

## **A Study of Physiological and Motor Fitness Component amongst Jumpers and Throwers Player**

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### **Abstract**

The Purpose of the study was to “evaluate the diploma of aggression between university degree throwers and jumpers.” This examine turned into conducted on 15 universities level Male Jumpers and 15 male throwers ranging from 17 to 24 years. The sports activities aggression stock questionnaire of aggression allotted to the 30 male jumpers & throwers. It changed into hypothesized that there would be a full-size difference between the Throwers and Jumpers at the degree of aggression. That’ check was employed to compare the degree of aggression among throwers and jumpers.

**KEYWORDS:** physiological, motor fitness component, amongst jumpers, throwers player

### **Introduction**

Physical fitness way the situation of being physically wholesome, specifically physical games and proper vitamins, it is the cause, a nation of preferred well-being marked by bodily health and intellectual balance. Physical health is not simply bending our frame. it is about having cardiovascular and universal muscular patience, as well as a sturdy immunity device, and most importantly, a happy state of your thoughts. Now an afternoon’s most people believe that, having a physically match frame is the maximum vital issue that a person can possess.

The four fashionable throwing events shot put, discus, hammer, and javelin all contain the use of implements of various weights and shapes which might be hurled for distance. All too often the throwing events of music and subject are handled like strongman contests. Athletes are asked to hurl heavy implements as a long way as viable, so it’s assumed the satisfactory manner to train them is to virtually make them as strong as possible. There are three sorts of leaping events in athletics long bounce, triple bounce and excessive leap.

Walking and jumping and are inborn traits of baby. Height and weight are the main capabilities which results the growth and overall performance of a baby. Anthropometric measurements of a man or woman, his degree of motor abilities, performance or talent related physical fitness components and aerobic-vascular health are the main features which can be gambling a substantial role in sports performance.

The medical choice of sportsmen at their younger age may additionally increase the range of participation in various sports activities events. Therefore, the searching of the maximum proficient kids from a large quantity of college boys and ladies inside the diverse sports disciplines on the premise of sportswomen and enables to uplift the requirements in the diverse disciplines of sports activities. It is the not unusual perception that heredity factors are considered to be the maximum critical to obtain better. The researchers have described that some of the physiological factors which enables to enhance sports activities overall performance consisting of anthropometric

measurements, body composition, pulse price, recovery time, talent associated physical fitness and strength measurements i.e. leg strength, arm power, jumping potential with each leg collectively, agility, mobility encouraged by using the heredity factors. Overall performance in physical pastime or sports activities now not simplest needs systematic schooling and physiological variables however also demands schooling and consideration of mental characteristics for fulfillment in this subject. The achievement or failure of a character athlete depends at the blending of physical ability, conditioning, education intellectual education and the potential to perform well underneath stress. The terrible overall performance of Indian athletes and sportsmen on the global competitions has been of wonderful subject, especially to the coaches, physical educationists and sports activities scientists.

#### **REVIEW OF LITERATURE**

**SUDHAKARA BABU MANDE (2016)** the cause of this observe become to examine the selected Anthropometric variables along with peak, weight, among college guys sprinters, throwers, jumpers and lengthy distance runners. This look at, 160 university athletes along with forty sprinters, 40 jumpers, forty throwers, and 40 long-distance runners had been decided on as the topics at random and their age changed into among 18 and 25 years The objective of challenge this research become to assess the anthropometric variables of college degree sprinters, jumpers, throwers and lengthy distance runners and to find out the variations between anthropometric variables among the athletes.

**MANJIT SINGH ET AL (2014)** consequently the goal of this observe changed into to decide the comparative analysis of motor fitness components of sprinters. To decide the considerable variations of motor fitness additives between Inter-university and Inter-University Sprinters, unpaired t-test changed into employed for information analyses. To check the speculation, the level of significance was set at 0.05. To conclude, it is big to mention on the subject of motor fitness additives that insignificant variations arise between Inter-university and Inter-university Sprinters on the sub variable agility, balance and versatility.

**B GOWRI NAIDU (2016)** The motive of this observe turned into to find out the relationship of decided on overall performance bodily fitness additives to the overall performance of jumpers. Statistics became accrued from 50 male athletes of junior countrywide level illustration of Andhra Pradesh country had been decided on for this examine. The age institution of the topics becomes ranged from 18 years to twenty years.

**ASHOK KUMAR SHARMA (2015)** the most essential cause of this study turned into to evaluate the power and explosive strength among jumpers and throwers. A whole wide variety of pattern were forty athletes wherein 20 throwers and 20 jumpers and similarly separated in to two meeting. The age cluster of the pattern ranged under 18 and 22 years. The sample became chosen from Haryana nation who had contributed at nation level of competition. To check out the explosive power, standing broad bounce and for flexibility bend and attain check has been used.

