

A Comparative Study On Physical Fitness Among Basket Ball Players And Hand Ball Players Of Wolaita Sodo University

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I. INTRODUCTION

Physical fitness is a general state of health and well-being or specifically the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. It is a set of attributes or characteristics that people have or achieve that relates to the ability to perform physical activity. Before the industrial revolution, fitness was the capacity to carry out the day's activities without undue fatigue. However with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations.

A comprehensive fitness program tailored to an individual typically focuses on one or more specific skills, and on age- or health-related needs such as bone health many sources [citation needed] also cite mental, social and emotional health as an important part of overall fitness. This is often presented in text books as a triangle made up of three points, which represent physical, emotional, and mental fitness. Physical fitness can also prevent or treat many chronic health conditions brought on by unhealthy lifestyle or aging. Working out can also help people sleep better. To stay healthy it is important to engage in physical activity.

Objective of the study

The study is to determine the significant difference of physical fitness between Basket Ball player's and Hand Ball players of Wolaita Sodo University.

Significance of the study

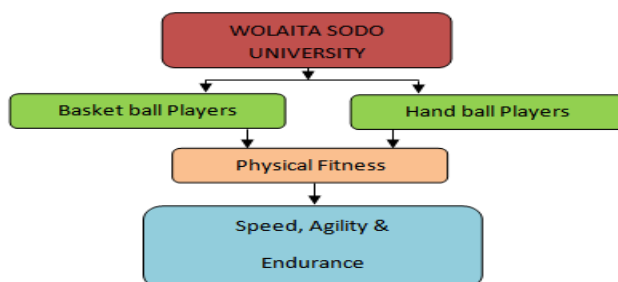
This study aims to know the physical efficiency of the players of the two games i.e., Basket Ball and Hand Ball. The results of this study might help to give an idea to physical education teachers, coaches and players.

Hypotheses

1. There may not be any significant difference between Basket Ball player's and Hand Ball players in relation to their Physical fitness Speed.
2. There may not be any significant difference between Basket Ball player's and Hand Ball players in relation to their Physical fitness Agility.
3. There may not be any significant difference between Basket Ball player's and Hand Ball players in relation to their Physical fitness Endurance.

Design Of The Study:

The study has focused the following experimental design.



Sample Of The Study:

The study was formulated based on the simple random sampling. The samples were collected from the 50 Basket Ball players' and Hand Ball players in the age group of 20 – 25 years from Wolaita Sodo University was considered.

Showing the Sample of the Study

Sl. No.	Category of the subjects	Number of subjects
1.	Basket ball players	50
2.	Hand Ball Players	50

Tools Used:

The present study under investigation selected the following physical fitness.

- **Physical Fitness**

Speed (50 yard dash), Endurance (Cooper Test 12 Minute Run / Walk) and Agility (4x 10Mts Shuttle Run).

Data Collection Procedure

The subjects of the study were in the age group between 20 to 25 years, 50 Basket Ball players and Hand Ballplayers of Wolaita Sodo University were considered. The study was delimited for the Wolaita Sodo University. The researcher has collected the data separately for Basket Ball players and Hand Ballplayers. The subjects were tested in three categories of Physical Fitness i.e. Speed (50yard dash), Endurance (Cooper Test 12 Minute Run / Walk) and Agility (4x 10Mts Shuttle Run).

II. RESULTS AND DISCUSSIONS:

Table: 1 showing that the significant difference between Basket Ball players and Hand Ball players in relation to their speed are presented.

