



AN ANALYSIS ON PHYSICAL FITNESS FACTORS AND SPECIFIC SKILLS OF KHOKHO PLAYERS: DEVELOPMENT AND GROWTH IN PERFORMANCE

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Abstract :-

The Kho-Kho recreation is, at present, turning into the maximum famous among the indigenous sports in Physical Education in India and neighboring international locations in South Asia. Different video games furnished to do the framesports, differently. The principle of coordinative talents is notion to be hastily getting reputation within the global of sports activities. However, there may be no widespread settlement concerning the variety of coordinative talents required for sports activities. The present study take a look at became accomplished to discover the effect of Kho-Kho gambling on physiological modifications and competencies associated bodily health. From the consequences of the existing take a look at it could be concluded that Khokho gambling substantially boom the pace, agility and explosive strength, so for coaches it's miles very critical to layout a selected education time table to goal the unique SRPF issue improvement. Moreover in phrases of physiological views Kho-Kho gambling has sizable contribution in the direction of improvement of cardiopotential and thereby staying power, decrement of resting in addition to top coronary heart fee thereby improves cardiorespiratory health also.

Keywords: Kho-kho, Physiological Modifications, Health.

Introduction :-

The principle of coordination skills is the idea of quickly gaining fame in the global sports world. However, a comprehensive solution may not be found for the variety of coordination skills required in sports activities. Monitoring a training program provides every scientist and coach with useful information about its effectiveness, the fitness of the athlete and competition training. For monitoring to be effective (ie, to produce up-to-date and correct information on physiological profiling), checks should be performed at regular, predetermined intervals based mostly on full exercise periods. In addition, the experiment must be unique to the game, preferably within the athlete's training environment, to produce ecologically valid and reliable implications. A scenario in which physiological, anthropometric and species-specific facts can be obtained simultaneously presents the most correct and informative consequences for comparisons and the entire profile achievement. Studies conducted in various team disciplines have suggested that changes in overall performance parameters during a season may not follow the

expected trend. It turned out that the preseason training of hockey players reduced body fat percentage, increased oxygen consumption in most, but decreased muscle strength. With the help of Menial and Schobel (1987), extensive research was done on the emergence of the most recent and comprehensive eras of coordination skills in the field of skill as a simple matter of physical health. To achieve excellence in Kho-Kho and Kabaddi, these supplements that improve body health and coordination must be with the help of a "Kabaddi and Kho-Kho" player. The research of Jana et al. (2013) confirmed that there were no significant differences in lean frame mass, frame mass index, and frame fat percentage between soccer players and Kho-Kho players, leading to the conclusive fact that during contact sports. in sports activities that require action and sufficient stability, strength, agility, speed, the health of the body remains the same in athletes in similar sports. A study by Dhanula et al (2012) showed that there was considerable variation in frame composition; Trunk and hip flexibility of Kabaddi and Kho-Kho players. In addition, a significant difference in muscle endurance of each company was confirmed. Studies have shown that Kho-Kho players test the right speed and skill compared to a Kabbadi player. Although some paintings are of their reference stage of ordinary people or people participating in various sports. Therefore, in the context of previous research, it has been found that the gambling of Kho-Kho can improve speed, agility and explosive power, which is not always confirmed by the research done so far. Therefore, the existing visual formula shows the effects of playing Kho-Kho on physiological changes and improvement of some unique abilities related to body health factors.

Methodology

Total 44 college female gamers have been decided on randomly and the age starting from 15yrs to 19yrs. The study take a look at became permitted with the aid of using the Departmental Ethics Committee and the gamers furnished written, knowledgeable consent to participate. All topics have been acquainted with all of the trying out that took area, which blanketed each subject and laboratory assessments.

To take a look at the effect of Kho-Kho gambling we've got taken general of 44 women of age institution 15-18 from the district of Nadia. They have been divided into companies namely (n=22) manage and experimental. Control institution → Female topics of age institution (15-18) underneath 19 years who have been now no longer worried in Kho-Kho gambling or any sports activities or heavy bodily activity. For Experimental institution → Female topics of age institution (15-18) underneath 19 years who have been worried in Kho-Kho gambling of approximately 2 months. A term became set for 1 and 1/2 of month [6] all through the education length of Kho-Kho gamers (to permit the physiological and bodily effect at the frame system) which can be cited right here as experimental term. However no such education became given for manage institution topics. All the parameters have been examined for each the companies earlier than and after experimental term to take a look at whether or not kho-kho gambling has any effect in the direction of increment in agility, explosive strength, and pace.

Procedure of collecting data

The topics have been assembled and knowledgeable approximately the reason of the take a look at. They have been advised to finish the checks following the usual procedure. They have been influenced to offer their satisfactory overall performance. Tests have been taken instances i.e. earlier than and after experimental term.

Flying 30 meter Test Test Administration:

This check calls for the difficulty to dash 60 metres.

