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Investigation of physical fitness component speed of male athlete for the different districts of Madhya Pradesh

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Abstract

Purpose of this study was to compare the analysis of selected Physical Fitness component (Speed) of male Athletes for 100 meter, 200 meter and 400 meter running events of different district (Gwalior, Bhopal and Indore) of Madhya Pradesh. Selection of the subjects: The total number of subjects were selected from one hundred eighty (N=180) sixty (60) subjects from each groups Male Athletes for 100 meter, 200 meter and 400 meter running events of (Gwalior, Bhopal and Indore) district of Madhya Pradesh. Selection of the variables: The selection of the variable for this study was to selected physical fitness component like (Speed). The criterion measure of the study was score obtained from the selected physical fitness component like Speed of Male Athletes for 100 meter, 200 meter and 400 meter running events of (Gwalior, Bhopal and Indore) district of Madhya Pradesh. Descriptive information, (mean, trendy deviation, minimum and maximum) evaluation of variance ANOVA with LSD submit post hoc test, to comparisons The information studying tools SPSS- 21 software turned into used. Significant was set at 0.05. There was no significance difference between Physical fitness variables Speed (50 Yard Dash) and different district (Gwalior, Bhopal and Indore) of male athletes for 100 meter, 200 meter and 400 meter running events of Madhya Pradesh.

Keywords: Male, athlete Bhopal, Indore, Gwalior, speed, components etc.

Introduction

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. The growth of gymnastics in Germany can be primarily attributed to the work of two physical educators: Johann Guts Muths and Friedrich Jahn. Guts Muths is generally referred to as the "Grandfather of German Gymnastics." He invented numerous exercise programs and the equipment upon which they will be performed.

Speed: Speed is the ability to move your body or parts of your body swiftly. Many sports rely on speed to gain advantage over opponents. For example, a Basketball player making a fast break to perform a lay-up, a tennis player moving forward to get to a drop shot, a football player running the defense to receive a pass.

Objectives of the Study

To compare the selected Physical Fitness component (Speed) of male Athletes for 100 meter, 200 meter and 400 meter running events of different district (Gwalior, Bhopal and Indore) of Madhya Pradesh.

Methodology

Selection of the subjects: The total number of subjects were selected from one hundred eighty (N=180) sixty (60) subjects from each groups Male Athletes for 100 meter, 200 meter and 400 meter running events of (Gwalior, Bhopal and Indore) district of Madhya Pradesh. Selection of the variables: The selection of the variable for this study was to selected physical fitness component like (Speed).

Criterion measure

The criterion measure of the study was score obtained from the selected physical fitness component like Speed of Male Athletes for 100 meter, 200 meter and 400 meter running events of (Gwalior, Bhopal and Indore) district of Madhya Pradesh.

Speed- 50 meters Dash run

- **Purpose:** The test aims to measure the acceleration & speed of the players.
- **Equipment Required:** Flat surface, lime powder, stopwatch, measuring tape, cones.
- **Procedure:** The test involves running a single sprint over 50 meters, with a time record. A thorough warm-up was given including some practice start and accelerations. Start from a stationary standing position (Hands should not touch the ground) with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless the starter gives the

instructions “Set then go”. The tester should provide hints for maximum speed and the participants will encourage to not slow down before crossing the finishing line.

- **Scoring:** The time was measured to the nearest 1/100th of a second.

Statistical Analysis

Descriptive information, (mean, trendy deviation, minimum and maximum) evaluation of variance ANOVA with LSD submit post hoc test, to comparisons The information studying tools spss- 21 software turned into used. Significant was set at 0.05.

Level of Significance

The level of significance to check the compare obtained by analysis of variance ANOVA with post hoc test was set at 0.05 level.

Findings and Results of the Study

Table 1: Descriptive statistics tables Mean and Standard Deviation value of Speed of different District of (Gwalior, Bhopal and Indore) Speed (50 Yard Dash)

Variables	Groups	Mean	Std. Deviation	Minimum	Maximum
Speed (50 Yard Dash)	Gwalior	9.0	1.6	5	12
	Bhopal	9.0	1.6	5	11.9
	Indore	9.1	1.7	5	12
	Total	9.0	1.6	5	12

Speed (50 Yard Dash)

Table- 1 This study shows the results for the physical fitness variable Speed (50 Yard Dash) from various District of male athlete for 100 meter, 200 meter and 400 meter running events. The mean and standard deviations are extremely helpful in analyzing the data sets, hence, that first table, group Statistics, is shown in Figure 1 This table includes descriptive

statistics mean and standard deviations for each group of value of District Gwalior (9.0 ± 1.6), District Bhopal (9.0 ± 1.6) and District Indore (9.1 ± 1.7) there was no significance difference between All groups like District Gwalior, Bhopal and Indore male Athlete of physical fitness variables Speed (50 Yard Dash).

