



Comparison of Selected Physical Fitness and Physiological Components between Women Offensive and Defensive Kho-Kho Players

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Abstract

The purpose of the study was to compare of selected physical fitness and physiological components between women offensive and defensive kho-kho players. To achieve this purpose of this study, sixty women kho-kho players who participated in the South West Zone Inter University Women Kho-Kho Tournament held at Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, India during the year 2009 – 10 were selected as subjects and their age ranged between 18 to 24 years. Among them, thirty offensive and thirty defensive kho-kho players were selected. The following physical fitness and physiological variables such as speed, agility and breath holding time were selected as depended variables for this study. The selected criterion variables such as speed, agility and breath holding time were tested by using 50 meters run, shuttle run and holding the breath for seconds respectively. The independent 't' ratio was used to analyse the significant differences between university women offensive and defensive kho-kho players, if any separately for each criterion variable. The .05 level of confidence was fixed to test the level of significance. The results also showed that there was a significant difference between offensive and defensive women kho-kho players on selected physical fitness and physiological variables namely speed, agility and breath holding time.

Keywords: Offensive, Defensive, Kho-Kho, Speed, Agility.

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Introduction

Sports' training is a scientifically based and pedagogically organised process which through planned and systematic effect on performance ability and performance readiness aims at sports perfection and performance improvement as at the contest in sports competition. The modern age is the age of science and technology. Man gets all his comforts in life from machines. At this stage of development, it is not only difficult to do away with machines but also impossible to keep man alive without them. For this dependence, there has been deterioration in human physical efficiency. Modern man in comparison to his primitive counterpart is poorer and inferior with regard to physical power and skill. Therefore, in the centers of learning, emphasis is now given on physical activities.

Methodology

The purpose of the study was to compare of selected physical fitness and physiological components between women offensive and defensive kho-kho

players. To achieve this purpose of this study, sixty women Kho-Kho players who participated in the South West Zone Inter University Women Kho-Kho Tournament held at Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, India during the year 2009 – 10 were selected as subjects and their age ranged between 18 to 24 years. Among them, thirty offensive and thirty defensive kho-kho players were selected. The following physical fitness and physiological such as speed, agility and breath holding time were selected as depended variables for this study. The selected criterion variables such as speed, agility and breath holding time were tested by using 50 meters run, shuttle run and holding the breath for seconds respectively. The independent 't' ratio was used to analyse the significant differences between university women kho-kho players, if any separately for each criterion variable. The .05 level of confidence was fixed to test the level of significance. The analysis of covariance on speed, agility and breath holding time between university men and women offensive and defensive kho-kho players have been analyzed and presented in the following tables.

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Results

Table I. The mean, standard deviation and 't' ratio values between university women offensive and defensive kho-kho players

Variables	Groups	Mean	Standard Deviation	The Obtained 't' ratio
Speed	Offensive Kho-Kho Players	7.86	0.10	1.20
	Defensive Kho-Kho Players	7.91	0.08	
Agility	Offensive Kho-Kho Players	8.11	0.40	1.81
	Defensive Kho-Kho Players	8.00	0.39	
Cardio Respiratory Endurance	Offensive Kho-Kho Players	1195	1.16	1.97
	Defensive Kho-Kho Players	1245	1.09	

*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 58 was 2.002).

Table I showed that the mean values of offensive and defensive women kho-kho players on speed were 7.86 and 7.91 respectively. The obtained 't' ratio value of 1.20 on speed was less than the required table value 2.002 for significance at .05 level of confidence with df 58. And also it showed the mean values of offensive and defensive women kho-kho players on agility were 8.11 and 8.00 respectively. The obtained 't' ratio value of 1.81 on agility was less than the required table value 2.002 for significance at .05 level of confidence with df 58. Further the table I shows that the mean values of offensive and defensive men and women kho-kho players on breath holding time were 1195 and 1245 respectively. The obtained 't' ratio value of 1.97 on breath holding time was less than the required table value 2.002 for significance at .05 level of confidence with df 58. The results of the study indicated that there was no significant difference between the offensive and defensive women kho-kho players on speed, agility and breath holding time.

Conclusion

1. There was no significant difference between offensive and defensive women kho-kho players on speed.
2. There was no significant difference between offensive and defensive women kho-kho players on agility.
3. There was no significant difference between offensive and defensive women kho-kho players on breath holding time.

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