- The difficulty conducts a heat up for 10 minutes • The assistant marks out a 60 metre immediately section (AC) with cones and locations a cone on the 30 metre factor (B)
- From a dash begin with suitable begin commands (to your marks, set, "GO") from the assistant the difficulty sprints the 60m
- The assistant begins off evolved the stopwatch at the command "GO" The assistant information the time the difficulty torso crosses the 30 metre factor (B) and the 60 metre factor (C)

‘T’ Drill Test Administration:

This check calls for the difficulty to the touch a sequence of cones set out in “T” form even as aspect stepping and going for walks as rapid as viable.

- The difficulty heat up for 10 minutes
- The tester location three cones five metres aside on a immediately line (A, B, C) and a 4th cone (D) turned into located 10 metres from the center cone (B) in order that the four cones shape a ‘T’.
- The difficulty stands on the cone (D) at the bottom of the “T” going through the “T”
- The difficulty offers the sign to ‘Go’, begins off evolved the stopwatch and the athlete commences the check
- The athlete runs to and touches the center cone (B), aspect steps five metres to the left cone (A) and touches it, aspect step 10 metres to the a long way cone (C) and touches it, aspect step five metres again to the center cone (B) and touches it after which runs 10 metres backwards to the bottom of the ‘T’ and touches that cone (D)
- The tester stops the stopwatch and information the time whilst the difficulty touches the cone at the bottom of the “T”

Standing Broad Jump

Test Administration: A demonstration of the status huge leap turned into given to a set of topics to be tested. The difficulty turned into then requested to face in the back of the beginning line with the toes parallel to every other. The difficulty turned into informed to leap as farthest as viable with the aid of using bending knee and swinging fingers to take off for the huge leap within side the ahead direction. The difficulty turned into given 3 trials Scoring: The distance among the beginning line and the closest factor of touchdown affords the rating of the check. The high-quality trial is used because the very lastrating of the check.

Statistical Analysis

The accrued facts have been analyzed with the aid of using the usage of statistical method. Mean and Standard Deviation have been calculated for every parameters of every group. The importance of distinction among the suggest values of companies of difficulty turned into analysed the usage of Student’s ‘t’ check with the aid of using the usage of MICROCAL ORIGIN PRO 7 software.

Table 1 Changes of physiological variables of control students and Kho-Kho players before and after experimental time period.

Test	pretest		Post test	
	Control subject	Kho-Kho players	Control subject	Kho-Kho players
Resting heart rate (bpm)	70.40±1.39	57.20±2.08	71.29±2.43	50.20±2.43*
Peak heart rate (bpm)	143.17±2.19	132.27±4.16	145.04±5.18	126.54±5.18*
Aerobic capacity (ml/kg/min)	33.70±1.78	56.70±3.01	34.34±4.01	64.38±4.01*

Table 1 Represents the resting coronary heart rate, height coronary heart rate and cardiopotential of manage college students in addition to Kho-Kho players. Resting coronary heart rate, height coronary heart rate and cardiopotential have been now no longer considerably differing after experimental term for manage institution as they have been now no longer worried in Kho-Kho playing. But the resting coronary heart rate turned into considerably reduced for experimental institution after experimental term and height coronary heart rate and cardiopotential have been considerably increased. The viable clarification is they have been worried in Kho-Kho playing.

Table 2 Changes of values of 30 meter fly test, T drill test and standing broad jump test of control students and KhoKho players before and after experimental time period.

Groups						
	Control subject			Kho-kho players		
Test	30 meter fly test (sec)	T drill test (sec)	Standing broad jump test (mts)	30 meter fly test (sec)	T drill test (sec)	Standing broad jump test (mts)
Pretest	4.48±0.32	14.13±0.71	1.48±0.19	4.38±0.74	13.17±0.77	1.68±0.19
Post test	4.42±0.33	14.18±0.68	1.49±0.64	3.36±0.73*	11.57±1.06	2.17±0.33

Table 3 Represents the Mean±SE values of 30 meter fly take a look at, 'T drill take a look at' and statusvastsoartake a look at of manipulatetopics and additionally Kho-Kho gamers. Speed, explosive electricity (legs) and agility had beennow no longerdrasticallyaccelerated after experimental term for manipulateinstitution as they had beennow no longerconcerned in Kho-Kho gambling. But the speed, explosive electricity of legs and agility had beendrastically (* P < 0.01) accelerated for experimental institution after experimental term as they had beenconcerned in kho-khogambling.

Conclusion

It may be concluded from the prevailing observe that Kho-kho gambling drastically will increase the speed, agility and explosive electricity, so for coaches it's miles very critical to layouta selectedschoolingagenda to goal the precise SRPF issueimprovement. It will also be an essential criterion for choice of gamersprimarily based totallyat thementioned parameters. Moreover in phrases of physiological views Kho Kho gambling has giant contribution in the direction ofimprovement of cardiopotential and thereby endurance, decrement of resting in addition totopcoronary heartcharge thereby improves cardiorespiratory healthadditionally.

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