

An Analysis On Selected Physical Fitness And Physiological Parameters Of Kho-Kho And Kabaddi Players Of Hyderabad Karnataka Region

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Introduction:

Sports has emerged as a discipline not merely to discuss performance, techniques or records but also to study it as a means by which greater societal forces may be analyzed and through which various problems may be remedied.

Sports an integral part of the society has an important and valuable effect on many spheres of social life. Similarly the whole social pattern of a society may be reflected in its sports. Sports, unlike the other activities, are not an end product. It is undertaken essentially for its own sake. If we want to know why people play, the first answer is that they primarily play for fun, enjoyment or satisfaction. The sport is a carrier, which encourages coaching of various sports and games along with rules and regulations governed by them and also it prepares the trainees to take active part in competitive sports. It grows out of man's struggle for survival in a hostile world. With rapid growth and development in the modern world sports becomes a highly organized and competitive social phenomenon.

It has a clear-cut classification on the basis of intensity of participation namely the recreation sports for children, health and conditioning sports for elders and competitive sports for the youth and adults. The competitive sports are further ranked according to the level of intensity of the competition. The highest level of competition in which the intensity of physical activity raises the pulse rate of the athlete to approximately between 180-200 beats/minute is considered as the top sport. As sports have more and more developed, it becomes a scientific discipline. Each nation in the world is vying with other to produce top class players to win laurels in the international competitions. Considerable research is done and developed to identify various 2 factors that will be productive of achieving high-level performance in skills of a given sport with proper coaching (Harrold, 1969)

Objectives of the Study:

- To Find Out The Physical And Physiological Parameters Level Among Kabaddi Players Of Hyderabad Karnataka Region.
- To Find Out The Physical And Physiological Parameters Level Among Kho-Kho Players Of Hyderabad Karnataka Region.

Hypotheses of the Study:

- There Would Be A Better Physical And Physiological Parameters Level Among Kho-Kho And Kabaddi Players Of Hyderabad Karnataka Region.
- There Would Be Differences In The Physical And Physiological Parameters Among Kho-Kho And Kabaddi Players Of Hyderabad Karnataka Region.

Review Of Related Literature

Mohammed Yasir Khan et.al (2017):

Background of Study: Kabaddi is a well known game usually played in every corners of India as well as in some other countries. We studied the correlation between selected fitness parameters (power, strength, flexibility) and body mass index of elite kabaddi players. Methodology: Total 47 Kabaddi players aged 18-25 were selected for the study based on inclusion and exclusion criteria from Sports Authority of India Stadia, Delhi NCR, India. Every individual's height, weight, BMI, power, strength and flexibility were assessed. Data analysis was done by using Pearson's correlation coefficient test. Results: There was a varying level of correlation seen in normal and high BMI groups. Normal BMI group shows positive correlation with lower limb power, no correlation with hand grip strength and low back and hamstring flexibility, whereas, high BMI group shows negative correlation with power, low back and hamstring flexibility and positive correlation with hand grip strength. Conclusion: We concluded that lower limb power positively correlates with normal BMI. Lower back and hamstring flexibility and lower limb power negatively correlates whereas grip strength positively correlates with high BMI.

Sanesh Kumari and Navin Kumar (2015):

The present study was an attempt to evaluate the degree of components between Kho-Kho and Kabaddi girls' players of Haryana. To carry out this study, 100 subjects 50 from (Kho-Kho) and 50 from (Kabaddi) game. The age limit of players was ranged between 10 to 15 years. The samples were taken from Mohindergarh, Rewari, Rohtak and Bhiwani districts of Haryana. Only speed, explosive power of arms and agility were used to measure the physical fitness components. The mean was computed for

comparison of players of different districts. To assess the significance of differences between the means in case of significant t-values” test was applied. The level of significance was 0.05.

Keywords: Physical fitness components, Kho-Kho, Kabaddi, Haryana.

Selection of Subjects:

The Total 360 Samples (180 Kho-Kho And 180 Kabaddi Players) From Six Districts Of Hyderabad Karnataka Region Were Selected By Random Sampling Method.

Sample Design

Game	No. of Subjects
Kho-kho	180
Kabaddi	180
Total	360

Selection of Tests:

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

Table 1.		
List of Variables and their respective Test		
S. N.	Variables	Test
1.	speed	30mtr dash
2.	Agility	Semo test
3.	flexibility	Sit and reach test
1.	Vo2max (Vital Capacity)	Spirometer test
2.	Breath Hold Capacity	Breath Hold test

Physical Fitness Parameter

(a) Speed test:

A 30 meter running used to assess the speed so that subject stands behind the start line. With start mark and chronometer activation, subject start running with maximal effort and after passing the finish line, chronometer is stop and time is recorded. Subject run twice and the best time recorded as score to centesimal of decimal.

(b) 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 in A part. With start mark, subject run distance between A to B by side running, 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 among kho-kho and Kabaddi players of Hyderabad Karnataka region.
- Analysis of physical fitness among kho-kho and Kabaddi players of Hyderabad Karnataka region.

Conclusion And Recommendation

1. There Is A Significance Difference In The Speed Test Between Kalaburgi And Raichur Kho-Kho And Kabaddi Players Of Hyderabad Karnataka Region.
2. There Is A Significance Difference In The Agility Test Between Kalaburgi And Raichur Kho-Kho And Kabaddi Players Of Hyderabad Karnataka Region.

Recommendations:

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

1. It Is Recommended That Based On The Study Results Coaches And Trainers Can Prepare Scientific Training Programmes For kho-kho anad kabaddi Players For Better Performance.
2. The Data And Results Can Be Used By Concerned Public Instruction Departments Of Hyderabad Karnataka Region For The Improvement Of Performances In The Kho-Kho And Kabaddi Players.

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