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## Construction of norms for kabaddi skill tests

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### Abstract

The research related to Development of norms for particular Games, the kabaddi is a mass game, in present days it will get a tremendous appreciation all over the World. More than 40 countries are playing the Kabaddi. The prerequisite are Physical and Motor Fitness however the selection norms are different for sports talent, area wise is not so for available. For Development of norms as selection criteria, especially for the Indian sports talent, area wise is a demand of the day. Suitable selection criteria for area wise to select the talented kabaddi players. Such criteria will, in fact, help to discriminate the talented sports person for coaches, and prepare the training plans according to the capacity and quality of these talented kabaddi players. Main objective of the study was to construct norms for skill test for Kabaddi players. For this purpose 500 State Level and south Zone inter university Kabaddi players of south India were randomly selected to serve as subjects. Objectivity and reliability of the 15 test variables were obtained. The limited 25 samples from selected subjects were considered for the administration of tests. The skill tests norms were constructed on the basis of the findings of the statistical analysis. The standardized norms are constructed.

**Keywords:** kabaddi skill tests, Motor Fitness. Indian sports talent

### Introduction

The physical fitness or condition is the sum total of five motor activities namely, strength, speed, endurance, flexibility and Coordinative abilities. These five motor abilities and their complex forms are the basic prerequisites for human motor action. Therefore the sports performance in all sports depends to a great extent on these abilities improvement and maintenance of physical fitness or condition is most important. The Kabaddi game, characterised by high intensity motor activities, places upon players a wide spectrum of requirements on all their capabilities. Dasondhi and Karkare (Jan., 2016) constructed of physical fitness test norms for under 19 cricketers in Central Zone Vidarbha Cricket Association, Rajasthan Cricket Association, Madhya Pradesh Cricket Association, Chhattisgarh State Cricket Sangh and Uttar Pradesh Cricket Association. Ramachandra and Gasti (2015) constructed of physical fitness norms for adolescent girls. The purpose of the present study was to construct physical fitness norms for adolescent girls of Karnataka state. The coaches are select the appropriate kabaddi players by using the fitness tests only, the main object for this study is to construct the norms for kabaddi skill tests.

### Methodology

Main objective of the study was to construct norms for kabaddi skill tests. For this purpose 500 State Level and south Zone inter university Kabaddi players of south India were randomly selected

### Selection of test items

For this study, the researcher identified test variables by factor analysis. Nine factors were identified viz. agility, coordination, reading ability, flexibility, back strength, muscular strength, static strength, speed and cardiovascular endurance. Total 500 kabaddi players were randomly selected. The researcher personally visited during coaching camps and administered tests to 500 subject. Raw scores were converted into standard scores represents by sigma scale has been developed for kabaddi players.

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### Statistical techniques

The data, which was collected by administering test, was statistically treated to develop norms for all the test items. Two scales, namely, Percentile Scale and 7 Sigma Scale were constructed. Further the scores were classified into five grades i.e., Excellent, Good, Above Average, Average, Below Average, Poor and Very Poor.

### Results

The 9 test items, selected one from each factor, were included in the Kabaddi Skill Ability Test Battery. Seven Sigma Scale was constructed and further the scores were classified into five grades i.e., Excellent, Good, Above Average, Average, Below Average, Poor and Very Poor, a norm was developed.

#### Grading scale for the Interpretation of Foot Work test Scores of Kabaddi players

Grade	Evaluation	Alphabetical Grade
Excellent	Below 19.478	A
Good	19.479 to 22.572	B
Above Average	22.573 to 25.666	C
Average	25.667 to 31.854	D
Below Average	31.855 to 34.948	E
Poor	34.949 to 38.042	F
Very Poor	Above 38.043	G

#### Grading scale for the Interpretation of Reaction Ability Scores of Kabaddi players

Evaluation	Scores	Alphabetical Grade
Excellent	Above 29.546	A
Good	27.082 to 29.545	B
Above Average	24.618 to 27.081	C
Average	19.690 to 24.617	D
Below Average	17.226 to 19.689	E
Poor	14.762 to 17.225	F
Very Poor	Below 14.761	G

#### Grading scale for the Interpretation of Riding Skill test scores of Kabaddi players

Evaluation	Scores	Alphabetical Grade
Excellent	Below 9.348	A
Good	9.349 to 10.567	B
Above Average	10.568 to 11.786	C
Average	11.787 to 14.224	D
Below Average	14.225 to 15.443	E
Poor	15.444 to 16.662	F
Very Poor	16.663 Above	G

#### Grading scale for the Interpretation of Foot Touch Reach test scores of Kabaddi players

Evaluation	Scores	Alphabetical Grade
Excellent	185.514 Above	A
Good	174.100 to 185.513	B
Above Average	162.686 to 174.099	C
Average	139.858 to 162.685	D
Below Average	128.444 to 139.857	E
Poor	117.030 to 128.443	F
Very Poor	Below 117.029	G

#### Grading scale for the Interpretation of Backward Shot Throw test scores of Kabaddi players

Evaluation	Scores	Alphabetical Grade
Excellent	14.267 Above	A
Good	13.132 to 14.266	B
Above Average	11.997 to 13.131	C
Average	9.727 to 11.996	D
Below Average	8.592 to 9.726	E
Poor	7.457 to 8.591	F
Very Poor	Below 7.456	G

#### Grading scale for the Interpretation of Push Ups test scores of Kabaddi players

Evaluation	Scores	Alphabetical Grade
Excellent	48.987 Above	A
Good	43.184 to 48.986	B
Above Average	37.381 to 43.183	C
Average	25.775 to 37.380	D
Below Average	19.972 to 25.774	E
Poor	14.169 to 19.971	F
Very Poor	Below 14.168	G

### Conclusion

The playing ability performance (overall performance) scores of the players were interpreted by using a grading scale on the basis of 7-sigma scale as A, B, C, D, E, F & G or Excellent, Good, Above Average, Average, Below Average, Poor and Very Poor respectively according to their overall performance score based on the Hull Scale Norm, which was developed for all the 9 test items. The test constructed measured nine different skills namely foot work, reaction ability, raiding footwork, forward medicine ball throws, push ups, grip strength left, grip strength right, leg thrust, defensive foot work and breath holding capacity.

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