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## A comparative study of agility among different male athletes

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### Abstract

The main purpose of the study is to find out the comparison of agility among different male athletes. To achieve the purpose of this study, the investigator randomly selected (45) forty five male from inter university level volleyball, basketball and handball players age ranging from 18 to 22 years. In that each game contends fifteen (15) players were selected as subjects for the study. One test are used for these study shuttle run respectively for the three groups. The data on agility obtained from the subjects was statistically analyzed by using one-way analysis of variance. Results revealed that there was a insignificant difference found in agility among game players at 0.05 level with  $F_{.05}(2, 42) = 3.220$  degree of freedom.

**Keywords:** Agility, Athletes

### 1. Introduction

Physical fitness and wellness is not only the need of high performers in sports, rather every individual need physical fitness and wellness for a well balance life <sup>[1]</sup>.

Commonly speaking, agility means ability of quick and swift movement, and ability of quick apprehension of body movements. As used in physical education and sports, agility may be defined as "one's controlled ability to change body position and direction rapidly and accurately.

Quick explosive power movements in various directions are the agility of an individual. Performing any cutting movements or game drills with application of power component is said to be exposing the component agility. Agility is the ability to perform a series of explosive power movements in rapid succession in various directions. The movements performed in opposite direction in a successive way are actually for enhancing the agility of that performer. Specific activity zigzag running is mainly for the development of agility. It is the ability of an individual to change directions quickly while moving. Agility is the capability of a person to change his/her body positions quickly with well-balanced movements. Ability to start quickly and abrupt stopping of movement and changing body positions is Agility <sup>[1]</sup>.

### 2. Methodology

Fifteen male athletes of each sports group (Volleyball, Basketball, and Handball players) of the Sant Gadge Baba Amravati University, Amravati were selected as subjects. The age of subjects ranged between 18 to 22 years. All the variables measured in each athlete individually during rest hours with the help of standard scientific instruments and techniques as presented in Table -I.

### 3. Criterion Measure

The agility measurement variable was selected for the present study.

**Table I:** Selected variables their tests and unit of measurement

Sr. No.	Variable	Test/Equipments used	Unit
1	Agility	Shuttle Run	Sec.

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#### 4. Analysis of Data

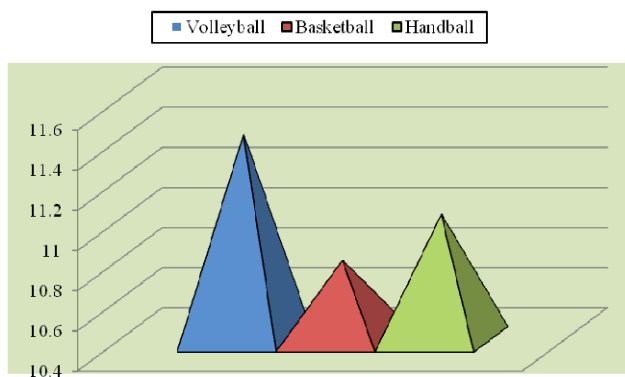
The data on coordinative abilities obtained from the subjects was statistically analyzed by using one-way analysis of variance (ANOVA). For the hypothesis, level of significance was set at .05 level. One-way analyses of variance of selected variable are presented in Table - II.

**Table II:** Analysis of variance of agility of Volleyball, basketball and Handball players

Source of Variation	SS	df	MS	F
Between Groups	3.043	2	1.522	1.225
Within Groups	52.170	42	1.242	

\* Significant at .05 level of significance  $F_{.05}(2, 42) = 3.220$

Table-II reveals that there was significant difference between the means of volleyball, handball and basketball players of agility. The calculated 'F' was 1.225 where as tabulated 'F' was 3.220. Calculated 'F' less than the tabulated 'F', which shows insignificance in volleyball, handball and basketball players of agility. Therefore, there is no need of post hoc test.



**Graph 1:** Comparison of the means of agility among game players

#### 5. Conclusion

The analysis of the data revealed that no significant difference was found among all the three games in relation to agility because all the games demand high agility i.e. greater the agility, greater will be the performance of the players. It might be due to the less sample size and low skill level of the player or it may be due to the nature of activity/sports also.

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