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Comparative analysis of selected physical variables among college men Kabaddi and kho-kho players

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Abstract

The purpose of the study was to find out the significant differences on selected physical fitness variables among college men kabaddi and kho kho players. To achieve this purpose of the study, fifteen kabaddi players and fifteen kho kho players were selected as subjects. The selected subjects were tested on selected criterion variables such as speed, agility, explosive power, strength endurance. They were tested by 50 mts dash, shuttle run, standing broad jump, sit-ups respectively. The collected data were analysed statistically by using t-ratio to find out the significant differences if any.

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