

FINDING OF MOTOR FITNESS VARIABLES IN VOLLEY BALL PASSING ABILITY

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Abstract: *Back ground of the study: The purpose of the study was to know the role of selected Motor Fitness in Skill performance in Intercollegiate Volleyball male Players. Methodology: In order to achieve the purpose of the study forty (40) inter-collegiate volleyball male players were selected as the subjects. During inter collegiate tournament of Rajiv Gandhi University health sciences from the data pertaining to the motor performances such as flexibility was assessed with the help of modified sit and reach test, speed was assessed with the help of 50 meter dash test, endurance was assessed with the help 600 yard run are walk test, strength was assessed with the help of push-up test, leg power was assessed with the help of vertical jump, skill performance was assessed with passing test. Results: The statistical analysis shows coefficient of correlation in role of selected Motor Fitness in Skill performance in Intercollegiate Volleyball Players. Conclusion: In view of the finding and limitation of the study, There was a significant relationship found between the selected motor fitness components such as endures. There was a no significant relationship found between the selected motor fitness components such as Speed, power, flexibility and strength.*

Keywords: *Volleyball, Performance, passing, flexibility, speed, endurance, strength, and leg power.*

Introduction

Physical fitness plays a very important role in a normal individual as well as in an individual who is there participating in some kind of sports events. There are different kinds of sports and games which are performed all over world some are related to each other but some are entirely different. So to perform their different kind of sports event physical fitness is an essential component which should be possessed by a player, individual has lacked his physical fitness due many new inventions and now is totally dependent upon various machines for his daily works, yes its true that it saves times but at last these has some sort of adverse effects on physical fitness and wellbeing of an individual. To improve physical fitness of a player training plays a very important role, as the techniques which are given in training to a player improves the players performance give positive effects to his performance in events. The ability of sportsmen to bear things plays a vital role in his performance.

William G. Morgan was instrumental in inventing the game of Volleyball for the enjoyment of businessmen. Initially the game was played with the basket ball bladder. They used 6 feet 6 inch height tennis net and they used to throw the ball over the net. At that time the game was called mintonet. later on they introduced rules and regulations, special court, players, points etc. Dr. T.A Halsted of Springfield College of USA christined the game as Volleyball. Volleyball is major game in over 180 countries. Volleyball came to India along with YMCA movement.

“Motor fitness is one’s richest possession; it cannot be purchased, it has to be earned through a daily routine of motor exercises.” It is self-evident that the fit citizens are a nation’s best assets and weak ones its liabilities. It is therefore the responsibility of every country to promote motor fitness of its citizens because motor fitness is the basic requirement for most of the tasks to be undertaken by an individual in his daily life. If a person’s body is under-developed or inactive and if he fails to develop motor prowess, he is undermining his capacity for thought and for work, which are of vital importance to one’s own life and society in a welfare state. The American Alliance for Health, Motor Education and Recreation emphasizes the necessity for individualized instruction, aimed at assisting students to find themselves motorly Motor fitness. It is necessary for every individual to be motorly fit to perform their work ease and to take part in various activities effectively.

Methodology

In order to achieve the purpose of the study forty (40) inter-collegiate volleyball male players were selected as the subjects. During inter collegiate tournament of Rajiv Gandhi University health sciences from the data pertaining to the motor performances such as flexibility was assessed with the help of modified sit and reach test, speed was assessed with the help of 50 meter dash test, endurance was assessed with the help 600 yard run are walk test, strength was assessed with the help of push-up test, leg power was assessed with the help of vertical jump, skill performance was assessed with passing test.

Statistical Analysis

The data collected was tested with coefficient of correlation statistical technique to test the role of selected Motor Fitness in Skill performance among Intercollegiate Volleyball male Players.

Results and Discussion

Table 1:: Shows the relationship between selected motor performance and Passing ability

Sino	Variables	Correlation co-efficient
1	Speed and Passing ability	0.04
2	endurance and Passing ability	0.31*
3	Power and Passing ability	0.04
4	Flexibility and Passing ability	0.19
5	strength and Passing ability	0.12

The above table shows the relationship of selected motor performance on passing ability of volley ball men players. There is a significant relationship between endurance ($r = 0.31$), and passing ability of volleyball players

There is no significant relationship between speed ($r = 0.04$), power ($r = 0.04$), flexibility ($r = 0.19$), strength ($r = 0.12$) and Passing ability of volleyball players.

Conclusion

On the basis of findings of the present study, the following conclusions wear drawn;

1. There was a significant relationship found between the selected motor fitness components such as endures.
2. There was a no significant relationship found between the selected motor fitness components such as Speed,power,flexibility and strength.

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