

“HEALTHY LIFE STYLE AMONG HOCKEY AND FOOTBALL PLAYERS”

Prabhakar Revappa Khyadi

Research Scholar, Asst. Prof in Physical Education

Govt First Grade College, Athani 591 304

*Dr. Babasaheb Ambedkar Marathwada University, Aurangabad,
(Maharashtra) INDIA*

Under The Guidance Of

Dr. SK. Md. Ataulah M. K. (Jagirdar)

Asst. Prof. & Head Department of Physical Education

Milliya Arts, Science & Management College, BEED (MS) 431122

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

Abstract :

Since from the evolution of man “Healthy Life Style” is playing a very critical role in the all round development of man and mankind. In spite of the time be it ancient times, medieval times, or modern times, healthy life style is a very crucial and important components of human life. The importance of physical fitness was well known our ancestor’s. In 360 H.C. Plato amply described the importance of physical fitness in the following words ‘Lack of activity destroyed the good condition of every human being while movement and methodical physical exercise save it and preserve it’.

Introduction :

Motor fitness is generally joined by the performance and this performance is based on composite of many factors, the following factors competence of motor fitness. Higher level of healthy life style and motor fitness is fundamental of success in all types of games and sports. To become a top level performance in any games or sports. It is essential that he should have a sound and fit body. It is considered as a matter of fact that when all other contributing factors one considered the level of physical or motor fitness shall definitely lead to improvement in the performance level if the sportsman participating in a variety of games and sports. The activities such as running, jumping leaping are considered as fundamental human movements but at the same time are considered basis to all types of games and sports.

Methodology :

The study of hockey and football players of 30 boys they are practicing every day in Vijaypur District Stadium.

Most of the subject who have selected for the present study belongs to some socio economic groups and were found physically fit for the type of programme for which they are to be subjected. All the subject were divided into two groups i.e., hockey and football. All the subjects of the present study are under the age range 15 years. All of the subject is taking active part in routine hockey and football coaching programme as per the schedule of the coach.

Analysis of Data :

The statistical analysis of data related to performance on motor fitness variables (speed, agility, vertical jump and endurance) and playing ability data (zig zag run with a ball, 50 mtrs. Dash with the ball and scooping or kicking the ball) collected on football and hockey players of Vijaypur District Stadium.

Table – 1

An analysis of co-efficient of inter-correlation between playing ability of hockey and motor fitness variables

Tests	Zig zag	Dash	Scooping
Speed	0.140	0.043	0.339
Agility	0.531	0.061	0.435
Vertical jump	0.216	0.210	0.127
Endurance	0.128	0.706	0.280

Significance at 0.05 level of confidence with 0.412 value.

Table – 2

An analysis of co-efficient of inter-correlation between playing ability of football and motor fitness variables

Tests	Zig zag	Dash	Scooping
Speed	0.105	0.573	0.521
Agility	0.449	0.352	0.583
Vertical jump	0.144	0.251	0.098
Endurance	0.493	0.028	0.036

Significance at 0.05 level

Conclusion :

- 1) In multiple correlation of co-efficient football playing ability test that is kicking the ball test score and motor fitness variables score shown significant correlation.
- 2) In multiple correlation of co-efficient between hockey players playing ability test that a scooping the ball test score and motor fitness variables shown significant correlation.
- 3) Among the hockey payers there was no significant. Correlation was found between the 50 mts dash with the ball and motor fitness variables score, zig zag run with ball and motor fitness variables scores.
- 4) Among the football players there is significant profit relationship between the ability and zig zag and strikes as the values are significant. The ball striking and the values are significant.
- 5) Among the football players endurance is found to by strongly correlated in the zig zag skill.
- 6) For hockey players there was no significant correlation with zig zag run with ball 50 mtrs, dash with ball and scooping the ball.

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