International Journal of Physical Education, Sports and Health 2016; 3(1): 386-387

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2016; 3(1): 386-387

www.kheljournal.com
Received: 24-11-2015
Accepted: 28-12-2015

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

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

Assessment of motor fitness variables between hockey boys and girls players of Sirsa district in Haryana

Darshan Kaur

Abstract
The present study was an attempt to evaluate the degree of motor fitness variables between hockey boys and girls players of Haryana. To carry out this study, 30 hockey players 15 (boys) and 15 (girls) game. The age limit of players was ranged between 10 to 15 years. The samples were taken from Sirsa district of Haryana. Only speed and agility were used to measure the motor fitness variables. 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 levels.

Keywords: Motor fitness variables, Hockey, Haryana.

Introduction
Motor ability is the third classification of motor behaviour. Sometimes, it is referred to as general athletic ability. Motor ability is a combination of the innate acquired ability. Motor ability is general in nature and is made up of general abilities. It does not involve highly specialized skills instead it is made up of factors which may be more dynamic and changeable. This seems to imply that motor ability status would come about relatively slowly and over a period of time. Improvement would come about and be in proportion not only to one's potential but also in the amount of time and practice devoted to activities also, as one approaches his potential, change would come about more slowly. Once a player has these abilities practiced, these dominant abilities would be enduring and persist over a long period of time, since they become a part of muscle memory. Lastly, there has been no common agreement on the factors that constitute motor ability.

"The capacity of performing physical activity is named physical fitness or motor fitness, albeit these terms are difficult to define" stated by Gallahue. Physical fitness may be conceived as the capacity to perform one's daily tasks without fatigue. Motor fitness, also termed motor ability, refers to a person's performance abilities as affected by the factors of speed, agility, balance, coordination, and power. Nowadays, the existing evidence is used to examine the relationship between age related differences and sensimotor system. The importance of age related differences is only identified when somatosensory information is compromised and it is suggested that somatosensory process in the maintenance of body posture is sensitive to age differences.

Objective of the study
1. To compare the speed one of the motor fitness component between hockey boys and girls players of Haryana.
2. To compare the agility one of the motor fitness component between hockey boys and girls players of Haryana.

Method and Procedure
Selection of subjects
To carry out this study, 30 hockey players (15 boys and 15 girls). The age limit of players was ranged between 10 to 15 years. The sample was collected from Sirsa district of Haryana.

Selection of variables

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

1. 30 meter run test – To measure speed
2. Zig- Zag Run Test- To measure agility

Statistical Techniques

Mean and standard deviation were calculated in order to study the motor fitness variables of the boys and girls hockey 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

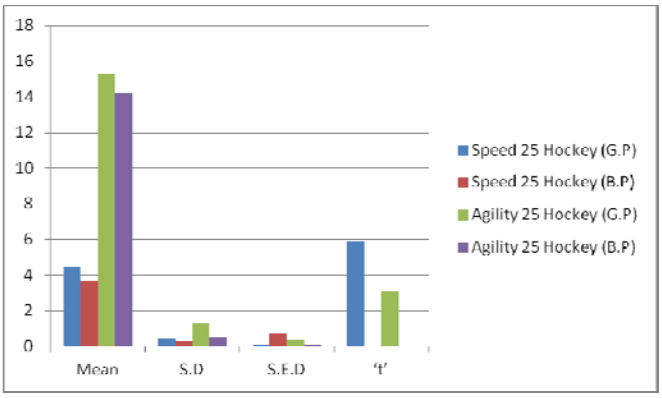
Table 1: Comparison of motor fitness components between the Haryana's Boys and Girls hockey players

Variable	N	Game	Mean	S.D	S.E.D	't'
Speed	25	Hockey (G.P)	4.46	0.42	0.11	5.92
	25	Hockey (B.P)	3.64	0.26	0.69	
Agility	25	Hockey (G.P)	15.31	1.27	0.32	3.09
	25	Hockey (B.P)	14.19	0.52	0.13	

Significant at 0.05 level

The findings of the study in relation to Speed showed that the hockey boy's players of Sirsa had better speed in comparison to the hockey girl's players of Haryana. This may be attributed to the fact that speed plays an important role in the performance of hockey players of Sirsa district in Haryana.

The findings of the study in relation to agility showed that the hockey girls' players of Haryana had better agility in comparison to the football boy's' players of Haryana. This may be attributed to the fact that agility plays an important role in the performance of hockey players of Sirsa district in Haryana.



Graph 1: Graphical representation of motor fitness components between the Haryana's Boys and Girls hockey players

Conclusion

- Hockey boy's players of Haryana had better speed in comparison to the hockey girls' players of Haryana.
- Hockey girls' players of Haryana had better agility in comparison to the hockey girls' players of Haryana

References

1. Allen, Philips D. and Hornok James E. Measurement and Evaluation in Physical Education. John Willey and Sons, 1979.
2. Barrow, Harold M. Man and Movement: Principles of Physical Education, Philadelphia: Lea and Febiger, 1977.
3. Barrow, Harold M, McGee Rosemary. A Practical Approach to Measurements to Physical Education. Second Edition. Philadelphia: Lea and Febiger, 1973.
4. Barrow Horold M, Rosemary McGee. Practical Approach to Measurement in Physical Education Philadelphia: Lea and Febiger, 1979.
5. Bompa TO. Periodization: Theory and Methodology of Training (4th ed.) Champaign, IL: Human Kinetics, 1999.
6. Davis B. Physical Education and the Study of Sport. UK: Harcourt Publishers Ltd., 2000.
7. Donald Mathews K, Ed. Ward L. Fox. The Physiological Basis of Physical Education and Athletes. Philadelphia: W.B. Sounders Company, 1976.
8. Gallahue DL. Developmental Movement Experiences for Children. New York: Collier Macmillan, 1982.
9. Gallahue DL, Ozmun JC. Understanding Motor Development, Infants, Children, Adolescents, Adults. 6th ed. McGraw-Hill, New York, NY, USA, 2006.
10. Hardayal Singh. Sports Training General Theory and Methods. 1st Ed., Patiala: Netaji Subhas National Institute of Sports, 1984. Hockey, Robert. Physical Fitness: The Pathway to Healthful Living. St. Louis: The C.V. Mosby Company, 1973.
11. Koul Lokesh. Methodology of Educational Research (Vikas Publishing House Pvt. Ltd, 2003.
12. Morehouse Lawrence E, Miller Augustus T. Physiology of Exercise Saint Louis: The C.V. Mosby Co., 1926.
13. Tancred Bill, Trancred Geoff. Weight Training for Sport, Publications London.
14. Thorland WG, Johnson GO, Tharp GD, Housh TJ. Comparative Characteristics of elite Junior and Senior Athletes, 1988.
15. In Brown EW, Branta CF. (Eds.), Competitive youth sports for children and youth (129-142). (Champaign, IL: Human Kinetics).