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## Analysis of selected anthropometric variables between the finalist of south zone inter university men volleyball tournament

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### Abstract

The purpose of the study was to compare the selected anthropometrical variables between the finalist South Zone Inter University men Volleyball tournament held at S.V. University, Tirupati in the year 2014-2015. To achieve this purpose of the study, twenty four men volleyball players were selected. Among them, twelve volleyball players represented SRM University volleyball team (Winners), twelve volleyball players represented Bharathiar University volleyball team (Runner up) were selected as subjects. Their age ranged between 18 to 24 years. The following anthropometrical variables namely height, weight and arm length were selected as criterion variables. The subjects of the two teams such as SRM University and Bharathiar University were tested on selected anthropometrical variables namely height, weight and arm length by using stadiometer, weighing machine and flexible measuring tape respectively. The collected data were analyzed statistically through independent 't' ratio to find out the significant difference, if any between SRM University (Winners) and Bharathiar University (Runner up) on selected criterion variables. The.05 level of confidence was fixed to test the level of significance which was considered as an appropriate. The results of the study showed that there was a significant difference exist between the finalist of South Zone Inter University Volleyball Tournament on selected criterion variables.

**Keywords:** Physical fitness, pulse rate, non-sportsmen, Sirsa

### Introduction

Physical fitness promotes a feeling of increased vitality because more energy is available to perform daily tasks. Those who fit are usually eager to get up in the morning and experience more drive throughout the day. They exhibit a "zest for life". Never in the history of the United States of America has so much attention been devoted to the status of physical fitness in children and youth as in the 1980. Several national surveys have been conducted a number of nationality known fitness tests have been revised, the merits of health-related verses motor, performance related fitness have been debated extensively, fitness tests have been incorporated in to fitness programs, concepts and knowledge about fitness have been stressed and criterion-referenced standards have been introduced into the realism of fitness testing.

### Methodology

The purpose of the study was to compare the selected anthropometrical variables between the finalist South Zone Inter University men Volleyball tournament held at S.V. University, Tirupati in the year 2014-2015. To achieve this purpose of the study, twenty four men volleyball players were selected. Among them, twelve volleyball players represented SRM University volleyball team (Winners), twelve volleyball players represented Bharathiar University volleyball team (Runner up) were selected as subjects. Their age ranged between 18 to 24 years. The following anthropometrical variables namely height, weight and arm length were selected as criterion variables. The subjects of the two teams such as SRM University and Bharathiar University were tested on selected anthropometrical variables namely height, weight and arm length by using stadiometer, weighing machine and flexible measuring tape respectively. The collected data were analyzed statistically through independent 't' ratio to find out the significant difference, if any between SRM University (Winners) and Bharathiar

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University (Runner up) on selected criterion variables. The 05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

### Analysis of the Data

The mean, standard deviation and 't' ratio values on selected

criterion variables between SRM University (winners) and Bharathiar University (runner up) of South Zone Inter University Volleyball Tournament were analysed and presented in Table I.

**Table 1:** The Mean, Standard Deviation and 'T' Ratio Values on Selected Criterion Variables between Winners and Runner up of South Zone Inter University Volleyball Tournament

Variables	Groups	Mean	Standard Deviation	't' ratio value
Height	SRM University (Winners)	186.14	1.18	1.74
	Bharathiar University (Runner Up)	185.33	1.09	
Weight	SRM University (Winners)	88.92	0.88	1.63
	Bharathiar University (Runner Up)	88.32	0.92	
Arm length	SRM University (Winners)	68.12	1.21	1.91
	Bharathiar University (Runner Up)	67.18	1.19	

(The table values required for significance at.05 level of confidence with df 22 was 2.07).

The table I showed that the mean values on height for SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament were 186.14 and 185.33 respectively. The obtained 't' ratio value on height 1.74 which was lesser than the table value required for significance with df 22 was 2.07.

The mean values on weight for SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament were 88.92 and 88.32 respectively. The obtained 't' ratio value on weight 1.63 which was lesser than the table value required for significance with df 22 was 2.07.

The mean values on arm length for SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament were 68.12 and 67.18 respectively. The obtained 't' ratio value on weight 1.91 which was lesser than the table value required for significance with df 22 was 2.07.

The results of the study showed that there was no significant difference between SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament on height, weight and arm length.

### Results

1. The results of the study showed that there was no significant difference between SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament on height.
2. The results of the study showed that there was no significant difference between SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament on weight.
3. The results of the study showed that there was no significant difference between SRM University (Winners) and Bharathiar University (Runner up) of South Zone Inter University Volleyball Tournament on arm length.

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