

Comparative Study of Selected Physical Fitness Components of Basketball and Netball Players

Vishal Goswami^a, Ashish Tomar^b, Vikas Sharma^c

^aPh.D. SCHOLAR, DPESS, University of Delhi, India

^bHOD, Physical Education, D.A.V Public School East of Loni Road, Delhi, India

^cPGT(Physical Education), Uttarakhand Public School, Noida, India

Abstract

The purpose of the study was to compare the physical fitness components of netball and basketball players in east Delhi schools the 60 players (30 netball & 30 basketball) inter zonal players were randomly selected and AAHPER youth fitness test items were conducted and different types of descriptive statistic such as mean, standard deviation, t value have been computed.

KEYWORDS: AAHPER physical fitness Test, Basketball, Netball.

Introduction

Fitness is the pre requisite for all the sports, which include strength, speed, endurance, ability, flexibility sport to sport. In certain sports the strength component of fitness is a dominating factor whereas in other sports endurance, speed and agility may be required for achieving better result.

Fundamentals of success in all the types of games and sports in higher levelof motor fitness a round and fit body is a pre requisite for a top level performance in any type of the games and sports. It is considered a matter of common sense that even when all the contributing factors are controlled, an increase in the level of motor fitness shall definitely lead to improvement in performance level of sports man participate in any activity

Statement of the problem:

A comparative study of selected physical fitness components of netball and basketball players

Objectives :

to find out which group of male students more physical fit and healthy from netball and basketball players

Sample :

A total no of 60 students were randomly selected from D.A.V & private schools of east Delhi 30 male netball & 30 male basketball players.

Methodology :

the data was collected from 30 netball and 30 basketball players the students have been selected randomly and the AAHPER youth fitness test items were conducted and analysis.a total no of 60 students were randomly selected from D.A.V & private schools of east Delhi.on the basis of available literature scientific authenticity and administrabilityAAHPER youth test variables has been used.

Data analysis and discussion:

After administrating the tests on selected physical fitness components for both basketball and netball players the significance of difference between the mean of selected physical fitness components of basketball and netball players was workout by the following formulas:-

$$T = \frac{DM}{\text{D.M}}$$

DM

Where,

DM = Difference between both the means

D.M = Difference between standard error

Significance of mean difference between Basket ball and Netball players in selecte physical fitness components.

S.no.	Variables	Group	Mean	MD	Difference of S.E.	T Raito
1.	50 mt dash (Speed) 1/10 sec	BasketBall Netball	6.42 6.39	0.03	0.03	0.33
2.	Sit-ups	BasketBall Netball	50.17 49.83	0.34	6.39	0.08
3.	Standing Broad Jump	BasketBall Netball	88.83 88.5	0.33	0.7	0.06
4.	Pull-ups	BasketBall Netball	14.6 16.67	2.07	1.05	1.74
5.	Shuttle Run	BasketBall Netball	11.06 10.71	0.35	0.26	3.18
6.	12 min Run/walk	BasketBall Netball	3134.38 3056.25	73.13	114.13	1.69

*Significance at 0.05 level of confidence

Discussion and finding:

1. Netball and basketball players require all components of physical fitness.
2. The difference in the physical

fitness status of hockey and football players varies only to a small extent.3. Basketball players require more speed compare to netball players.

4. Netball players require more leg explosive Strength because of jumping nature.

5. Basketball players are more fit.

Reference:

1. barrow, harold m and geo. Rose marry mc.” a practical approach to measurement in physical education 3rd ed. (philapedia :wb.saude company, 1979)

2.mohan, shekarchander “a comprative study of selected physical fitness components of football and basketball players.

3.upaal, a.k. assesment of major fitness components of soccer playing ability “snipes journal (july 1986)