

## A STUDY OF PHYSICAL FITNESS AMONG VOLLEYBALL PLAYERS

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### ABSTRACT

*Physical fitness is the capacity to bring out practically various forms of physical activities without being unduly tired and includes qualities important to the individual's health and well-being. In many cases, the cause of fatigue is the lack of regular physical exercise. Regular participation in vigorous exercise increases physical fitness. A high level of physical fitness is desirable for a full, productive life amongst such exercises sports play their important role into it. For studying the physical fitness among volleyball players Strength and Flexibility variables are taken. In this paper 100 samples of male volleyball players are selected on the basis of stratified random sampling for studying physical fitness variables like: strength and flexibility. It is based on objectives to find out the physical fitness among volleyball players, to study the effect of strength among volleyball players and to study the effect of flexibility among volleyball players. This research paper concludes that the proportion of flexibility is higher than strength when we will apply standing broad jump test.*

*Keywords: Standing Broad Jump Test, Physical Fitness, Strength and Flexibility.*

### INTRODUCTION:

A set of attributes that people have or achieve that relates to the ability to perform physical activity." Physical fitness is one's richest possession, it cannot be purchased, and it has to be earned through a daily routine of physical exercise." Physical fitness is the capacity to bring out practically various forms of physical activities without being unduly tired and includes qualities important to the individual's health and well-being. Many scientific studies over the past twenty years sport the value of regular exercise as a part of a healthy lifestyle. Studies have documented a sedentary lifestyle as risk factor for major degenerative diseases. National Health Statistics indicate that a high percentage of visits of physicians are for vague complaints such as chronic fatigue. In many cases, the cause of fatigue is the lack of regular physical exercise. Regular participation in vigorous exercise increases physical fitness. A high level of physical fitness is desirable for a full, productive life. Sedentary living habits and poor physical fitness have a negative impact on both health and daily living. Sports are essentially that aspect of human

activity, which strengthens the integration of the body and the mind. It is also pointed out in the literature that such performance provides stimulation to the Center Nervous System to such an extent that the under developed, dead or dying cell will either be rehabilitated or their function will be assumed by other or newly generated cells.

Physical activity enhances mental development of person (Baley and Field 1976 and Cowell and France, 1963). In physical education and sports, especially, in developing physical fitness there is a large repertoire of activities for experiencing success (Kane, 1975). Krichnea (1978) recommends that success in motor skill depends upon physical fitness. Keffer (1978) showed that participation in running programme contributed to development of cardiovascular fitness. Many studies conducted outside India have advised for physical fitness has positive effect on sport performance capacity (Harre, 1977, Matwejew, 1980, Hollman, 1981). Norms of physical fitness are essential for formulation, control and assessment of training of sportsman (Singh, 1984). Physical activity is an essential component of a healthy lifestyle. Physical fitness is a state of well-being that comprises skill and health-related components. Fitness is a condition in which an individual has sufficient energy to avoid fatigue and enjoy life. It is necessary for elderly people to maintain and improve their physical fitness in order to satisfy healthy, high quality of daily life (Tanaka et al., 2004). Skill-related physical fitness refers to an individual's athletic ability in sports such as tennis and encompasses skill-related attributes like dynamic balance, power, speed, and agility; the health-related aspect is a measure of cardiovascular endurance, muscle strength, endurance and flexibility and body composition (Hopkins & Walker, 1988). Volleyball is a game played indoor or outdoor by teams whose members seek to score points in the course of hitting a ball back and forth across a net. It is a popular game in the matter of techniques, blocking as well as jumps and smashes play a crucial part in volleyball.

For studying the physical fitness among volleyball players two variable are taken:

1. Strength
2. Flexibility

**OBJECTIVE:**

1. To find out the physical fitness among volleyball players.
2. To study the effect of strength among volleyball players
3. To study the effect of flexibility among volleyball players.

