

Comparison of Selected Anthropometric and Physical Fitness Variables between Offensive and Defensive Players of Kho-Kho

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Abstract: *The purpose of the study was to compare the selected anthropometric and physical fitness variables between kho-kho chasers and runners. To achieve this purpose of this study, twenty women Kho-Kho players from dept of physical education, Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, India were selected as subjects and their age ranged between 18 to 25 years. Among them, ten chasers and ten runners were selected. The following physical fitness parameters such as speed, agility and cardio respiratory endurance were selected as depended variables for this study. The selected criterion variables such as speed, agility, cardio-respiratory endurance, arm length and leg length were tested by using 50 meters run, shuttle run, 600 mts run, measuring with type respectively. The independent 't' ratio was used to analyse the differences if any between the group. The .05 level of confidence was fixed to test the level of significance. The results also showed that there was no significant difference between chasers and runners on selected physical fitness and anthropometric variables.*

Key Words: *Runners (defense), Chasers (offence), Physical Fitness, Anthropometric.*

I. Introduction

The game of Kho-Kho can broadly be followed by resolving the basic skills and techniques of chase and skills and techniques of running away and dodging the chasers and not allowing any one of the chasing opponents touch your person or the apparels worn by the runner (2). The chase could be successfully concluded by diving at the runner and touching his heel of the hind foot while running (3). This is the most sure and safe technique to score a runner. Running was championed in three basic methods. Running zig-zag in the mid-line in single, double or triple chain is a traditional technique (1).

The studies of Kho-Kho game related to player's physique and what results it shows on their health fitness and motor fitness playing ability (5).

The present study was to compare the physical fitness and anthropometric variables between casers and runners in KHO-Kho.

II. Methodology

The purpose of the study was to compare the selected physical fitness and anthropometric variable between women chasers and runners in the game of Kho-Kho. To achieve this purpose of this study, twenty women Kho-Kho players from Dept of physical education, Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, India were selected as subjects and their age ranged between 18 to 25 years. Among them, ten chasers and ten runners were selected. The speed, agility and cardio respiratory endurance, arm length and leg length were selected as depended variables for this study. The selected criterion variables such as speed, agility and cardio-respiratory endurance were tested by using 50 meters run, shuttle run and cooper's 12 min run / walk test and the arm and leg length were tested by using measuring tape. The independent 't' ratio was used to analyse the significant differences if any between chasers and runners separately for each criterion variable. The .05 level of confidence was fixed to test the level of significance.

III. Results:

Table: The Mean, Standard Deviation And 'T' Ratio Values Between University Women Chasers And Runners Kho-Kho Players

Variables	Groups	Mean	Standard Deviation	The Obtained 't' ratio
Speed	Chasers	7.87	0.11	1.01
	Runners	7.92	0.09	
Agility	Chasers	8.12	0.41	1.45
	Runners	8.01	0.38	
Cardio Respiratory Endurance	Chasers	1190	1.18	1.55
	Runners	1240	1.07	
Arm Length	Chasers	66.60	2.17	1.43
	Runners	65.30	1.88	
Leg Length	Chasers	95.10	1.19	0.91
	Runners	95.60	1.26	

*Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 18 was 1.73).

The above table shows that there was no significant difference found on selected physical fitness and anthropometric variables between chasers and runners in the game of Kho-Kho.

IV. Conclusions

1. There was no significant difference between chasers and runners in kho-kho woman players on speed.
2. There was no significant difference between chasers and runners in kho-kho woman players on agility.
3. There was no significant difference between chasers and runners in kho-kho woman players on cardio respiratory endurance.
4. There was no significant difference between chasers and runners in kho-kho woman players on arm length.
5. There was no significant difference between chasers and runners in kho-kho woman players on leg length.

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