

Comparison between Selected Physical Fitness Variable of Offensive and Defensive Football Players of University Level

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INTRODUCTION

Society today is changing fast with the influence of scientific researches throughout the world in each and every field of life. There does vigorous competition exist and man has become very calculating in nature. Human interest in physical fitness is since times immemorial. Physical fitness is getting tremendous interest now a day among every section of people of our society. Quite naturally among the sport person physical fitness plays a major role towards the performance of a sports person.

Physical fitness for a footballer is very essentially for the continuous working of the body for long time. It is not required for a sports person but it is equally important for non athlete.

It provides healthy body and increase energy for daily activities.

STATEMENT OF THE PROBLEM

The purpose of the study was to compare between selected physical fitness variable of offensive and defensive football players of University level.

HYPOTHESIS

It was hypothesized that no significant difference would be found between selected physical fitness variables of offensive and defensive football players.

SINIFICANCE OF THE SUTDY

This study may prove the following continuous:-

1. It would help teachers, Coaches Selectors etc, while studying football players.
2. It would help in preparing training schedules for football players.
3. It would help players to improve their performance.

METHODOLOGY

SELECTION OF SUBJECTS: For the purpose of this study the male university football players were considered as subject.

Twenty two male football players of university level were selected for the study.

SELECTION CRITERIA: The following criterion measures were chosen for the study.

- | | | | |
|----|---------------------|---|-----------------------------------|
| 1- | Pull-ups | - | Muscular strength and endurance. |
| 2- | Sit-ups | - | abdominal strength and endurance. |
| 3- | Standing broad jump | - | Explosive strength |
| 4- | 50 yard dash | - | speed |
| 5- | 4 x 10 shuttle run | - | agility |
| 6- | 600 yard run walk | - | cardiovascular endurance |

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STATISTICAL ANALYSIS: This was a Comparative study of offensive and defensive football players of University level, for finding out differences in criterion measure the mean difference of these groups were tested for significance by t ratio level of significance was set at 0.05 level. For this study t ratio was used.

RESULTS

ANALYSIS OF DATA: The statistical analysis of data was collected physical fitness variables such as pull-ups, 50 yard- standing broad jump and 600 yard run-walk. is systemically presented.

RELIABILITY OF DATA: Two reading of all parameters were taken in consecutive days.

Coefficient of correlation of corresponding scores of this test was computed for establishing the reliability of the scores. The test retest coefficients of correlation for the various motor components are given in table 1.

Table-1
Reliability Coefficient Of test Retest Scores Of Physical Fitness Variables.

S.No.	Variables	Coefficient of correlation
01	Sit-ups(no.)	0.90
02	Pull-ups(no.)	0.93
03	Standing broad jump(cm)	0.92
04	50 yard dash (sec)	0.96
05	Shuttle run(sec)	0.92
06	600 yard run-walk	0.91

LEVEL OF SIGNIFICANCE: The level of significance was set at 0.05 level. The value of t ratio needed significant 0.05 level with 21 degree of freedom is 2.08.

Mean and standard deviation of selected physical fitness variable of offensive and defensive football players of university level given in table 2,3 and Presented in table 4 and 5.

Table-2

S.No.	Variables	Mean	Standard Deviation
01	Sit-ups(no.)	32.73	6.47
02	Pull-ups(cm)	8.27	2.42
03	Standing broad jump (cm)	227.09	16.09
04	50 yard dash (sec)	6.87	0.39
05	Shuttle run(sec)	9.41	0.35
06	600 yard run-walk	108.80	7.17

Table-3
Mean And Standard Deviation Of Selected Physical Fitness Variables Of Offensive Players

S.No.	Variables	Mean	Standard Deviation
01	Sit-ups(no.)	36.64	7.31
02	Pull-ups(no.)	9.09	2.47
03	Standing broad jump(cm)	224.36	16.84
04	50 yard dash(sec)	6.65	0.40
05	Shuttle run(sec)	9.14	0.29
06	600 yard run-walk	105.05	10.37

Table -4

S. No.	Variables	Mean differences (M1-M2)	Standard error	t ratio
01	Sit-ups(no.)	9.81 3.04	3.24*	
02	Pull-ups(no)	8.17	3.31	2.47*
03	Standing broad jump(cm)	4.07	1.05	3.77*
04	50 yard dash(sec)	0.15	2.06	0.07
05	Shuttle run(sec)	0.21	0.69	0.31
06	600 yard run-walk	0.11	2.30	0.05

Significant at 0.05 level of confidence t value to be needed at 0.05 level of confidence with 21 degree of freedom is 2.08.

TABLE-5

Significant of Mean Differences of Selected Physical Fitness Variable Between Offensive and Defensive Football Players (whole Group)

S.No.	Group	Mean differences (M1-M2)	Standard error	t ratio
1	Whole group offensive and defensive football players	9.54	9.58	0.89

t value to be needed at 0.05 level of confidence with 21 degree of freedom is 2.08.

FINDING AND DISCUSSION:

It is inferred from table two and three that offensive players were better in muscular strength, abdominal strength and agility than defensive players. Defensive players were better in speed, explosive strength and cardiovascular endurance than offensive players.

Table 4 shows that significant difference between offensive and defensive football players of the t ratio were found in muscular strength, abdominal strength and explosive strength of offensive and defensive football players.

Table 5 indicate that there is no significance difference between selected physical fitness variable(muscular strength, abdominal strength, speed, agility and explosive strength and cardio vascular strength) of offensive and defensive football players of University level in whole group.

As there were six selected physical variable among which were significant and there were non significant at the 0.05 level. Therefore the study of this hypothesis was rejected.

CONCLUSION:

Result shows that defensive players were having better muscular strength than offensive players.

Defensive football players had better abdominal strength than offensive.

Defensive football players were having better explosive strength than offensive football players.

There were no significance differences between the defensive and offensive football in rest of the selected physical fitness variables. ie.e pill-ups, sit-ups, 50 yard dash, s.b.t., shuttle un and 600 yard run walk.

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