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Meenakshi Yadav
 Research Scholar
 D.P.E.S.S., University of
 Delhi, Delhi

Saroj Malik
 M.A. Physical Education

A study on the analysis of physical fitness of volley ball players in Delhi University

Meenakshi Yadav, Saroj Malik

Abstract

The purpose of the study was to determine the physical fitness of the volley ball players and their performance related to their volley ball game. The various factors which influence the power game, especially the physical fitness variables pertinent to speed, endurance and even overall performance of volley ball players between University Players and National Players at Delhi University. The national players have scientifically proved better than university players in majority of Physical fitness variables speed, endurance, from university volley ball players. In the present scenario the academic standards in volley ball game have been playing a significant role in the creeping performance of the game. Hence it is concluded that the physical fitness plays a vital role on the performance of the players. The physical activity can act as an antidote to some kinds of fatigue; youngsters will be harmed through sustained exercise- if they are fit, their physical endurance is great, and the exercise will be conductive to good health.

Keywords: Physical fitness, Speed, Endurance, Performance, Health.

Introduction

Physical fitness is a multifaceted continuum extending from birth to death, affected by physical activity. It ranges from optimal activities in all aspects of life through high and low levels of different physical fitness to serve disease and dysfunction. The ability to function efficiently and effectively is to enjoy leisure, to be healthy, to resist disease and to cope with emergency situations. Health related components of physical fitness include body composition, cardiovascular fitness, flexibility, muscular endurance and strength. Skill related components include agility, balance, coordination, power, reaction time and speed.

Significance of the Study

The study is to determine the physical fitness of the volley ball players and their performance related to their volley ball game.

Results and Discussions

The results pertaining to the physical fitness of players the speed (50m run), endurance (Cooper Test -12 minutes run/walk) and their performance with volley ball skill test. *Brady Volleyball Test* to indicate overall volleyball playing ability.

Table 1: Speed (50m run)

Ser. No.	Subjects	N	Mean	S.D.	df	't' ratio	P value
1.	University Players	50	7.00	0.46	98	2.601	0.01
2.	National Players	50	6.11	0.34			

Table 2: Endurance (Cooper Test – 12 minutes run/walk)

Ser. No.	Subjects	N	Mean	S.D.	df	't' ratio	P value
1.	University Players	50	1980	288.56	98	4.01	0.01
2.	National Players	50	2195	239.95			

Correspondence
Meenakshi Yadav
 Research Scholar
 D.P.E.S.S., University of
 Delhi, Delhi, India.

Table 3: Volleyball Skill Test

Ser. No.	Subjects	N	Mean	S.D.	df	't' ratio	P value
1.	University Players	50	22.56	3.08	98	2.98	0.03
2.	National Players	50	24.84	1.06			

Conclusion

The study under report has scientifically examined the various factors which influence the power game, especially the physical fitness variables pertinent to speed, endurance and even overall performance of volleyball between University Players and National Players at Delhi University.

The national players have scientifically proved better than university players in majority of physical fitness variables speed, endurance, from university volleyball players. In the present scenario the academic standards in volley ball game have been playing a significant role in the creeping performance of the game.

Hence it is concluded that the physical fitness plays a vital role on the performance of the players. The physical activity can act as an antidote to some kinds of fatigue; youngsters will be harmed through sustained exercise- if they are fit, their physical endurance is great, and the exercise will be conducive to good health.

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