

Comparison of Selected Physical Fitness Qualities between Men Netball and Handball Players

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Abstract

The purpose of the study was to compare the selected physical fitness qualities between men netball and handball players. To achieve this purpose of the study, sixty players were randomly selected as subjects. Among them, thirty men netball players and thirty men handball players with an age between 18 to 24 years were selected. Among the physical fitness qualities, the following variables namely speed and agility were selected as dependent variables. All the subjects were tested on selected criterion variables such as speed and agility by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference, if any between the groups. The .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. The results of the study showed that there was a significant difference exist between men netball and handball players on selected physical fitness qualities namely speed and agility.

Keywords: Netball Players, Handball Players, Physical Fitness Qualities, Speed, Agility, Independent "T" Ratio.

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Introduction

Physical fitness is the natural outcome of a rich programme of physical education. It is the some total of the condition of one's body judged in terms of age, height, weight and chest expansion in terms of freedom from disease, constitutional affection or bodily firming, full physical development, vigour, vitality and radiant health should be seen in one who is physically fit. In terms of usefulness physical fitness has been defined as "total functional capacity of an individual to perform a given test". Fitness in primitive times was necessary for survival and generally always took care of itself. As human evolved socially and their environment changed as they learned way to control it, physical activity also evolved of through the various levels of Eolithic, Paleolithic and Neolithic games and sports no doubt reflected this change. However, there was little need for organized physical activity in a primitive society. It was only when people learned to control their environment through their culture and ceased a nomadic existence that leisure entered the picture.

Methodology

The purpose of the study was to compare the selected physical fitness qualities between men netball and handball players.

To achieve this purpose of the study, sixty players were randomly selected as subjects. Among them, thirty men netball players and thirty men handball players with an age between 18 to 24 years were selected. Among the physical fitness qualities, the following variables namely speed and agility were selected as dependent variables. All the subjects were tested on selected criterion variables such as speed and agility by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference, if any between the groups. The .05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Analysis of the Data

The mean, standard deviation and 't' ratio values on selected physical fitness qualities between men netball and handball players have been analyzed separately and presented below.

Speed

The mean, standard deviation and 't' ratio values on speed between men netball and handball players have been analyzed and presented in Table I.

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Table 1

The mean, standard deviation and 't' ratio values on speed men netball and handball players

Groups	Mean	Standard Deviation	't' ratio
Netball Players	7.59	0.06	12.47*
Handball Players	7.38	0.07	

*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 58 was 2.05)

The table 1 shows that the mean values on speed for men netball and handball players are 7.59 and 7.38 respectively. The obtained 't' ratio value on speed 12.47 which was greater than the table value required for significance with df 28 was 2.05. The results of the study showed that there was a significant difference between

men netball and handball on speed.

Agility

The mean, standard deviation and 't' ratio values on agility between men netball and handball players have been analyzed and presented in Table 2.

Table 2

The mean, standard deviation and 't' ratio values on agility men netball and handball players

Groups	Mean	Standard Deviation	't' ratio
Netball Players	7.15	0.05	4.64*
Handball Players	7.07	0.08	

*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 58 was 2.05)

The table II shows that the mean values on agility for men netball and handball players are 7.15 and 7.07 respectively. The obtained 't' ratio value on agility 4.64 which was greater than the table value required for significance with df 28 was 2.05. The results of the study showed that there was a significant difference between men netball and handball on agility.

Conclusions

1. There was a significant difference between men netball and handball on speed.
2. There was a significant difference between men netball and handball on agility.
3. Among them, men handball players have better physical fitness qualities such as speed and agility than men netball players.

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