

A Comparative Study of Speed between Athletes and Non-Athletes of Himachal Pradesh State

Jyoti Prakash^a, Ramesh Chand Kanwer^b

^aResearch Scholar, Gondwana University Gadchiroli, MS, India

^bResearch Guide, Gondwana University Gadchiroli, MS, India

Abstract

The aim of the present study was to compare the speed between Athletes and Non-Athletes of Himachal Pradesh State. 60 subject samples between the age group of 13-16 years i.e. 30 Athletes and 30 Non Athletes of Kinnour District of Himachal Pradesh were selected in the District sports competitions during the year 2016-17. The 50meter run test was used to assess the speed among Athletes and Non Athletes. The was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis. The result of the study showed that the Athletes are having very good speed as compare to the Non Athletes. It is recommended that Athletes and Non Athletes must be given good speed training to enhance the performance.

KEYWORDS: Speed, Athletes, Non Athletes.

Introduction

Track and field is one of the oldest of sports. Athletic contests were often held in conjunction with religious festivals, as with the Olympic Games of ancient Greece. Track and Field as a modern sport started in England during the 19th century. English public school and University Students gave the sport impetus through their inter class meets, or meetings. In 1849 the Royal Military Academy at Sandhurst held the first organized track and field meet of modern times. Not until the 1860s, however did the sport flourish. In 1866 the First English championships were held by the newly formed Amateur Athletic Club, which open the Competition to all gentlemen amateurs, specifically, athletes who received no financial compensation for their efforts. Although meets were held on the North American Continent as early as 1839, track and field first gain popularity in the late 1860s after the formation of the New York Athletic club in 1868. The Amateur Athletic Union of the United States, an association of track and field clubs, was formed in 1887 and has governed the sports in the United States since then. Field hockey also called hockey, outdoor game played by two opposing teams of 11 players each who use sticks curved at the striking end to hit a small, hard ball into their opponents goal. It is called field hockey to distinguish it from the similar game played on ice. Hockey is believed to date from the earliest civilizations. The Arabs, Greeks, Persians and Romans each had their own versions and traces of a stick game played by the Aztec Indians of South America have been found. Hockey can also be placed with other early games, such as Hurling and Shinty. During the Middle Ages a French stick game called Hoquet was played and the English word may be derived from it. The game recreates by two teams of 11 players on a rectangular basis. The airfield is 100 yards (91.4 meters) long and 60 yards (55 meters) wide and it is set with a center line and two 25 yard lines. The goals are 4 yards (3.66 meters) wide and 7 feet (2.13 meters) high. For a goal (which counts for one point) to be scored, the ball must go into the goal and while within the shooting circle (semicircle), must have been touched by the stick of

an attacker. The ball was originally a cricket ball (cork center, string –wound and passed over with leather), but plastic balls are also sanctioned. The stick is usually 36 to 790grms). Only the flate left side of the stick may be used to strike the ball.

Material and Methods

The aim of the present study was to compare the speed between Athletes and Non-Athletes of Himachal Pradesh State. 60 subject samples between the age group of 13-16 years i.e. 30 Athletes and 30 Non Athletes of Kinnour District of Himachal Pradesh were selected in the District sports competitions during the year 2016-17. The 50 meter run test was used to assess the speed among Athletes and Non Athletes. The was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis.

Results

Table 1
Showing the speed between Athletes and Non Athletes

Test Items	Group	Number	Mean	SD	d.f.	t.test
50meter run	Athletes	30	9.89	0.835	38	5.891
	Non Athletes	30	8.70	0.740	38	

Significant at 0.05 level

Findings and Discussion

The table 1 indicates that the mean value of the speed of Athletes is 9.89 and Non Athletes are 8.70. There is a difference of 1.19 seconds. The result shows that Athletes are having good speed as compare to the Non Athletes. S.D. of Athletes is 0.835 and Non Athletes is 0.740. Where as the t-value is 5.891. The difference of mean score is significant at 0.05 level.

Conclusion

It is concluded that Athletes are having very good speed as compare to the Non Athletes. It is recommended that Athletes and Non Athletes must be given good speed training to enhance the performance.

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