

ENDURANCE AND FLEXIBILITY OF INDIVIDUAL GAME PLAYERS

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Abstract: *The purpose of the present study was to find out the Comparison of Endurance and Flexibility Judo and Wrestling male Players. The sample of the Present study was conducted on 60 male sports person 30 each who had participated at inter- university level. The age ranged between 18-25 years. Endurance – is the ability to do sports movement with the desired quality and speed under conditions of fatigue. Flexibility – flexibility is an ability of the human being to carry out movement with large amplitude. Further the data of motor fitness test was collected through standardized tools 600 yard run /walk test for (Endurance) and modified sit and reach test (flexibility) and data was analysis by “t” test. After comparing of the present data it was found that Judo male players of Karnataka have better flexibility and endurance wrestling male players.*

Keywords: *Physical fitness, Judo, Wrestling, Endurance, Flexibility.*

Introduction

Sports' training is a large laboratory for the preparation of the right psychophysical condition of the individuals. Games and sports have assumed multi-dimensional significance and it is better understood today than before. Games and sports is an integral component of our society. They are entering into one of the most exciting eras in its history. The fitness movement, the emphasis on preventive medicine, the increased specialization of the field etc through the application of scientific knowledge and the broadening of games and sports to reach all segments of the population are some of the significant development in the field of sports and games today.

In the world of competition, every effort is being made to train the individuals, so that it gives the best performance in the competition. The performance of the players of a particular country in international sports competition, especially in Olympics and world cup is a matter of great pride for their respective countries. According to Renewas (1972) "Performance is a very note of all the sports its basic principles as the sports has become prestigious aspect to prove one's superiority over others

As we know that sports like Judo, wrestling, Kabaddi, Kho-Kho, have been widely accepted as a highly competitive sports throughout the world. These sports dealing in great demand of explosive leg strength of lege, arm, and shoulder. The Motor fitness components are qualities that athletes must develop to physically Prepars for sports competition. Sports training programs are designed to build these components in the proper proportions the match the requirements of each sport. Fitness improves general health and it is essential for full and vigorous living. The fitness over a long span and motor.

Examination of the same reflect the status of health. Wrestling is a combat sport involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and others grappling holds. A wrestling but is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. Wrestling represents one of the oldest forms of combat. Literacy references to it occurs as early as in the Iliad, in which homer recounts the Trojan war of the 13th or 12th century BC. The origins of wrestling go back 15,000 years through cave drawings in francs. Judo, Meaning "Genths way" is a modern marital art, combat and Olympic sports created in Japan 1882 by Jigoro kano. Its most prominent features is its competitive element, where the objective is to either throw or take down on apponent of the ground, immobilize or otherwise subdure on opponent to submit with a join lock or a choke. Strikes and thrusts by hands and feel as well as weapons defenses are a part of Judo, but only in pre arranged forms (Kata) and are not allowed in Judo competitions or free practice (Randori) a Judo practitioner is called a Judoka.

Objective of the Study:

The main objective of this study was to compare the Endurance and Flexibility Judo and Wrestling inter university male Players

Methodology

To achieve the objectives of the present study 60 male sports person 30 each of Karnataka were selected as a sample of the study and who had participated at inter- university level. The age ranged between 18 to 25 years constituted the subjects of the study. The data was collected by standardized tools they used 600 yard Run/walk test for endurance and modified sit and reach test for flexibility. There test was analyzed by 't' test method.

Results:

After analyzing the data within the limitation of the study results are presented in the following tables.

Table.1 Comparison of endurance between Judo and wrestling male players .

players	No	Mean	SD	't'
Wrestling	30	7.35	0.460	0.862
judo	30	7.22	0.458	

Significant at 0.05 level

It is evident from the table that wrestling female players have more endurance than judo male players. The Mean score of wrestling male players was 7.35 where as in judo male players it was 7.22. The S.D. was 0.460 and 0.458 and The 't' value was 0.862.

Table 2: Comparison of flexibility between Judo and wrestling male players

Players	N	Mean	Sd	't'
Wrestling	30	2.06	0.237	0.731
Judo	30	2.10	0.300	

Significant at 0.05 level

It is evident from the table that Judo male players have more flexibility than wrestling female players. The Mean score of Judo was 2.10 where as in wrestling female players it was 2.06. The SD was 0.300 and 0.237 and SED was 0.034. The 't' value was 0.731.

Conclusion

It is evident that wrestling male players having more endurance and judo male players having flexibility than wrestling male players of Karnataka.

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