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Comparative study of motor fitness variables among K.U.K and M.D.U female boxers players

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Abstract

In the present study, an attempt has been made to compare the Motor fitness variables namely Endurance and Agility between K.U.K and M.D.U Female Boxers. The study was carried out on 50 female Boxers (25 K.U.K and 25 M.D.U female Boxers). The data was collected by different coaching camps. The age of the selected subjects ranged from 19 to 29 years. 400 M run test for Endurance and Shuttle Run for Agility. The test were used to measure the selected Motor fitness Variables of the players in order to realize the data t-test was used to analyze the data and investigator observed there was no significant difference between K.U.K and M.D.U female Boxers of different Motor fitness Variables tests.

Keywords: Comparative, Endurance, Agility, K.U.K, M.D.U, Female, Boxers.

1. Introduction

In the world of competition, every effort is being made to train the players, so that they give their best performance in the competitions. The performance of the players of a particular country in international sports competitions, especially in Asian and Olympics Games is a matter of great pride for their respective countries. Preponderance of scientific evidence obtained from different investigations has revealed that high level of performance depends upon various physical and physiological factors. Hag and Singer are of the opinion that the superb physical fitness and the best training of an individual ultimately help in high performance.

In the context of competitive sport, physical fitness is pre-requisite. Physical fitness is 'an ability of the human body to meet demands imposed on it by the environment and daily life.' As understood in a common man's language, fitness is a state of body that helps develop a more positive and dynamic attitude to life and is likely to affect most phases of human existence. Efficiently working lungs and heart, general alertness, muscular strength, energy, and stamina are the overt signs of physical fitness.

Physical fitness is an essential quality in man. A person who is good in strength feels superior and tends to be well adjusted, while a person who is poor in strength feels inferior, a tendency towards social difficulties and not adjusted. The famous Greek philosopher Aristotle stated, "Every individual should be physically fit to enjoy the life fully." A physically fit individual is mentally alert, emotionally balanced and socially well adjusted. He faces the problems of life with confidence. In short physical well being is the basis of all forms of excellence.

Despite widespread interest, physical fitness is still not understood in different life contexts. An average person hardly knows what his fitness needs are and how he should meet them through legitimate method and means. Sports persons, in general, are well aware of the necessity of being extraordinarily fit. However, both in life and sport, some people always remain indifferent to fitness. As a result, they suffer a lot in terms of life efficiency and performance. Fitness is, no doubt, a relative matter depending on the individual yet there are commonalities applicable to all. Certainly no single set of standards could apply to all people. The continuity of life's processes is constantly changing as well as the demands of an ever-changing environment interacting with those on-going life processes.

2. Purpose of the Study

Comparative study of motor fitness variables among k.u.k and m.d.u female boxers.

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3. Methodology

In the present study, an attempt has been made to compare the Motor fitness variables namely Endurance and Agility between K.U.K and M.D.U Female Boxers. The study was carried out on 50 female Boxers (25 K.U.K and 25 M.D.U female Boxers).The data was collected by different coaching camps. The age of the selected subjects ranged from 19 to 29 years .400 M run test for Endurance and Shuttle Run test for

Agility. The test were used to measures the selected Motor fitness Variables of the players in order to realize the data t-test was used to analyze the data and investigator observed the there was no significant different between K.U.K and M.D.U female Boxers of different Motor fitness Variables tests.

Result and Discussion

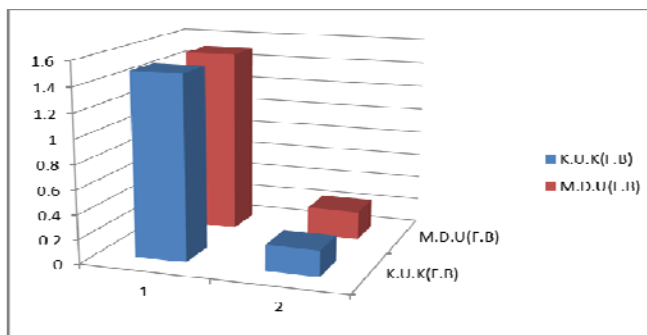
Table 1: Comparison of Endurance between K.U.K and M.D.U Female Boxers

Game	N	Mean	S.D.	S.E.D.	t
K.U.K	25	1.497	.212	6.63	0.61
M.D.U	25	1.501	.238		

Significance at 0.05 level

As shows in the table – 1 the Mean score of 400 M run test for Endurance test of K.U.K and M.D.U Female Boxers were 1.497 and 1.501 respectively and S.D was .212 and .238 S.E.D was 6.63 and t-value was 0.61 for significant at 0.05

level. It means that M.D.U female Boxers having more Endurance then K.U.K Female Boxers in 400 M run test for Endurance.



Graph-1

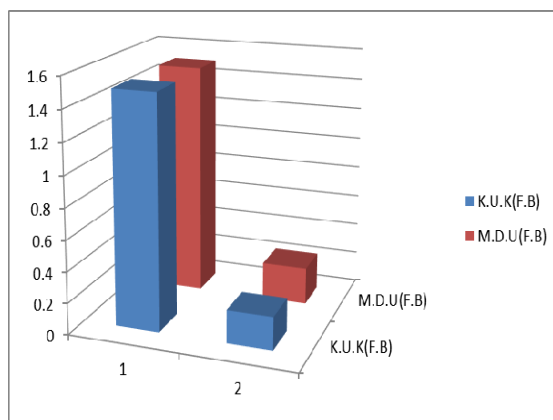
Table 2: Comparison of Agility between K.U.K and M.D.U Female Boxers

Game	N	Mean	S.D.	S.E.D.	t
K.U.K	25	10.656	.983	2.00	2.65*
M.D.U	25	11.406	.996		

Significance at 0.05 level

As shows in the table – 1 Mean score of Shuttle run Test for Agility of K.U.K and M.D.U Female Boxers were 10.656 and 10.406 respectively S.D was .983 and .996 S.E.D was

2.00 and t-value was 2.65* for significant at 0.05 level. It means that M.D.U Female Boxers having more Agility then K.U.K Female Boxers in Shuttle Run test.



Graph-2

Conclusion

It is evident that M.D.U Female Boxers having more Endurance and Agility then K.U.K Female Boxers.

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