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Motor Fitness Components and Skill Performance of University Represented and Non Represented of Women Hockey Players

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ABSTRACT

Sports play a very prominent role in the modern society. It is important to individuals, a group, a nation and indeed the world. Throughout the world, sport has a popular appeal among people of all ages and both sexes. Regular physical activity improves your physical and emotional well being whether you are young or old. Improved physical capacity resulting from properly conducted exercise programs can help older adults do regular daily activities as well as recreation or sports. To achieve this purpose thirty (N=30) women hockey players those university participated (n=15)and non university participated (n=15) selected random sampling method from Department of physical education, Annamalai University. The subject's age ranged between 18 to 25 years The selected dependent motor fitness variables are explosive power and muscular endurance and skill performance variables are scooping and dodging. The collected data analyzed with Independent 't' test. The level of significant fixed at 0.05 level. The result of the study shows that no difference between university and non university represented players of motor fitness, and skill performance variables are scooping, dodging better university represented players comparing than university non represented players.

KEYWORDS:

INTRODUCTION

Sports are an important part of just about every society, every country, every part of our planet. In one way or another, everyone is involved in sports or some sort, whether they are playing or watching. Sports play a very prominent role in the modern society. It is important to individuals, a group, a nation and indeed the world. Throughout the world, sport has a popular appeal among people of all ages and both sexes. Regular physical activity improves your physical and emotional well being whether you are young or old. Improved physical capacity resulting from properly conducted exercise programs can help older adults do regular daily activities as well as recreation or sports. Younger players can still the pleasures that participation in a variety in many instances. As youth sports becomes more and more professional sport, season lengthen, practices become more numerous and conditioning in a year round business. The ability to grasp similarities in skill and strategy will still be important however. Higher levels of individual skill, tactical awareness, mental and physical fitness **(John Cadman 1985).**

The primary purpose of study was to find out the motor fitness and skill performance of university represented and non university represented of hockey players.

METHODOLOGY

To achieve this purpose thirty (N=30) women hockey players those university participated (n=15) and non university participated (n=15) selected random sampling method from Department of physical education, Annamalai University. The subject's age ranged between 18 to 25 years. The selected dependent motor fitness variables are explosive power and muscular endurance and skill performance variables are scooping and dodging. The selected motor fitness variables explosive power to test individuals standing vertical jump and muscular endurance to test one minute bent knee sit up test. The selected skill performance variable scooping skill to test 100 m scoop ball test and dodging to test zigzag test to test university represented and non represented university hockey players. The collected data analyzed with Independent 't' test(recommended **Clarke and Clarke 1970)** The level of significant fixed at 0.05 level.

RESULTS

Table-1

THE RESULTS OF EXPLOSIVE POWER ON UNIVERSITY REPRESENTED AND NON UNIVERSITY REPRESENTED OF WOMEN HOCKEY PLAYERS

Group	Mean	S.D	't' value	Table value
University Represented	37.67	3.94	1.10	2.04
Non University Represented	36.20	3.32		

No significant at 0.05 level with df 28

Table-2

THE RESULTS OF MUSCULAR ENDURANCE ON UNIVERSITY REPRESENTED AND NON UNIVERSITY REPRESENTED OF WOMEN HOCKEY PLAYERS

Group	Mean	S.D	't' value	Table value
University Represented	29.0	2.56	0.684	2.04
Non University Represented	28.47	1.59		

No Significant at 0.05 level with df 28

Table-3

THE RESULTS OF SCOOPING SKILL ON UNIVERSITY REPRESENTED AND NON UNIVERSITY REPRESENTED OF WOMEN HOCKEY PLAYERS

Group	Mean	S.D	't' value	Table value
University Represented	19.6	1.58	4.35*	2.04
Non University Represented	17.4	1.08		

*Significant for significant at 0.05 level with df 28

Table-4

THE RESULTS OF DODGING SKILL ON UNIVERSITY REPRESENTED AND NON UNIVERSITY REPRESENTED OF WOMEN HOCKEY PLAYERS

Group	Mean	S.D	't' value	Table value
University Represented	9.78	0.41	2.81*	2.04
Non University Represented	9.11	0.81		

*Significant for significant at 0.05 level with df 28

FIGURE:1 THE MEAN VALUES OF MOTOR FITNESS VARIABLES OF UNIVERSITY AND NON UNIVERSITY REPRESENTED WOMEN HOCKEY PLAYERS

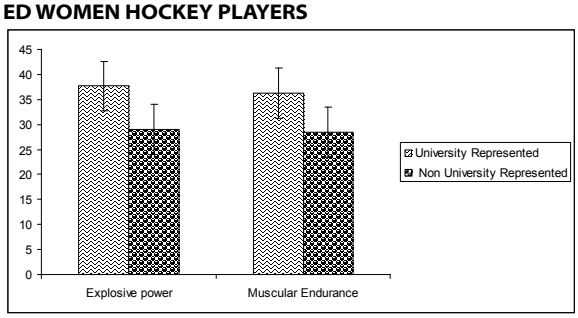

Figure:1 mean values shows that university represented

women hockey players better motor fitness comparing than non university represented women hockey players.

FIGURE:2 THE MEAN VALUES OF SKILL PERFORMANCE VARIABLES OF UNIVERSITY AND NON UNIVERSITY REPRESENTED WOMEN HOCKEY PLAYERS

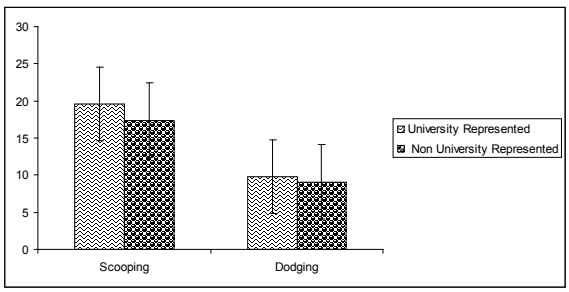

Figure:2 mean values shows that university represented women hockey players better skill performance variables comparing than non university represented women hockey players.

DISCUSSION ON FINDINGS

In this present study of results shows that motor fitness variables explosive power and muscular endurance of university represented and non university represented women hockey players there is no significant difference. Similar studies also conducted by **(Maurice Jette and Cureton 1976)** according the results as regular participate physical activities may influence of the individuals. According our results line with that (**Gerrald S Kenyon and Robert 1963).** The results of the skill related performance university represented players are better skill comparing than non university represented players. According to **(Merrit Jones 1962),** daily participated skill activity will be improve of the players same agreement with that **(Behm & Sale 1993)**

CONCLUSIONS

- University represented players and Non University represented players no significant difference on motor fitness variables such as explosive power and muscular endurance.
- Skill performance of University represented women hockey players are better comparing than the non University represented players.

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