

Comparative Study on Physical Fitness Variables Speed and Endurance between Basketball and Athletics Players of Inter College Level Players

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Abstract

The purpose of the study was to compare physical fitness variables, speed and endurance between basketball player and athlete of inter college level . Forty (20-20) basketball player and athlete of inter college level .which twenty (20) of each games were selected from S G G S Khalsa College Mahilpur Basketball player, Basketball player and athlete of inter college level players were selected from this study. speed of the subject was measured by 50m dash test in nearest second. Endurance such as 600m run and walk test in nearest in minutes. To find out the significant differences between basketball player and athlete of inter college level on physical fitness variable, speed and endurance students “t” test statistics was applied at 0.05 level of significance. Result of the study showed that significant difference has been notices on speed and endurance.

Introduction-

The ability to move quickly across the ground or move limbs rapidly to grab or throw. Speed — the ability to quickly change body position or direction of the body.Speed is not just how fast someone can run (or cycle, swim etc.), but is dependent on their acceleration (how quickly they can accelerate from a stationary position), maximal speed of movement, and also speed maintenance (minimizing deceleration). Movement speed requires good endurance and power, but also too much body weight and air resistance can act to slow the person down. In addition to a high proportion of fast twitch muscle fibers, it is vital to have efficient mechanics of movement to optimize the muscle power for the most economical movement technique.Speed is one of the main fitness components, important for success in many sports. For some athletes such as Track and Field sprinters, sprint swimmers, cyclists and speed skaters, speed is the most important aspect of fitness. In many other sports, including team field sports, good speed is also very important as part of the overall fitness profile. A vote of the top sports requiring speed has the obvious ones of track and field sprinters on top. See also another list ranking sports in which speed is important.

The ability to repeat a series of muscle contractions without fatiguing.Muscle endurance is different from cardiovascular endurance because it involves the muscle fatiguing rather than a limitation in the amount of oxygen being supplied or utilized by the muscles.Aerobic Endurance is one of the main fitness components, important for success in many sports. Certain sports, such as distance running and triathlon, it is the most important physical attribute. In many other sports, including football codes, good endurance is also very important as part of the overall fitness profile. A vote of the top sports requiring endurance has the obvious ones of track and field distance runners, road cyclists and longer distance swimmers in the top three. See also another list ranking sports in which endurance is important.

METHODS AND MATERIALS

In order to compare physical fitness variables, speed and endurance between basketball player and athlete of inter college level players. Forty (40) basketball player and athlete of inter college level players of which twenty (20) of each level were selected from S G G S Khalsa College Mahilpur Basketball player and athlete of inter college level players from S G G S Khalsa College Mahilpur .Speed of the subject was measured by 50 meter dash test in nearest second. Endurance such as measured by 600m run and walk test in nearest minutes.

STATISTICAL PROCEDURE

The gathered data were duly analyzed through statistical procedure. “t” test was applied to find out significant differences of physical fitness variables, speed and endurance between basketball player and athlete of inter college level players. The level of significant was set at 0.05 level of confidence.

Table 1

Comparison between Basketball player and Athlete of inter college level Players on their speed

Games	Mean	D	Standard Error	‘t’
Basketball	10.82	0.81	0.05	3.68*
Athlete	11.63			

Table 1 revealed significant differences in speed between Basketball player and Athlete of inter college level. It was clearly noticed that mean value of basketball player (10.82) were grater than athlete Mean Value (11.63).of inter college level players .so table is showed that athlete speed is grater than basketball inter college level players.