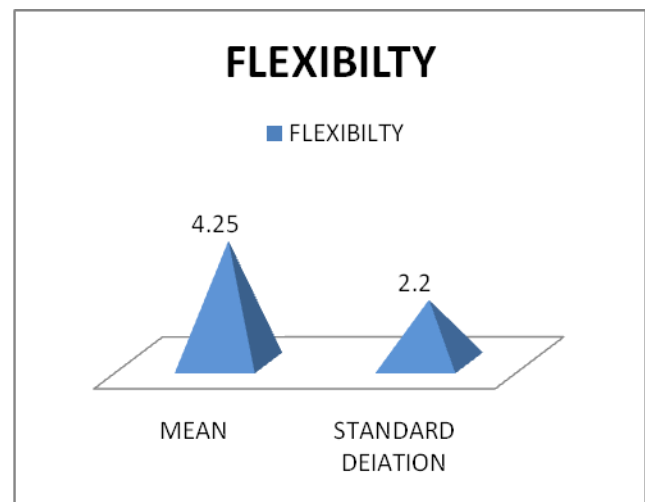
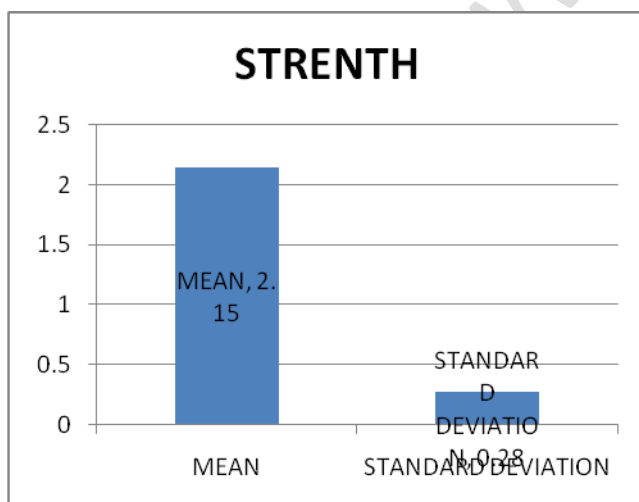
**SAMPLE:**

100 samples of male volleyball players are selected on the basis of stratified random sampling for studying physical fitness variables like: strength and flexibility. Samples are collected from the district of Udaipur. For measuring the physical fitness variables standing broad jump test will be used for strength and bend and reach test will be used for flexibility.

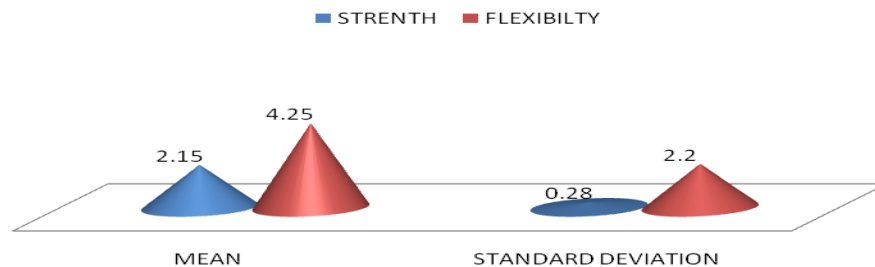
**FINDINGS:**

Mean differences and standard deviation of physical fitness variables among volleyball players are discussed below:

Physical fitness variables	Mean	Standard deviation
STRENGTH	2.15	0.28
FLEXIBILITY	4.25	2.2



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#### CONCLUSION:

The above graphs and table shows that value of mean and standard deviation is lower while measuring strength by applying standing broad jump test. Values are 2.15 and 0.28. On the other hand mean scores and SD is greater when we measured flexibility variable by bend and reach test. Values are 4.25 and 2.2. It means that the difference between the flexibility and strength component possessed by Volleyball Players are significant. The proportion of flexibility is higher than strength.

#### Refernces

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