



# Physical Fitness Of Basketball And Kabaddi Players A Study

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**Abstract:** The purpose of present study is to compare of physical fitness level between basketball and Kabaddi players. To fulfill the objective of the study, (40 kabaddi and 40 Basketball) players. Only those male players were selected who have participated at minimum inter collegiate level. Only speed, explosive power of arms and agility were used to measure the physical fitness components. The mean was computed for comparison of players of different districts.

**Keywords:** Physical fitness, Speed, Agility, Endurance basketball, kabaddi

**INTRODUCTION:** Abraham Lincoln in one of his spell bounding speech quotes that “sportsman is the best ambassador of a nation”. Thus intellectually claimed – physical education director / teachers can also be regarded as the best ambassador of an institution / universities. Physical fitness is the most important factor for the progress in the field of sports and general life. However, it is very difficult to define exactly the concept of physical fitness. Practically physical education and sports hold it’s unique in the field of education in any country. Thus a country must have to concentrate on development and promotion of physical education and sports. On the one hand sports increasingly cherished in media while on the other hand its being continuously ignored in the education system. The development in infrastructure which aids the discipline of sports must be taken case in order to improve such situations. From time immemorial sports and games have been accepted as a cultural phenomenon. One thing which has remained unchanged in means constant endeavour to achieve higher standards of performance. As a result, today's sports and games demand optimum fitness and the highest degree of performance. Fitness for any sports consists of number of interrelated qualities or factors such as speed, strength, endurance, flexibility and coordination. So many players and athletes live at a level of fitness far below their abilities and capabilities making drudgery of the sports activity in which they participate. They show poor performance in that game sports even though they may be well-versed with skills and techniques of a particular game sports Basketball: In early December 1891, Canadian Dr. James Naismith, a physical education professor and instructor at the International Young Men's Christian Association Training School (YMCA) (today, Springfield College) in Springfield, Massachusetts was trying to keep his gym class active on a rainy day. He sought a vigorous indoor game to keep his students occupied and at proper levels of fitness during the long New England winters. After rejecting other ideas as either too rough or poorly suited to walled-in gymnasiums, he wrote the basic rules and nailed a peach basket onto a 10- foot (3.0 m) elevated track. In contrast with modern basketball nets, this peach basket retained its bottom, and balls had to be retrieved manually after each "basket" or point scored; this proved inefficient, however, so the bottom of the basket was removed, allowing the balls to be poked out with a long dowel each time. Basketball was originally played with a soccer ball. The first balls made specifically for basketball were brown, and it was only in the late 1950s that Tony Hinkle, searching for a ball that would be more visible to players and spectators alike, introduced the orange ball that is now

in common use. Dribbling was not part of the original game except for the "bounce pass" to teammates. Passing the ball was the primary means of ball movement. Dribbling was eventually introduced but limited by the asymmetric shape of early balls. Dribbling only became a major part of the game around the 1950s, as manufacturing improved the ball shape. Dribbling, Throwing, Catching and Pivoting. Becoming involved with basketball at an early age improves gross motor skills by using major muscle groups. Young children who play basketball improve flexibility and endurance and will also benefit from improved fine motor skills, such as hand-to-eye coordination. These motor skills will, undoubtedly, transfer to other daily life activities. As well as the physical benefits, playing in a team helps develop children psychologically allowing them to make friends and feel involved with his/her peer group. Team sports also improve a child's ability to communicate and solve basic problems. Basketball will teach children social skills and managing strategies that could be useful at school, home and in peer relationships.

**Kabaddi:** Kabaddi originated in ancient Tamil Nadu, a southern state of India. Modern kabaddi is therefore a synthesis of the game played in various forms under different names. Kabaddi received international exposure during the 1936 Berlin Olympics, demonstrated by India. The game was introduced in the Indian National Games at Calcutta in 1938. In 1950 the All India Kabaddi Federation (AIKF) came into existence and framed the rules. The AIKF was reconstituted as The Amateur Kabaddi Federation of India (AKFI) in 1972 and the first national tournament for men was held in Chennai. Kabaddi was introduced to and popularized in Japan in 1979 by Sundar Ram of India, who toured Japan on behalf of Asian Amateur Kabaddi Federation for two months to introduce the game. In 1979, matches between Bangladesh and India were held across India. The first Asian Kabaddi Championship was held in 1980 and India emerged as champion, beating Bangladesh in the final. The other teams in the tournament were Nepal, Malaysia, and Japan. The game was included for the first time in the Asian Games in Beijing in 1990 where seven teams took part. **METHOD AND PROCEDURE** Analysis of data The present study was conducted with the aim of examining the level of physical fitness basketball and Kabaddi players of University. The data of 80 (40 basketball and 40 Kabaddi) players was analysed by calculating 't' test besides the descriptive statistics (mean and standard deviation). Tool used The Criterion measures from Physical fitness test have been chosen for this study. 50 yard dash Standing broad jump 600 yard run/walk. The Mean, Standard Deviation and "T" Ratio of Kho-Kho and Basketball Players on Physical Fitness Test

Variable	Game	Number	Mean	S.D.	T-ratio
50 yard Dash	Kabaddi Player	40	6.32	0.52	7.815
	Basketball Player	40	6.90	0.38	
Six Hundred Yard Run	Kabaddi Player	40	1.37	0.21	6.986
	Basketball Player	40	1.16	0.14	
Standing Broad Jump	Kabaddi Player	40	2.20	0.11	4.855
	Basketball Player	30	2.31	0.16	

\* Significant at 0.01 level;

## CONCLUSION:

It was found that there is a significant difference between Basketball and Kabaddi players regarding 50-yard dash. It may therefore be concluded that Basketball players took more time in 50-yard dash than Kabaddi players. It was found that there is a significant difference in six hundred yard run Basketball and Kabaddi players. Kabaddi players took more time in six hundred yard run than handball players. It was found that there is a significant

difference between Basketball and Kabaddi players regarding standing broad jump. Basketball players are much better in Standing Broad Jump than kabaddi players.

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