



## Comparative Study on Speed and Cardio-Vascular Endurance of Manipuri And Tamilnadu Football Players

**Himangsu Poddar**

Ph.D. Scholar Department of Physical Education & Sports , Pondicherry University, Senior Professor Department of Physical Education , Pondicherry University.

**Dr.P.K. Subramaniam**

Ph.D. Scholar Department of Physical Education & Sports , Pondicherry University, Senior Professor Department of Physical Education , Pondicherry University.

### ABSTRACT

*The purpose of the investigation was comparing the Manipuri and Tamilnadu Football players on speed and cardio-vascular endurance. The subjects were selected from Annamalai University's football players. The subjects were selected randomly for the purpose of this study. The total subject consisted forty (N=40). 20 Manipuri football players and 20 Tamilnadu football players. The age groups were 18 to 25 years. To compare on Speed and cardio-vascular endurance of Manipuri and Tamilnadu football players those were studied in Annamalai University. Speed was measured by 50 meter dash and cardio-vascular endurance was measured by cooper's 12 munities run and walk test. The level of confidence to the 't' ratio was fixed at 0.05 level for significance, which was considered enough for the purpose of the study. It was concluded after obtaining the result of the study that there was no significant difference on speed and cardio-vascular endurance between Manipuri and Tamainadu football players.*

**KEYWORDS : Speed, Cardio-vascular endurance, Tamilnadu and Manipuri football Players.**

### INTRODUCTION

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." Plato. Sports are a popular spectacle and a mass social movement of contemporary time. In the process of historical development sports has occupied a prominent place both in the moral culture of society. In modern days sports for all 2002"become a very popular slogan. Participation in sports will yield optimum physical fitness and positive health for all. It is said that activity is the first necessity of man. Unhealthy person cannot be cheerful, physically fit men is always able to perform work for longer time with less expenditure of energy and much more efficiently. In activity will create many physical and physiological problems the individual research evidence shows that inactivity creates problems of health. Football players must have physical fitness. It will not possible for a player to be alert and to perform successfully at a high slandered throughout the game unless he is physically fit. Because during the game he has to run from one place to another either with the ball or alone. The object of football is to score goals and to score more goals than the opposition he plays gets a terrified feeling when he knocks the ball into goal. So that the players must have first time in the required direction. Football is a sport with body contact this movement must be done with Endurance, power as well as speed. When two players are contesting for a ball it is often the more powerful player is successful.

### METHODOLOGY

The purpose of the study was to compare the selected physical fitness variables between Manipuri and Tamilnadu football players, in this chapter the selection of subject, selection of variables, instrument reliability, orientation of the subject, administration of tests and statistical techniques used for this study are described. For the study, 20 Manipuri and 20 Tamilnadu mail football players were selected randomly those were studied in Annamalai University, their Age ranged from 18 to 25 years. To achieve the purpose of the study speed and cardio-vascular endurance component were selected. Speed was measured by 50 meter dash and cardio-vascular endurance measured by cooper 12 munities run and walk test. The level of confidence to the 't' ratio was fixed at 0.05 level for significance, which was considered enough for the purpose of the study. Before conducting the test, test procedure was explained to the subjects.

### ANALYSIS OF THE DATA

#### SPEED (50 mts dash)

MEAN STANDARD DEVIATION AND 't' RATIO ON SPEED OF MANIPURI

AND TAMILNADU FOOTBALL PLAYERS .

**TABLE I**

Group	Mean	SD	't'	Level of significant
Manipuri	6.16	.55	1.77	.05
Tamil Nadu	6.47	.37		

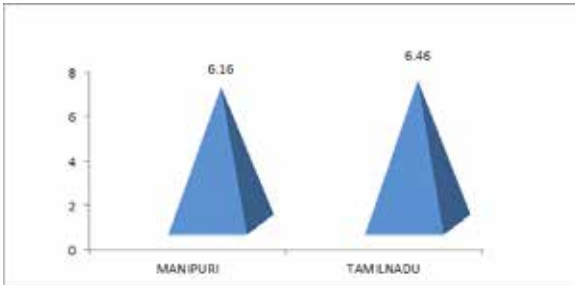
Significant at 0.05 level confidences, the table value for insignificant at 0.05 level of confidence in 2.04.

Table - I indicates that the mean, standard deviation and't' ratio on speed of Manipuri and Tamilnadu football players. The mean and standard deviation value were  $6.16 \pm .55$  for Manipuri football players and  $6.47 \pm .37$  for Tamilnadu football players respectively and the't' ratio for these values was 1.77. The obtained' ratio for speed was found insignificance at 0.05 level of confidence. Since this values were lower than the required table values of 2.04 the degree of freedom 38.

The result of the study shows that there was no significant difference that exists between Manipuri and Tamilnadu football players on speed.

The mean value on speed of Manipuri and Tamil Nadu football player were graphically presented in figure I

**Figure-I. Mean values of Manipuri and Tamilnadu football players on speed**



**CARDIO-VASCULAR ENDURANCE**

( Cooper12 Minute Run and Walk)

**MEAN STANDARD DEVIATION AND't' RATIO ON CARDIO-VASCULAR ENDURANCE**

**OF MANIPURI AND TAMILNADU FOOTBALL PLAYERS. TABLE II**

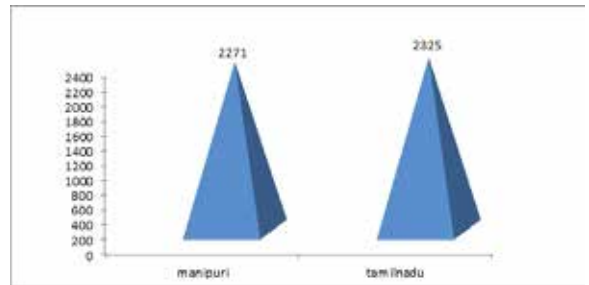
Group	Mean	SD	't'	Level of significant
Manipuri	2271	167.12	.894	.05 level
Tamil Nadu	2325	163.97		

Significant at 0.05 level confidences, the table value for insignificant at 0.05 level of confidence in 2.04.

Table - II indicates that the mean, standard deviation and't' ratio of cooper's 12 minutes run and walk test of Manipuri and Tamilnadu football players. The mean and standard deviation value were 2271 ± 167.120 for Manipuri football players and 2325 ± 163.97 for Tamil Nadu football players respectively and the't' ratio for these values was .894. The obtain't' ratio for cooper's 12 minutes run and walk test was found insignificant at 0.05 level of confidence. Since this values were lower than the required table values of 2.04 the degree of freedom 28.

The result of the study shows that there was no significant difference that exists between Manipuri and Tamilnadu football players on cooper's test.

The mean value on cooper's test of Manipuri and Tamilnadu football player were graphically presented in figure II



**Figure- II. Mean values of Manipuri and Tamil Nadu football players on cooper's test.**

**DISCUSSION OF FINDINGS**

The study was to compare the selected physical fitness variables between Manipuri and Tamilnadu football players, From the above table is revealed that there is no Significance in the Speed and Cardio-vascular Endurance of Manipuri and Tamilnadu football players those who are studying in Annamalai University. Although Manipuri Players are better speed than Tamil Nadu Football player but it is not statistically significant difference. And Tamilnadu football players were better Cardio-vascular Endurance than Manipur Football Players but it also not significantly different. So we can say Manipuri and Tamilnadu football players are same speed and Cardio-vascular Endurance.

**CONCLUSION**

It was concluded after obtaining the results of the study that there was no significant difference of selected physical fitness variables of Manipuri and Tamilnadu football players on Speed and Cardio-vascular Endurance.

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