



A COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS COMPONENTS BETWEEN COLLEGE MEN BASKETBALL AND NETBALL PLAYERS

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Abstract:

The purpose of the study was to compare the speed and agility between college men basketball and netball players. To achieve this purpose of the study, sixty men players studying in the colleges in and around Bangalore, Karnataka, India were selected as subjects at random. Among them, thirty basketball players and thirty netball players were selected. Among the physical fitness components, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using 50 mts run and shuttle run. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate. The results of the study showed that there was a significant difference between basketball players and netball players on speed and agility.

Key Words: Speed, Agility, College Men Basketball Players, Netball Players

Introduction:

Speed, agility, and other physical attributes are crucial for both college men's basketball and netball players, albeit with some differences due to the nature of the sports. Players require speed to withstand the physical demands of the game, including jumping, sprinting, and defending against opponents. Endurance in the legs and core is especially important for maintaining performance throughout the game. Similarly, netball players need speed to sustain their movements throughout the game. This includes repeated jumping, pivoting, and sprinting, particularly for positions such as goal shooter and goal attack.

Agility is essential in basketball for quick changes in direction, evasion of opponents, and precise movement on the court. Basketball players need to be agile to effectively navigate through defense and execute offensive plays. Agility is also crucial in netball for dodging defenders, positioning for passes, and intercepting passes from opponents. Players need to be agile to move swiftly and fluidly across the court.

Speed training for basketball players may involve a combination of weightlifting, plyometrics, and conditioning drills to improve muscular endurance, explosiveness, and cardiovascular fitness. Agility drills focusing on footwork, lateral movements, and reaction time are also important. Netball players may engage in similar speed and agility training routines but may also incorporate drills specific to netball movements, such as passing, shooting, and defending techniques.

Different positions in basketball may require varying levels of speed and agility. For example, centers and power forwards may require more strength for rebounding and post play, while guards may prioritize agility and quickness for ball handling and perimeter defense. Similarly, netball positions like goal shooter may require more strength for holding position and shooting accuracy, while positions like wing attack may require greater agility for quick cuts and passing. While speed and agility are essential for both college men's basketball and netball players, the specific training methods and positional requirements may vary based on the demands of each sport. Nonetheless, incorporating a combination of strength training, conditioning, and agility drills can help athletes optimize their performance on the court.

Methodology:

The purpose of the study was to compare the speed and agility between college men basketball and netball players. To achieve this purpose of the study, sixty men players studying in the colleges in and around Bangalore, Karnataka, India were selected as subjects at random. Among them, thirty basketball players and thirty netball players were selected. Among the physical fitness components, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using 50 mts run and shuttle run. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

Analysis of the Data:

Speed:

The mean, standard deviation and 't' ratio values on speed of basketball players and netball players have been analyzed and presented in table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values Between Basketball and Netball Players on Speed

Groups	Mean	S.D	't' Ratio Value
Basketball Players	8.17	0.18	3.56*
Netball Players	8.34	0.19	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 1 shows that the mean values on speed for basketball players and netball players were 8.17 and 8.34 respectively. The obtained 't' ratio value on speed 3.56 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men basketball players and netball players on speed.

Agility:

The mean, standard deviation and 't' ratio values on agility of basketball players and netball players have been analyzed and presented in table 2.

Table 2: The Mean, Standard Deviation and 't' Ratio Values Between Basketball and Netball Players on Agility

Groups	Mean	Standard Deviation	't' Ratio Value
Basketball Players	8.61	0.24	5.49*
Netball Players	8.93	0.21	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table 2 shows that the mean values on agility for basketball players and netball players were 8.61 and 8.93 respectively. The obtained 't' ratio value on agility 5.49 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between college men basketball players and netball players on agility.

Conclusions:

- There was a significant difference between basketball players and netball players on speed.
- There was a significant difference between basketball players and netball players on agility.

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