

**Effect of Aerobic Exercise on The Basket Ball Skills of Basket Ball Players**

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**Abstract:-**

Scholar being a basket player of university standard decided to conduct the study on the basket ball skill of the basket ball player the scholar selected the aerobic exercises to see the effect on basket ball skills of the players. The scholar decided to see the effect on basket ball skills of the players. The scholar decided to see. The effect of aerobic exercises on Johnson Basket ball Skills. The basket ball skill are i) throw for accuracy ii) Field goal speed and iii) Ball Dribbling test. After the administration of aerobic training on 30 basketball players it was found there is positive significant effect on basketball skills of basketball players

**Statement of the Problem :**

The scholar selected the problem stated as “Effect of Aerobic Exercises on Basketball Skills of baskets ball players”

**Selection of the Subject :**

The scholar selected 30 basket ball players, who represented intercollegiate tournaments and of the age 18 to 25 years.

**Selection of Aerobic Training Exercises :**

**Aerobic exercises :**

1) Brisk waking 1 Kilometer ii) Fast Running for 100 meters iii) Ropes kipping 50 times iv) Stair climbing 10 stairs. 5 times, These aerobic exercises are designed by the scholar for the players. The aerobic exercise training is given to the 30 player for 6 weeks duration, 6 days week daily from 7:30 am to 8:30 am.

**Collection of Data :**

The scholar conducted the Johnson Basketball Skills tests before the starting of aerobic exercise and collected the data. After finishing the 6 weeks aerobic exercise again the scholar collected the scores of Johnson basket ball skill tests data. Table were prepared for statistic analysis.

The tables indicate the means and standard deviation of Johnson Basket ball Skill test. Table number 1 indicates the means and standard deviations of Johnson Basket Ball skills.

**Table No. 1 :- The means and standard deviations of basket ball skill pretest score.**

| Sr. No. | Basket Ball Skills | Mean | Sd.  |
|---------|--------------------|------|------|
| 1       | Field goal speed   | 5.8  | 2.0  |
| 2       | Throw for Accuracy | 20.3 | 4.9  |
| 3       | Dribbling          | 5.5  | 2.02 |

Source : From the pretest scores.

**Discussion :-**

The above table number one indicates the mean and standard deviation of field goal speed are 5.8 and 2.0 respectively the mean and standard deviation of throw for accuracy skill are 20.3 and 4.9 respectively. The mean and standard deviation of dribbling Skill are 5.5 and 2.02 respectively.

After 6 weeks aerobic training of basketball players again the scholar conducted Johnson basket ball skill tests of basket ball players and calculated means and standard deviation of the scores. Which are given in table number two below.

**Table No. 2 :- The means and standard deviations of Johnson basket ball skill pretest scores.**

| Sr. No. | Skills                  | Mean | Sd.  |
|---------|-------------------------|------|------|
| 1       | Field goal speed        | 7.6  | 1.0  |
| 2       | Throw for Accuracy test | 24.0 | 3.8  |
| 3       | Dribbling test          | 7.0  | 1.58 |

Source : From the post test scores of Johnson Basket Ball Skill Test.

**Discussion :-**

The above table number two indicate the mean and standard deviation of field goal speed test are 7.6 and 1.0 respectively. The mean and standard deviation of throw for accuracy 24.0 and 3.4 respectively. The mean and standard deviation of Dribbling test are 7.0 and 1.58 respectively.

To see the effect of aerobic exercises on the basket ball skills. The scholar calculated 't' value between the pre test means and standard deviation and post tests means and standard deviation which are given below in the table number three.

**Table No.3. Post test and pretest means and standard deviations of Johnson Basket ball skill tests & calculated 't' value and tabulated 't' value**

| Sr .<br>No | Basket Ball Skills      | Post Test |      | Pre Test |      | Calculated Tab. |  |
|------------|-------------------------|-----------|------|----------|------|-----------------|--|
|            |                         | mn        | sd   | mn       | st   | 't'             | Tab 't'                                      |
| 1          | Field goal speed        | 7.6       | 1.0  | 5.8      | 2.0  | 4.5             | 2.75 at 0.01 degree of freedom & 29 level of |
| 2          | Throw for Accuracy test | 24.0      | 3.8  | 20.3     | 4.9  | 3.21            |  |
| 3          | Dribbling test          | 7.0       | 1.58 | 5.5      | 2.02 | 3.14            |  |

**Source :** From the post test and pretest mean and standard deviations scores calculated 't' value and tabulated 't' value

**Discussion :-**

The above table number three indicates the means and standard deviations of post test and pre test scores of basket ball skills, and the calculated 't' values and tabulated 't' value.

The calculated 't' value of field goal speed. is 4.5 at the degree of freedom 29; level of significance 0.01 : where was the tabulate 't' value is 2.75 at level of significance 0.01 and degree of freedom 29 . The calculate 't' value of throw for accuracy skill is 3.2 and calculated 't' value of Dribbling is 3.14 at degree of freedom 29 and 0.01 level of significance and

tabulated t values is 2.75 at 29 degree of freedom and 0.01 level of significance, which proved that there is positive significant effect of aerobic exercises on basketball skills. Hence The hypothesis is accepted.

Hence the scholar concluded that the basket ball player must adopt the aerobic exercises to improve the skills of basketball.

**References**

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