

COMPARITIVE STUDY OF SPECIFIC RUNNING SPEED TEST AMONG UPPER PRIMARY BOYS AND GIRLS OF KERALA

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ABSTRACT

The purpose of this study was to compare specific running Speed tests for athletes and non-athletes of Upper primary school level boys and girls of Kerala. For this study, the researcher selected 10 Upper primary school level boys, 10 Upper primary school level Girls, Upper primary school level boys Athletes, Upper primary school level Girls athletes from various sports academies and academic Institutions of Kerala. Their age ranged from 12 to 14 years. All the groups' speeds were tested their 30 meter speed by positional start and flying start. The data collected on each variable was described by finding out the mean and standard deviation. To find out whether the mean difference is significant or not dependent 't' test was employed. From the data collected it is clear that the flying start test had significantly better speed in all tested groups compare to positional start. Since the calculated 't' value of UP Boys (t-21.340), UP Boys Athletes (t-18.809), UP Girls(t-13.001), UP Girls Athletes (t-26.288) groups were greater than the required table value($t_{.05}(9, 2) = 2.262$). The result of the study shows that flying start is the better test to test athletes or non-athletes speed.

INTRODUCTION

Speed tests are critical tools to help coaches learn a lot about a player or an athlete. What position they are best suited for, and how they are progressing over time are probably the two biggest take away points. The tests give them a way to guide their training. Working athletes who want to improve know exactly what they need to work on in order to be faster the next time. Assessment is a critical piece in tracking the development of any young athlete, but without a clear path for improvement. Performance is an assessment of how well a task is executed and the success of a training program is largely dependent upon satisfying the performance aims associated with it. In constructing tests it is important to make sure that they really measure the factors required to be tested, and are thus objective rather than subjective. In doing so all tests should therefore be specific (designed to assess an athlete's fitness for the activity in question), valid (the degree to which the test actually measures what it claims to measure), reliable (capable of consistent repetition) and objective (produce a consistent result irrespective of the tester).

The results from tests can be used to predict future performance; besides can indicate weaknesses and it will be a measure for the improvement for athletes. Test results also helps to enable the coach to assess the success of his / her training program and place the athlete in an appropriate training group, in order to motivate the athletes.

Since, various tests are used to test speed by the researchers / scholars, a need is felt for conducting a study which will be able to find out which speed test is useful for all the age groups. Besides, this will be able to be conducted irrespective of gender, so that to find out which speed test is applicable for male and female, as the study involves a lot of variety of groups of different age and gender.

METHODOLOGY

The purpose of this study was to compare specific running Speed test for Upper primary school level boys and girls students and the athletes from from various sports academies and academic Institutions of Kerala. The subject's age ranging from 12 to 14 years. All the groups' speeds were tested their 30 meter speed by positional start and flying start. The data collected on each variable was described by finding out the mean and standard deviation. To find out whether the mean difference is significant or not dependent 't' test was employed.

RESULTS AND DISCUSSION

To find out the significant mean difference between groups Dependent 't' test was used. The mean difference of the criterion measures for the groups are presented in tables.

TABLE I

DESCRIPTIVE STATISTICS OF UP BOYS, UP BOYS ATHLETES, UP GIRLS, UP GIRLS ATHLETES GROUPS 30METERS SPEED IN FLYING START AND POSITIONAL START

Groups	Test	Mean	N	Std. Deviation	Std. Error Mean
UP Boys	Positional Start	4.8775	10	.29970	.09477
	Flying Start	4.3420	10	.34285	.10842
UP Boys Athletes	Positional Start	3.9876	10	.34375	.10870
	Flying Start	3.5532	10	.29921	.09462
UP Girls	Positional Start	4.6405	10	.15477	.04894
	Flying Start	4.0514	10	.21223	.06711
UP Girls Athletes	Positional Start	4.2502	10	.20227	.06396

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UP Girls Athletes	Positional Start	4.2502	10	.20227	.06396
	Flying Start	3.7591	10	.17431	.05512

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TABLE II

MEAN COMPARISON OF U.P BOYS, U.P BOYS ATHLETES, U.P GIRLS, U.P GIRLS ATHLETES GROUPS 30METERS SPEED IN POSITIONAL START AND FLYING START

Groups	Teast	Mean	Std. Deviation	Std. Error Mean	t
UP Boys	Positional Start- Flying Start	.53550	.07935	.02509	21.340
UP Boys Athletes	Positional Start- Flying Start	.43440	.07303	.02310	18.809
UP Girls	Positional Start- Flying Start	.58910	.14329	.04531	13.001
UP Girls Athletes	Positional Start- Flying Start	.49110	.05908	.01868	26.288

* Significant at $t_{.05} (9, 2) = 2.262$.

