

Physical Fitness Study of Kabaddi and Kho-Kho Female Players

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Abstract

The fundamental reason for this investigation is to discover the correlation of physical wellness among Kabaddi and Kho-Kho female Players. For the current investigation the specialist takes the female kabaddi and kho-kho players from associated schools of Sant Gadge Baba Amravati University, Amravati, taken as wellsprings of information. Twenty five female Kabaddi players and twenty five female Kho-Kho players, who had taken an interest in bury university competitions, were favored as zone being talked about for this investigation. The age of the topic was extending from 18 years to 25 years.

Introduction

Physical wellness incorporates more than strong quality. He further articulates that physical wellness infers sufficiency of the body organs, for example, heart and lungs, a human component that perform proficiently under exercise or work conditions, and sensible proportion of execution in chose physical exercises. Physical wellness incorporates those characteristics which will allow a person to perform life exercises including speed, quality, nimbleness, force and continuance and to take part in different sorts of physical exercises expected of advanced living including sports and games, and to have the option to keep up ideal measure of qualification for the individual in question.

Standard exercise and physical movement advances solid muscles and bones. It improves respiratory, cardiovascular wellbeing, and in general wellbeing. Remaining dynamic can likewise assist you with keeping up a sound weight, lessen your hazard for type 2 diabetes, coronary illness, and decrease your hazard for certain malignant growths.

Kabaddi

Kabaddi is a contact group and game played between two groups of seven players each. The target of the game is for a solitary player on offense, alluded to as a "thief", to run into the rival group's half of a court, tag out whatever number of their protectors as could be expected under the

circumstances, and come back to their own portion of the court, all without being handled by the safeguards, and in a solitary breath. Focuses are scored labeled by the marauder, while the rival group wins a point for halting the thief. Players are removed from the game in the event that they are labeled or handled, however are brought back in for each point scored by their group from a tag or tackle.

Kho-kho

Kho is a well known label game created in Maharashtra, India. It is played by groups of 12 assigned players out of fifteen, of which nine enter the field who sit on their knees (pursuing group), and 3 extra (protecting group) who attempt to abstain from being moved by individuals from the rival group. It is one of the two most famous customary label games in the Indian subcontinent, the other being Kabaddi. The game is broadly played across South Asia and has a solid nearness in South Africa and England. Kho-kho is a conventional Pakistani and Indian game a type of tag, that is probably the most established type of open air sport, going back to prehistoric[citation needed] India. It is played frequently by younger students in Pakistan and India and is a serious game.

Methodology

The researcher has depicted the plan of the examination in detail. The size and determination of the example, the variable and the control utilized the wellsprings of information, the devices and the

technique for social occasion information, the portrayal of information gathering instruments and the measurable methodology utilized in the investigation are deliberately depicted.

Selection of the subject

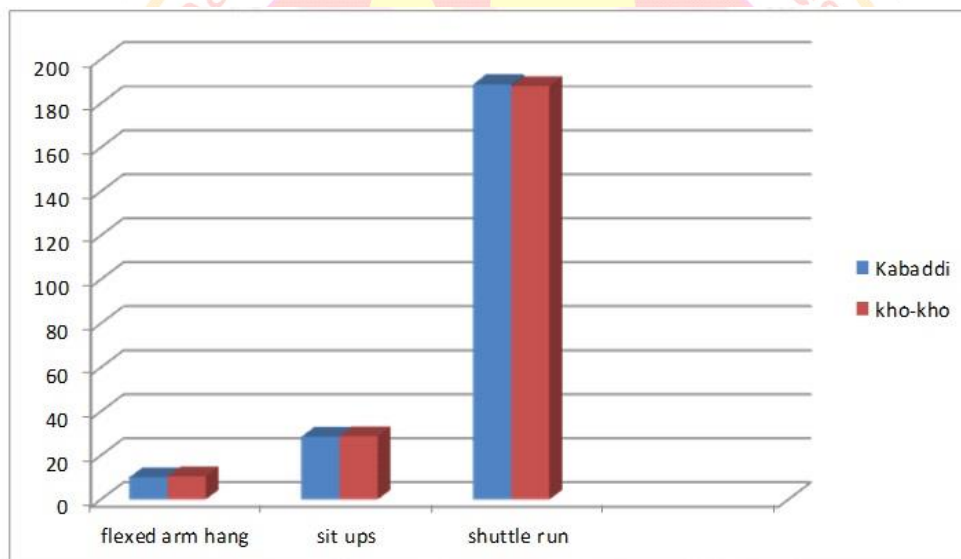
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Analysis of data

Mean and t-ratio of physical fitness for Kabaddi and Kho-Kho female players

Variables	Group	Mean	S.D.	S.E	M.D	O.t	D.f
Flexed Arm Hang	Kabaddi	10.13	2.22	0.66	0.43	0.66	48
	Kho-kho	10.57	2.47				
Sit Ups	Kabaddi	28.48	5.52	1.57	0.24	0.14	148
	Kho-kho	28.73	5.53				
Shuttle run	Kabaddi	188.75	11.06	3.33	1.87	0.56	48
	Kho-kho	187.89	12.41				

Graphical representation



Conclusion

On the basis of the result drawn with the mentioned methodology the following conclusion were sort out:

1. There was no significant difference in flexed arm hang, sit-ups, shuttle run between kabaddi and kho-kho female players.

References

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3. Mathews, Donald K. Measurement in physical Education. Philadelphia Saunders Co., 1978