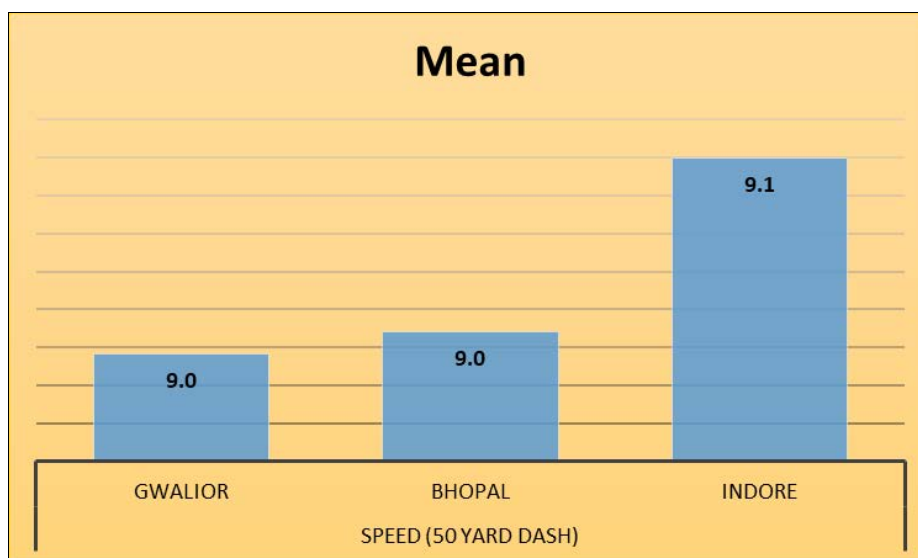


Fig 1: Graphically representation of Descriptive statistics tables of Mean and Standard Deviation value of Speed (50 Yard Dash) of different district of Gwalior, Bhopal and Indore of male athlete for the 100 meter, 200 meter and 400 meter running events.

Table 2: Analysis of Variance of Speed (50 Yard Dash) of different districts of Gwalior, Bhopal and Indore, of Male Athlete for the 100 Meter, 200 Meter and 400 Meter Running Events.

Variable	Groups	Sum of Squares	df	Mean Square	F	Sig.
Speed (50 Yard Dash)	Between Groups	0.384	2	0.192	0.072	0.931
	Within Groups	473.261	177	2.674		
	Total	473.646	179			

*significant set at 0.5 level 2, 177 (3.04)

Table 2 reveals that analysis of variance (ANOVA) of Physical fitness variable Speed (50 yard dash) for different districts of Gwalior, Bhopal and Indore, of male athlete for the 100 meter, 200 meter and 400 meter running events was found no significant as the tabulated "F" 3.04 and calculated "F" value is 0.072 and the p-value is 0.931 This p-value indicates that "F" is no significant at 0.05 level of significance so there was not required LSD with (post hoc test) between the groups.

Discussion of Findings

The reason of these differences can be associated with above results this is probably due to the different nature of the physical components training and pre-requisite for coaches. Number of training and level of participation. The reason may be attributed that the physically trained Coaches or level of athletes' achievements and taken deferent types nutrition food. These results may be due to a small sample of size and other factors such as different types of body, differences in body composition. These results may be nutrition diet schedule deference. The reason may be Psychological variables like stress, sports competition anxiety, aggression, fear, motivation confidence, attention concentration etc.

Conclusions

According to objectives of the study the following conclusions were drawn

- To find out the Descriptive Statistics Mean and Standard Deviation value of Physical fitness variables Speed (50 Yard Dash) different district like Gwalior, Bhopal and Indore male athlete for 100 meter, 200 meter and 400 meter running events of Madhya Pradesh.
- There was no significance difference between Physical fitness variables Speed (50 Yard Dash) and different district (Gwalior, Bhopal and Indore) of male athletes for 100 meter, 200 meter and 400 meter running events of Madhya Pradesh.

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