From the tables it is clear that the flying start test had significantly better speed in all tested groups compare to positional start. Since the calculated 't' value of UP Boys (t-21.340), UP Boys Athletes (t-18.809), UP Girls(t-13.001), UP Girls Athletes (t-26.288) groups were greater than the required table value($t_{.05} (9, 2) = 2.262$).

The result of the study shows that flying start is the better test to test athletes or non-athletes speed. Hence, the researcher's hypothesis was accepted and the null hypothesis was rejected. The illustration of mean difference of U.P Boys, U.P Boys Athletes, U.P Girls, U.P Girls Athletes Groups 30meters Speed in Positional Start and Flying Start is presented in figure 1.

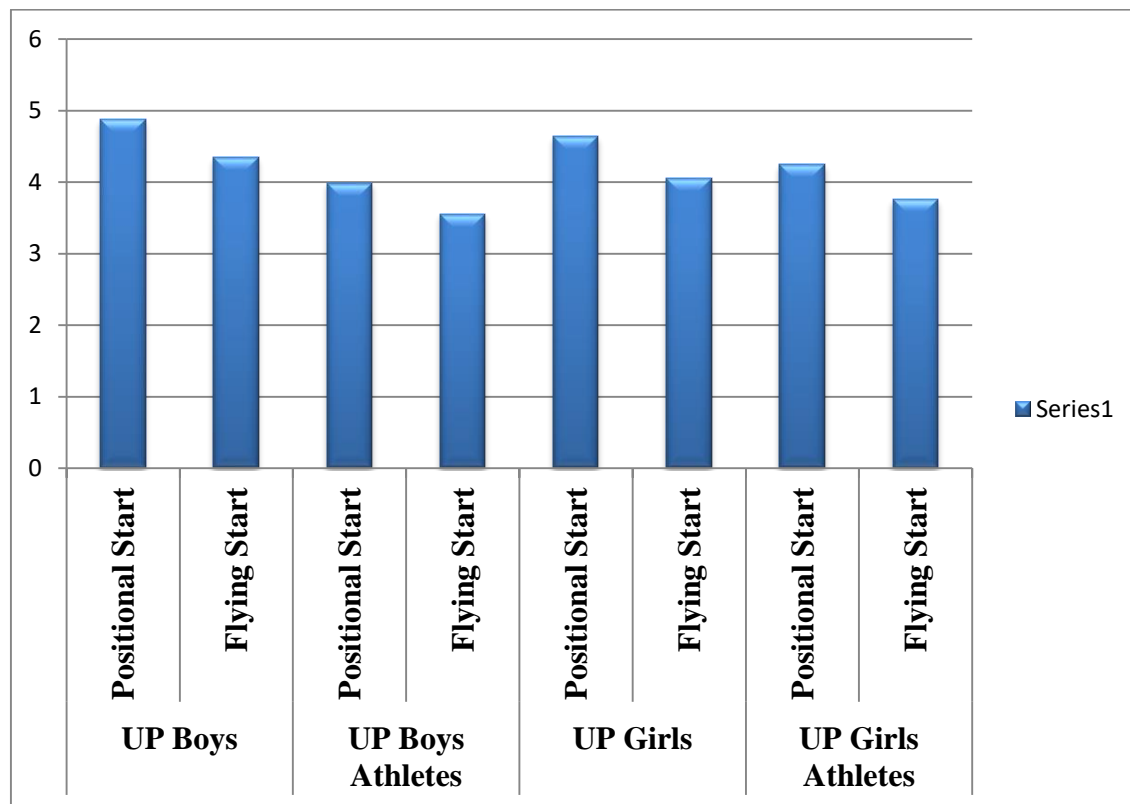


Fig 8: Graphical representation of the mean differences of U.P Boys, U.P Boys Athletes, U.P Girls, U.P Girls Athletes Groups 30meters Speed in Positional Start And Flying Start.

CONCLUSIONS

The results of the study seems to be permitted for the following conclusions:

1. The study shows that flying start is the better test to test athletes or non-athletes speed.

RECOMMENDATIONS

In the light of conclusions drawn, the following recommendations are made:

1. Similar studies may be under taken for different age groups and sex other than this study.
2. Similar longitudinal studies may be undertaken by increasing the distance or by using various starting methods.

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