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Darshan Kaur
Research Scholar
Department of physical
education, C.D.L.U., Sirsa,
Haryana, India

A study on physical fitness components between basketball and korfbal girls players of Haryana

Darshan Kaur

Abstract

The present study was an attempt to evaluate the degree of components among basketball and korfbal girls' players of Haryana. To carry out this study, 50 subjects 25 from (Basketball) and 25 from (Korfbal) game. The age limit of players was ranged between 10 to 15 years. The samples were taken from Sirsa, Rohtak and Bhiwani districts of Haryana. Only explosive power of legs and flexibility were used to measure the physical fitness components. To assess the significance of differences between the means in case of significant t-values'' test was applied. The level of significance was 0.05.

Keywords: Physical fitness components, Basketball, Korfbal, Haryana.

1. Introduction

Human body is a gift by nature. Life in the computer age is not less than the blessings of God. Scientific discoveries have changed the entire face of our planet. It has changed the entire face of our planet. It has changed the thorny life into the bed of roses. Good health provides sound and solid foundation on which fitness rests and at the same time fitness provides one of the most important key to health and living one's life to fullest.

Concept of physical fitness is as old as humankind. Throughout the history of mankind physical fitness has been considered an essential element of everyday life. The ancient people were mainly dependent upon their individual strength, vigour and vitality for physical survival. This involved mastery of some basic skill like strength, speed, endurance, agility for running, jumping, climbing and other skills employed in hunting for their livings. Over the past four decades, there has been an increase in the prevalence of overweight and physical fitness deterioration in adult across all genders.

The negative effects of degraded physical fitness on both the individual and society are serious and multi-dimensional. It can cause many risk factors to health including coronary heart disease, certain forms of cancer, diabetes, hypertension, stroke, gall bladder diseases, osteoarthritis, and respiratory problems.

Physical fitness is the capacity to carry out reasonably well various forms of physical activities without being unduly tired and includes qualities important to the individual's health and wellbeing. Fitness may be described as a set of attributes that an individual has or has acquired which help in their ability to perform physical activity. Physical fitness can be divided into two distinct categories the health related physical fitness and skill-related physical fitness. Health related physical fitness components are cardio-respiratory fitness, body composition, abdominal strength, muscle endurance and flexibility. Skill related physical fitness includes components important to play sports well, such as speed, strength, endurance, agility, flexibility, balance, power, co-ordination etc. Both type of physical fitness are important for all the sportsmen in order to achieve better performance.

Method and Procedure

Selection of subjects

To carry out this study, 50 girl's players (25 from basketball and 25 from korfbal) game. The age limit of players was ranged between 10 to 15 years. The sample was collected from Sirsa, Rohtak and Bhiwani of Haryana.

Correspondence:
Darshan Kaur
Research Scholar
Department of physical
education, C.D.L.U., Sirsa,
Haryana, India

Selection of variables

Out of the three test items, the following four were selected for this study:

1. Medicine ball Test- To measure explosive power of arms
2. Forward bent and reach test – To measure flexibility

Statistical Techniques

Mean and standard deviation were calculated in order to study the physical fitness components of the basketball and Korfball girls' players of Haryana. To assess the significance of differences between the means in case of significant T-values'' test was applied. The level of significance was 0.05.

Results and Interpretation

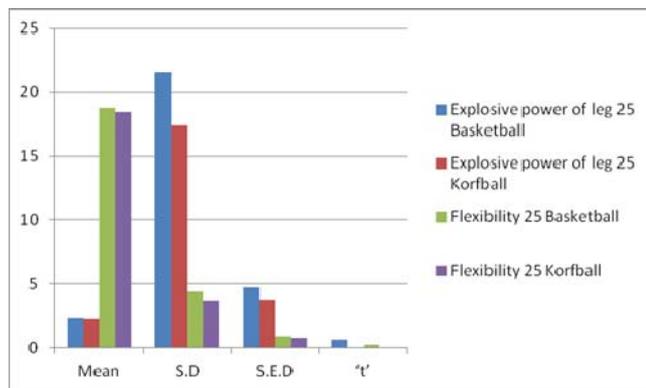
Table 1: Comparison of physical fitness components between the Haryana's Basketball and Korfball girls' players

Variable	N	Game	Mean	S.D	S.E.D	't'
Explosive power of leg	25	Basketball	2.29	21.59	4.71	0.67
		Korfball	2.27	17.39	3.79	
Flexibility	25	Basketball	18.80	4.37	0.95	0.25
		Korfball	18.47	3.74	0.81	

Significant at 0.05 level

The findings of the study revealed that significantly higher strength was found in the basketball girls' players of Haryana than the Korfball girls' players of Haryana.

The findings of the study in relation to flexibility showed that the Korfball girls' players of Haryana had better agility in comparison to the basketball girls' players of Haryana.



Graph 1: Graphical representation of physical fitness components between Basketball and Korfball girls' players of Haryana

Conclusion

- Higher strength was found in the basketball girls' players of Haryana than the Korfball girls' players of Haryana.
- Korfball girls' players of Haryana had better flexibility in comparison to the basketball girls' players of Haryana

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