#### **Methodology**

Selection of subjects of variables, reliability of statistics, reliability of the questionnaire, tester's reliability and tester's competency, orientation of topics, administration of questionnaire, series of measurements and statistical techniques hired for studying the statistics that had been defined. The records were amassed from extraordinary athletic

training facilities and academy in participated in kingdom championship as well as countrywide meet had been decided on because the topics of this examine. All topics were participating normal in their respective activities. Their age ranged from 18-26 years vintage. There forty athletes had been decided on randomly for the have a look at, out of 20 had been Throwers and 20 have been jumpers. This observe turned into restricted to the chosen motor fitness additives specifically agility, pace, leg explosive strength, and physiological characteristics particularly blood pressure, resting coronary heart price. The statistics of selected issue for motor fitness additives were recorded by extraordinary measures and records have been observed via the preforming Zig Zag run, 50 backyard sprints, standing wide jump and for physiological parameter have been recorded through sphygmomanometer, palpation method is at wrist and the neck.

**Results and Discussion**

**Table 1:** Showed the personal data of the subjects and ‘t’ test results.

Personal Data Variable	Throwers		Jumpers	
	Mean	± SD	Mean	± SD
Age (Years)	21.2	2.82	21.35	3.03
Height(cm)	1.67	0.03	1.68	0.04
Weight (kg)	59.2	3.30	58.1	3.98

Table value of ‘t’ at 0.05 level with (38 df) =2.02

From table-01 it turned into visible that mean Age and SD of the Throwers for the existing observe have been 21.2 & ±2.82 respectively. It was additionally determined that mean and SD of peak of the Throwers had been 1.67 & ±0.03 respectively. Within the identical manner it changed into additionally discovered that imply and SD of Weight of Throwers had been 59.2 & ±3.30. And it changed into seen that the mean Age and SD of the jumpers for the prevailing take a look at were 21.35 & ±3.03 respectively. It changed into also determined that suggest top and SD of the jumpers were 1.68 & ±0.04 respectively. In the identical manner it changed into observed that imply Weight and SD for the same organization of topics were 51.1 & ±3.98 respectively.

From table-01 it turned into clean that there was jumper’s age is extra than Throwers. Jumpers are taller than the Throwers are heavier than the jumpers. It is glaring from different research that Throwers are strongest contender for the song and field event evaluate to different athletes. The present study shows exactly the same as preceding works did.

From table-02 suggests the motor fitness parameter facts inclusive of agility, pace and leg explosive energy of the Throwers and jumpers had been presented.

**Table 2:** Analysis of mean, SD and t-test results of agility, speed and leg explosive strength between Throwers and jumpers

Motor fitness Component	Throwers		Jumpers		t – test
	Mean	± SD	Mea n	± SD	
Agility	23.36	1.19	22.2	1.77	1.006

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Speed	6.38	0.43	6.55	0.34	1.348 25
Leg explosive strength	2.41	0.11	2.63	0.42	2.211 2*

From table no 02, it changed into discovered that the suggest agility and SD of Throwers had been 23.36 and.  $\pm 1.19$ . The suggest agility and SD of jumpers had been 22.28 and  $\pm 1.77$ . As we know that the overall performance of agility is recorded in shortest feasible time and from table-2 it is evident that the suggest performance degree of jumpers (22.28) changed into more agile than the Throwers (23.36). From table no 02, it changed into observed that imply pace and SD of Throwers have been 6.38 and.  $\pm 0.43$ . The imply speed and SD of jumpers were 6.55 and  $\pm 0.34$ . As we realize that the overall performance of speed is recorded in shortest viable time and from table no-2 it's far evident that the desk confirmed no longer enormous outcomes however the imply overall performance degree of Throwers (6.38) became faster than the Throwers (6.55). From table no 02, it was found that the mean leg explosive power and SD of sprinters were 2.41 and.  $\pm 0.11$ . The suggest leg explosive power and SD of jumpers have been 2.63 and  $\pm 0.42$ . This table is determined giant end result and jumpers are extra leg strength than Throwers. For higher information it turned into supplied.

### Conclusions

Based totally on the findings of this examine, the subsequent conclusions were drawn: To finish, it is good sized to mention in relation to Motor health additives that insignificant differences arise among Thrower and Jumpers on the sub variable Explosive electricity. But, the sizable differences arise among Throwers and Jumpers at the sub variable Agility, stability, velocity and Flexibility. To finish, it's far tremendous to mention in relation to Motor fitness additives that insignificant differences occur amongst Inter-college Sprinters, Thrower and Jumpers on the sub variable Agility and Explosive electricity. But, the significant differences occur amongst Throwers and Jumpers at the sub variable stability, velocity and versatility.

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