduction:

Spots in the present day have become extremely competitive, previous records are being broken whenever there is competition. It is not more participation or few days practice that brings an individual victory, but the continuous hard work of training right from childhood, a strong anthropometry variables may influenced. Today's sport person faces some unit challenges. The standard are higher, the competition is tougher the stakes are greater attention in these days. Coaches physical educationist and sports scientist have always expressed a great need to know more about those anthropometries variables, which are helpful in improving the motor skill of the players. Today's world is a world of competition the rivalry to reach top and excel each other is so much. That every aspect that contributes for the excellence is carefully looked in it one of such aspects is the selection of the right person for the right event in sports and games, normally a choice of selection is given to that the player or the athletes. The players without knowing there inherent potential made wrong choices because of his wrong selection the individual concern is not able to reach the top of the ladder. Man, by nature, is highly competitive and in pursuit in performance, he has always been striving to jump higher and further, to run faster and to demonstrate greatest and strength and skill. Physical fitness places emphasis on more and more activity.

Objectives Of The Study

1. To Analyze the differences in the physical and physiological parameters among kho- kho and Kabaddi players of Hyderabad Karnataka region.
2. To make profile of physical and physiological parameters level of kho-kho and Kabaddi players of Hyderabad Karnataka region.

Hypotheses Of The Study:

- The study would make profile of physical and physiological parameters level of kho-

kho and Kabaddi players of Hyderabad Karnataka region

- The study would make suggestions and recommendations to the All India Universities (AIU), Kabaddi and kho-kho Games Associations of India and Department of Youth Empowerment and Sports, Karnataka for the development and preparation of scientific training programmes through which physical and physiological parameters level can be increased among kho-kho and Kabaddi players of India. for the development and preparation of scientific training programmes through which physical and physiological parameters level can be increased among kho-kho and Kabaddi.

Review Of Related Literature

SK. Sabir Ali and Dr. Samirranjan Adhikari (2014):

In India Kabaddi is considered as National Game. Much impetus has been putting only very recently to make it an international game. For this purpose academic research should be done. There is only a few research works in this filed. The present study was carried out through descriptive survey method within ex-post-facto research design. Seventy one men Kabaddi players of the teams of different Indian Universities were considered as the sample here. Data was collected from the Kabaddi players in course of Inter-University Kabaddi (Men) Tournament, held in the University of Kalyani during October 12-14, 2006. The height, weight, leg length, arm length, mid thigh girth, calf girth, body composition (i.e. body fat %, fat mass and lean body mass) and body mass index were considered as physical and anthropometric characteristics. These were measured in usual and popular method. Descriptive statistics of the physical and

anthropometric characterizes of Kabaddi players was calculated by using SPSS 10.1

Anilkumar (2014):

The purpose of the study was to compare the physical fitness variable of kho-kho and Kabaddi players. To fulfill the objective of the study, (25 Wrestling and 25 Kabaddi) players. Only those male players of K.U.K. were selected who have participated at minimum inter collegiate level of K. U. K. The data were collected in different coaching camps organized by the university. The age of the selected subjects ranged from 19 to 25 years. (Standing Board Jump and 60 yard dash tests) were used to measures the selected physical fitness variables of the players. In order to analyze the data t-test was used to analyze the data and investigator observed the significant different between kho-kho and Kabaddi players.

Sample Design:

Game	No. of Subjects
Raichur Kho-kho & kabaddi players	60
Kalaburgi kho-kho& Kabaddi players	60
Total	120

Selection of Tests:

The selected physical and physiological parameters and their respective tests to be administered are presented in Table 1.

List of Variables and their respective Test		
S. N.	Variables	Test
1.	Agility	Sit and reach
1.	Vo2max (Vital Capacity)	Spiro meter test

Physiological Parameters Measurement:

Procedure:

1. Prepare the players for the Spiro meter test. Remember, this is a player’s effort dependent test. First explain the procedure to the players, and then demonstrate the procedure to the players.
2. Instruct the players to place the mouthpiece on top of their tongue, with their teeth and lips around the mouthpiece. Seal the outer part of the mouth pieces with their lips. Let the players get used to the feeling of

breathing with the mouthpiece in their mouth to realize there is no resistance.

3. When the players are ready, instruct the players to hold the handle close to their cheek, not in front of their mouth. Be sure that the players are not breathing through the mouthpiece when you start the test.
4. Click on Start New Test - wait for the zeroing process – DO NOT ALLOW AIRFLOW TO PASS THROUGH THE MOUTHPIECE DURING THIS PROCESS. Wait for the Spiro meter incentive display.
5. When “Start When Ready” appears, instruct the players to take a full inspiration and to then place the mouthpiece in their mouth. Instruct the players to Blast out the air; try to achieve 80% in the first second.
6. Encourage the players with verbal and body language to blast out fast and blast out long (try for 6 seconds).
7. Coach them to Squeeze out the air until “Inhale Now” appears or a volume-time curve plateau is achieved.
8. If a flow volume loop is required, the players must keep the mouthpiece in their mouth, and inhale deeply at the end of the expiration. Click the Stop button or press the ENTER key to conclude the test. Accept or Reject the test based on the player’s effort. Click on Yes to start another test, No to stop. Repeat steps 3 and 4 until the appropriate number of tests has been performed. Try to obtain 3 accepted tests for the players

Click the Save Review button to save the test session and display the review screen. Use the review screen to review, edit the interpretation, print the results, and/or to initiate a Post-BD test.

Scoring: The best of the three trials was recorded as the test score.

Physical fitness test

Agility Test:

SEMO test used to assess the agility. To accomplish this test need to flat land in 12X19 ft or free throwing zone of basketball and 4 cones. Cones are located in every angle of determined zone. Start line is out of the throwing zone B to D by back running, D to A by

forward running, A to C by back running and B to A (finish line) by side running.

Analysis And Interpretation Of Results

Analysis and interpretation of data based on the spastically result and findings. Further the results are discussed as per the following steps.

- Analysis of physical fitness and physiological parameters among kho-kho and Kabaddi players of kalaburgi and raichur players.
- Analysis of physical fitness and physiological parameters among kho-kho and Kabaddi players of Hyderabad Karnataka region.

Conclusion And Reccomndation

1. There Is A Significance Difference In The Agility test and Physiological Parameters Between Kalaburgi And Raichur .
2. There Is A Significance Difference In the vital capacity Test Between Kalaburgi And Raichur

Recommendations:

Based On The Findings And Results Of Present Study The Following Recommendations Were Drawn.

1. Based On The Study Results It Is Recommended To Establish A Spots/ Excellence Centre With Adequate Facilities Of International Standard For Better Training, Coaching And Improvement In The Performance Of Grass Root Level Kabaddi Players And Kho-Kho Of Hyderabad Karnataka Region.

2. The Study Helps To Prepare The Profile Of Physical Fitness And Physiological Of Each Kabaddi Players And Kho-Kho Players Of Hyderabad Karnataka Region. Which Will Be Utilised For Future Training, Coaching And Talent Identification Purpose.

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