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## The relationship among selected motor fitness components and playing ability of college men cricket players

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### Abstract

The purpose of the study was to find out the relationship among selected motor fitness variables and overall playing ability of college men cricket players. To achieve this purpose, 15 cricket players from different colleges in Meerut were randomly selected, for research. The age group of the subjects was between 18 to 23 years. The investigator selected motor fitness variables, speed, agility and endurance to correlate with cricket playing ability of the college men. Single group randomized research design was followed for this study. Randomly selected 15 subjects were tested of their motor fitness variables, agility, speed and cardio vascular endurance and playing ability in cricket. The collected data were analysed through Pearson Coefficient of Correlation to find out the relationship between the motor ability variables and overall playing ability of Cricket players. It was found that there was significant relationship between speed, endurance and agility with cricket playing ability of college men.

**Keywords:** Speed, agility, endurance, cricket

### Introduction

Physical Education has made rapid changes and progress since the beginning of the twentieth century. Leaders Physical Education need to interpret with the intelligence, the political, economic and social forces of the items and used these factors to create programme better suited to enrich the lives of persons enrolled in school and colleges. The general aim of Physical Education should be practically the same as that of all education. Physical Education is an integral part of education. Physical Education of taught well is a process of education, throughout interesting and self-directed activity on the part of pupils. It is only through activity of the learner the education takes place. A person physically fit will be mentally alert and sound and will be more spectacular in all walks of his life.

Cricket is one of the most popular and richest in history of all ball games. There is no record available which shows when and by whom cricket was started in England. It is essentially an English game. Old work shows that it is as old as 13th Century. The game eventually developed in the 17th century with underarm bowling, curved bat and a wicket of two feet wide and one foot high with a hole in the ground between the stumps. Cricket is a game of intricate movements combined with great speed and accuracy. Great teams are developed by the meshing of fundamentally sound players weaving clever patterns of attack and defense tactics.

It must be remembered that surprise is a big element in bowling, and bowlers will often shun these common tactical approaches in the hope of simply confusing the batsman into playing the wrong shot. For example, bowling Fast bowling, sometimes known as pace bowling, is one of the two approaches to bowling in the sport of cricket. The other is spin bowling. Practitioners are usually known as fast bowlers or pace bowlers although sometimes the label used refers to the specific fast bowling technique the bowler prefers, such as swing bowler or seam bowler. In the view of Cricket is an indigenous game becoming very popular with more scientific technique. There is need to analyze the scientific techniques.

## Methodology

The purpose of the study was to find out the relationship between selected motor fitness variables and overall playing ability of college men cricket players. In this chapter selection of subjects, selection of variables, test administration and statistical technique followed were explained. To achieve this purpose, 15 cricket players from different colleges in Ch. Charan Singh University Meerut were randomly selected, for research. The age group of the subjects was between 18 to 24 years. Single group randomized research design was followed for this study. Randomly selected 15 subjects were tested of their motor fitness variables, agility, speed and cardio vascular endurance and playing ability in cricket. The collected data were analysed through Pearson Coefficient of Correlation to find out the relationship between the motor ability variables and overall playing ability of Cricket players. Table I shows the obtained correlation coefficient between motor fitness variable speed and overall cricket playing ability of the college men.

## Results

**Table 1:** Correlation Coefficient between Speeds with Playing Ability of College Men Cricket Players

Variables	Obtained 'r'	Required 'r'
Cricket Playing Vs Speed	-0.627*	0.497

\*Significant at 0.05 level

Table Value Required (df 1, 14) (0.05)= 0.497.

The obtained Coefficient of Correlation between Cricket playing ability and speed of the college men showed 0.627, which was greater than the required „r“ value of 0.497. This proved that there was significant relationship between speed and Cricket playing ability of college men. Table II shows the obtained correlation coefficient between agility and overall cricket playing ability of the college men.

**Table 2:** Correlation Coefficient between Agility with Playing Ability of College Men Cricket Players

Variables	Obtained 'r'	Required 'r'
Cricket Playing Vs Agility	0.729*	0.497

\*Significant at 0.05 level

Table Value Required (df 1,14) (0.05)= 0.497.

The obtained Coefficient of Correlation between Cricket playing ability and agility of the college men showed 0.729, which was greater than the required „r“ value of 0.497. This proved that there was significant relationship between agility and Cricket playing ability of college men. Table III shows the obtained correlation coefficient between agility and overall cricket playing ability of the college men.

**Table 3:** Correlation Coefficient between Endurance with Playing Ability of College Men Cricket Players

Variables	Obtained 'r'	Required 'r'
Cricket Playing Vs Endurance	0.729*	0.497

\*Significant at 0.05 level

Table Value Required (df 1,14) (0.05)= 0.497.

The obtained Coefficient of Correlation between Cricket playing ability and endurance of the college men showed 0.619, which was greater than the required „r“ value of 0.497. This proved that there was significant relationship between endurance and cricket playing ability of college men

## Conclusions

1. There was significant relationship between speed and cricket playing ability of college men.
2. There was significant relationship between agility and cricket playing ability of college men.
3. There was significant relationship between endurance and cricket playing ability of college men

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