Sl. No.	Subjects	N	Mean	SD	df	t-value	p-value
1	Basket Ball players	50	8.07	0.962	98	4.035	1.980
2	Hand Ballplayers	50	10.96	1.190			

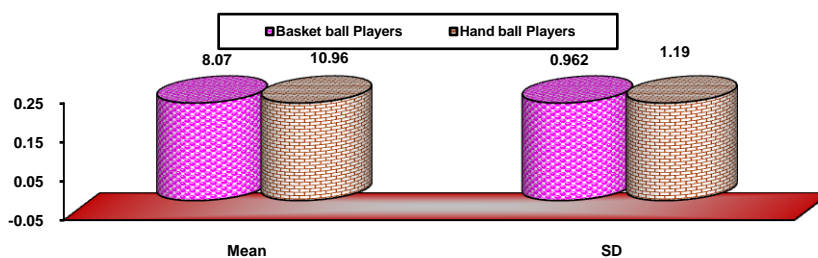


Table: 2 showing that the significant difference between Basket Ball players and Hand Ball players in relation to their Agility are presented

Sl. No.	Subjects	N	Mean	SD	df	t-value	p-value
1	Basket Ball players	50	9.44	1.113	98	4.72	1.980
2	Hand Ballplayers	50	10.21	1.190			

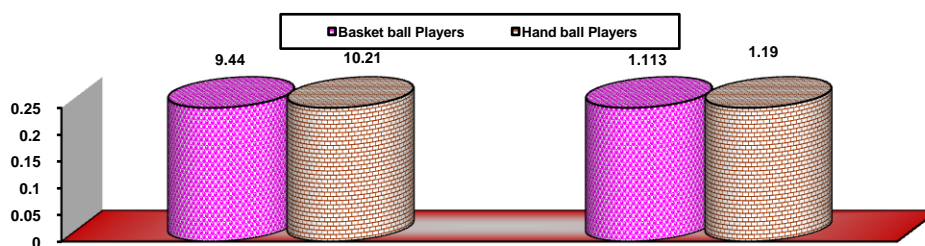
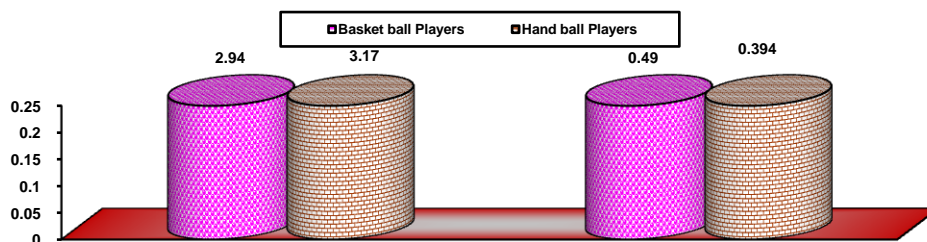


Table: 3 showing that the significant difference between Basket Ball player’s and Hand Ball players in relation to their Endurance are presented

Sl. No.	Subjects	N	Mean	SD	df	t-value	p-value
1	Basket Ball players	50	2.94	0.490	98	1.47	1.980
2	Hand Ball players	50	3.17	0.394			



III. CONCLUSIONS:

Physical fitness is the ability to perform vigorous physical activity. It is not measured in terms of achieving specific motor skills, but rather it is assessed in terms of muscle strength, endurance, and flexibility. The circulatory and respiratory systems are also involved because of their role in supplying muscles with blood and oxygen.

In considering muscles, strength is the maximum force that can be exerted by a muscle, and endurance is the ability to perform a muscular activity at less than maximum force, for example, in doing a series of chin-ups. Flexibility is the ability of a joint to move through a normal range of motion. The components of physical fitness (strength, endurance, flexibility, and capacity of circulatory and respiratory systems) can only be maintained through regular exercise. Although the percentage of body fat is not a main factor in physical fitness, it must be considered because of its effect on a person's ability to exercise.

The body will adapt to a regular exercise program by improving the function of the cardiac and respiratory systems. The blood will have a greater capacity to carry oxygen, which in turn will improve the body's ability to work. The heart and respiratory systems will be more efficient during rest and exercise, and the resting heart rate is usually reduced. These changes take place when a person participates in a rhythmic endurance activity such as walking, running, and cycling, or continuous sports activities.

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