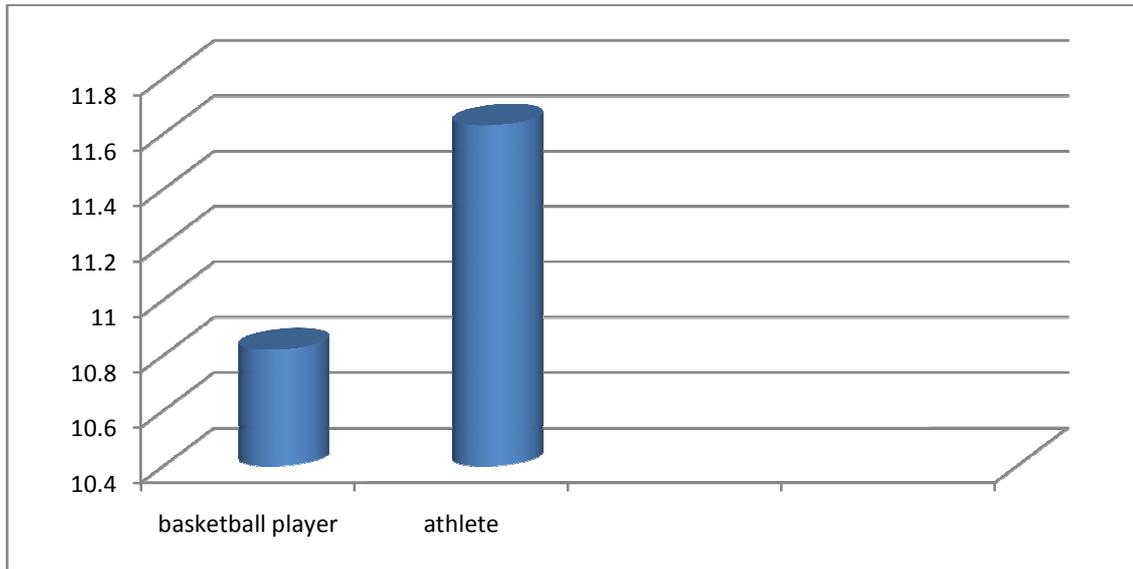


Table 2

Comparison between Basketball player and Athlete of inter college level Players on their endurance

Games	Mean	D	Standard Error	't'
Basketball	8.25	0.20	0.12	1.66
Athlete	7.01			

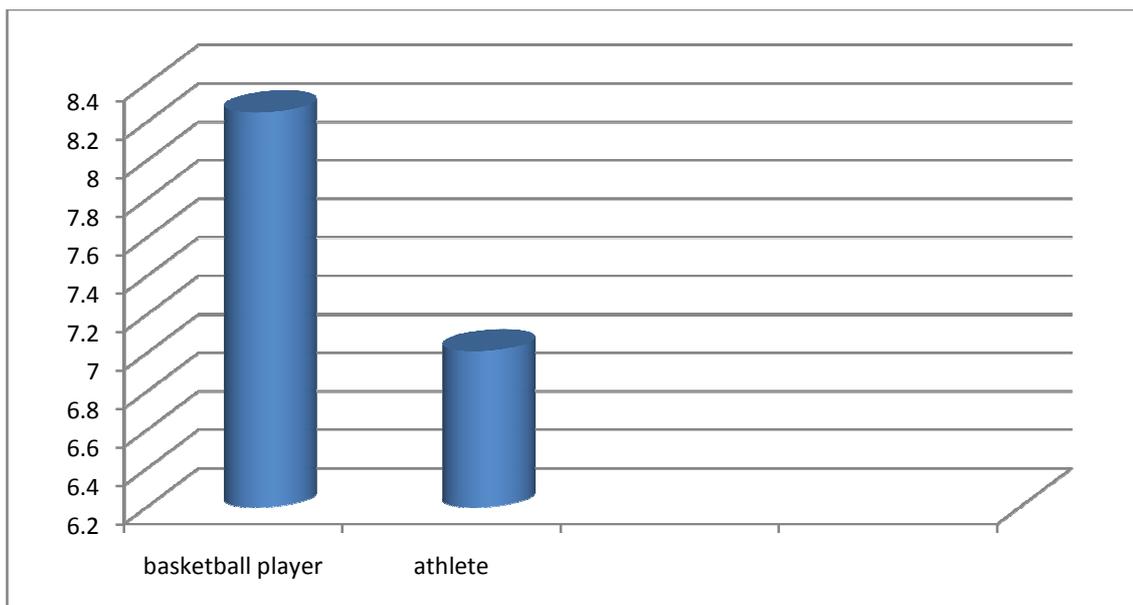


Table 2 revealed significant differences in endurance between Basketball player and Athlete of inter college level. It was clearly noticed that mean value of basketball player (8.25) were greater than athlete Mean Value (7.01).of inter college level players . so table is showed that basketball players endurance is greater than inter college level athlete.

CONCLUSIONS-

Human body contains such power by which he always tries to do impossible things and he has been successful to a great extent . this power is named as physical fitness it is the ability that helps to carry out daily task with vigour and alertness without undue fatigue and with ample energy to enjoy leisure time pursuit and to meet unforeseen emergencies. From the above conducted study it can be seen that

1. Athlete speed is greater than basketball inter college level players.
2. Basketball players endurance is greater than inter college level athlete.

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