

ANTHROPOMETRIC MEASUREMENT BETWEEN VOLLEYBALL AND FOOTBALL MALE PLAYERS

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Abstract: For thousands of years many have subconsciously developed the basic instinct for play in the form of organized games and sports. Every human being requires muscular activity and they are engaged in physical activity in one way or other during the course of life. Everybody posses physiological and psychological characteristics need for physical activity.

Anthropometric measurement has been a part of physical education since its inception. In this country the earlier research was in the area of anthropometric measurement with the emphasis on changes in muscle size, brought about through exercise. The modern sport is often assigning the task of measuring anthropometric measurements for better performance.

The purpose of the study was to compare the anthropometric measurements between volleyball and football male players of Kuvempu University. In order to achieve the purpose thirty volleyball and thirty football male players were selected during intercollegiate tournament. Standardized tests were used to take the selected anthropometric measurements and data collected was analyzed by using statistical technique 't' test. The results showed that volleyball players are significantly better in leg length and arm length than football players. But football players are found significant in chest girth, calf girth and thigh girth than volleyball players.

Key words: Anthropometric measurement, volleyball, football

Introduction

Now a day's more and more individuals particularly boys and girls are affected by sports activities and increasing the numbers that are representing in the sports area. As preventive and corrective health measures have become more successful throughout this world, millions of teenagers should have chance of enjoying sports.

For thousands of years many have subconsciously developed the basic instinct for play in the form of organized games and sports. Every human being requires muscular activity and they are engaged in physical activity in one way or other during the course of life

The earliest research was in the area of anthropometry with the emphasis on changes in muscle size brought about through exercise. Today anthropometric measurements play a vital role in shaping youth's personality and physical development and also in bringing about an improvement in skills.

Anthropometric measurement has been a part of physical education since its inception. The modern physical education is often assigned the task of measuring height and weight of students.

Purpose

The purpose of the study was to compare the anthropometric measurements between volleyball and football male players of Kuvempu University.

Methodology

To achieve the purpose of the study thirty football and thirty volleyball male players were selected randomly during intercollegiate tournament. The data of anthropometric measurements between volleyball and football players were collected by using Standard procedure by using non stretchable tape.

Statistical Technique

The collected data was analyzed by using statistical technique with the help of 19th version of SPSS.

RESULTS

Table 1 mean, standard deviation and t value of anthropometric measurements

Anthropometric measurements (cm)	Foot ball players		Volleyball players		't' value
	Mean	Sd	Mean	Sd	
Leg Length	89.02	4.38	91.63	4.17	2.56*
Arm Length	46.23	2.53	48.20	2.29	3.27*
Chest Girth	86.25	4.50	83.30	4.17	2.42*
Thigh Girth	52.20	2.46	49.73	2.50	3.94*
Calf Girth	33.52	2.17	32.48	1.28	2.25*

* Significant at 0.05 level

The above table shows that volleyball players are better in leg length and arm length and football players are better than volleyball players in chest girth, thigh girth and calf girth, Since the calculated 't' value is greater than the table 't' value.

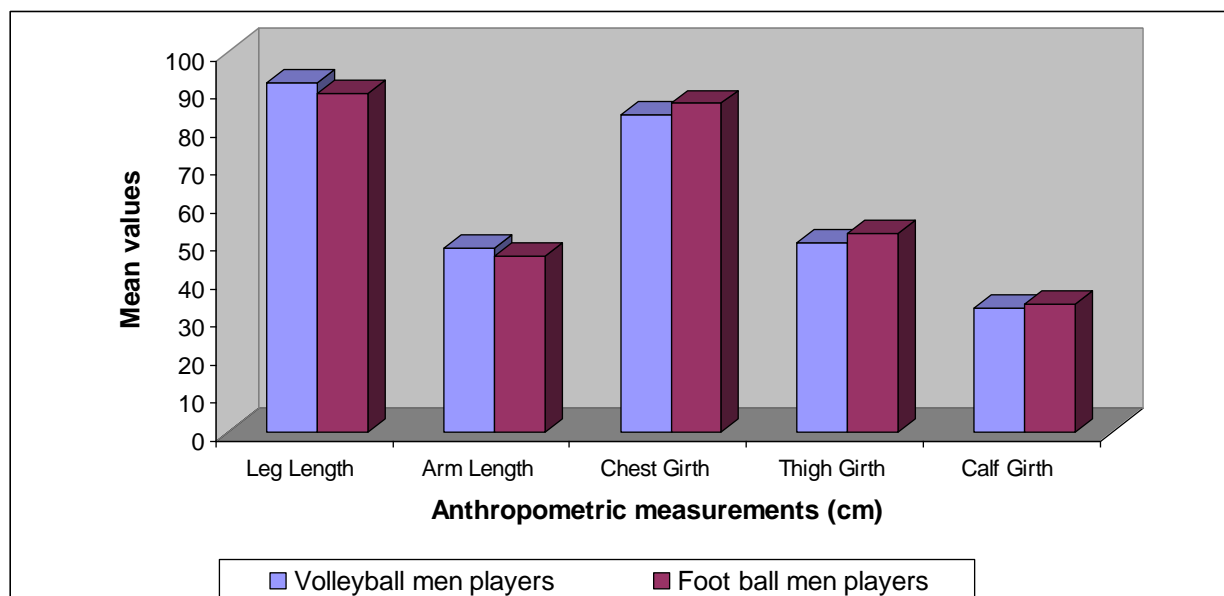


Figure 1 showing the mean value of anthropometric between volleyball and football players

Discussion on findings

The results showed that volleyball players are significantly better in leg length and arm length than football players. Because they have to execute spike and block skill during the game those skills need good leg length and arm length. But football players are found significant in chest girth than volleyball players because football players have to trap the ball by using chest during the game situation, In calf girth, football players were found more than volleyball players because football players have more running movement in game situation and in thigh girth also football players are superior than volleyball players because football players have to use more leg movements during the movement.

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