



“A comparative study of physical fitness of basketball and volleyball players of Aurangabad City”

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Abstract:

The purpose of the study was to determine the differences in physical fitness between the basketball and volleyball players. 50 volleyball male and 50 basketball male players of inter collegiate level were randomly selected as subject of the study to determine the physical fitness of basketball and volleyball players. 50 players of basketball and 50 players volleyball of respective game was randomly selected for the present study. Their age ranged between 19 to 27 years.

Physical fitness of 50 basketball and 50 volleyball players by conducting battery test following the norms prescribed Battery of test norms for MSM Basketball Association, Aurangabad and Cidco Volleyball Court, Aurangabad. 30 meters flying start (sec), S.B. Jump (C.M.), Medicine ball throw 2 kg. (C.M.) ,6x 10 meters shuttle run., Vertical jump (C.M.) ,800 meters Min. & Sec. The result revealed that the growth found in height and the difference found in jumping ability, endurance, flexibility and agility.

Hypothesis:

- IT is hypothesized that comparative study of basketball players and volleyball players will be significantly different in physical fitness.
- On the basis of the statistical analysis of the information received during the research during the study, it is observed that there is physical fitness significant difference in the level of basketball players of volleyball players.

Delimitation:

The present study was delimited to the psychological factors. Variable which was considered to evaluate the physical fitness i.e.:

- Endurance
- Agility
- Flexibility
- Jumping ability etc.

The study delimited to basketball and volleyball players; their age ranged between 19 - 27 years.

Limitation:

- Only physical component of basketball and volleyball player be studied.
- Basketball and Volleyball games are not for the faint of heart.

Significance of the Study:

The findings of this study would help to coaches, sports trainers and physical educationist etc.

- 1) The ability to play basketball and volleyball is very important.
- 2) It would distinguish between the physical fitness of basketball and volleyball players.
- 3) To distinguish the various movements were taken a place while the basketball and volleyball players, practice time and participate in practice matches.

Methodology:

50 volleyball male and 50 basketball male players of inter collegiate level were randomly selected as subject of the study to determine the physical fitness of basketball and volleyball players.

Selection of the Subject:

50 players of basketball and 50 players volleyball of respective game was randomly selected for the present study. Their age ranged between 19 to 27 years.

Selection of Variables:

The following variables were selected as present study.

Independent Variables:

- 1.Boys.

Interweaving Variables:

1. Sex: Male.
2. Age: 19 to 27 years.

Dependent Variables:

Growth: Height.

(Development of Physical Fitness) Battery Test Performance of Basketball & Volleyball Players:

1. 30 Meters Flying Start.
2. Standing Broad Jump
3. Medicine Ball Throw.
4. 6x10 Meters Shuttle Run.
5. Vertical Jump.
6. 800 Meters (Minutes & Seconds).

Administration of the Test:

Battery test comprises the following events as a test to determine the physical fitness of basketball and volleyball players.

- 30 meters flying start (sec)
- S.B. Jump (C.M.)
- Medicine ball throw 2 kg. (C.M.)
- 6x 10 meters shuttle run.
- Vertical jump (C.M.)
- 800 meters Min. & Sec.

Tools and Data Collection:

Data was collected regarding physical fitness of 50 volleyball and 50 basketball players by conducting battery test following the norms prescribed Battery of test norms for MSM Basketball Association, Aurangabad and Cidco Volleyball Court, Aurangabad.

Conclusions & Recommendations

The present study deals with the comparison of physical fitness of basketball and volleyball players. The data was collected by conducting the standard battery test (physical fitness) as the norms of such test is prescribed by "MSM Basketball Association, Aurangabad and Cidco Volleyball Court, Aurangabad."

It had been hypothesized that there would be no significant difference in the physical fitness of endurance of basketball and volleyball players.

The second hypothesis of the study that there would be no significant difference in the jumping ability. It indicates in the battery test performance of basketball and volleyball players respectively.

The third hypothesis of the present study reveals that there would be no significant difference of agility movement of basketball and volleyball players.

Conclusion:

Finally, the following conclusions were drawn in the present study:

1. There was significant difference with respect to physical fitness was found between basketball and volleyball players.
2. 30 meters flying start test was shown that there was significant difference with respect to the said test performance.
3. There was significance in the jumping ability, the test performance of S.B. Jump and Vertical Jump. As in both the games i.e., basketball and volleyball similar jumping ability for smashing, basketing, attacking and defense movement required, such ability which influence on the performance of the players.
4. Medicine ball throw test, which determines the shoulder arms, muscles strength, in both the games maximum movement of holding the ball, carrying the ball and throwing the ball is necessary.

5. There was significant difference in the agility movement of basketball players as compared to the volleyball players.
6. There was significant difference in the endurance performance of basketball and volleyball players. It is observed in basketball game player's substitution helps for the recovery of stamina during the competition.

