The term motor ability is used synonymously with general athletic ability. There are many factors that contribute to successful performance in athletic skill. In most of the advanced and developed countries, the awareness for motor learning and skill development among children is very much scientific and prolonged which perhaps helped them to level of general fitness with motor abilities like power, speed, agility, balance, reaction time etc. are essential qualities required to be developed in the players. Volleyball is played by millions of people around the world. In many countries, it has been ranked as top-level competitive sports. It is a fascinating game, which everybody will accept. It is a well-known fact that volleyball is a thrilling game. It is one of the recreational games with in a small area. It is a game where not only the hands are engaged in receiving and spiking the ball, but the whole body and mind are engaged in this game. Volleyball is probably the leading ball game in the world as far as action and accuracy are concerned. Playing abilities or specific skills are very important aspect in every game and sports and play a vital role in the performance of individual. Skill is often defined as “knowledge or expertise, but in physical education it is the ability to perform certain activities or movements with control and consistency, to bring about a desired results.” It takes a long time to acquire a skill because it involves a high level co-ordination and control. The game of volleyball comprises manifold of quick actions and reactions such as arm pass, forearm pass, blocking, smashing and defending in the playing situation.

**ABSTRACT**

The Purpose of the study was to find out the relationship of selected physiological variables with playing ability among national Level Volleyball Players. For this purpose Forty-five (N=45) Boys Volleyball players, who had participated the mini National tournament in 2013-2014 seasons, were selected as subjects. Among the physiological parameters only Resting Pulse Rate and Respiratory Rate were selected as criterion variables. Resting pulse rate and Respiratory Rate were assessed through Manuel methods. Volleyball playing ability was assessed through subjective rating by three experts during the mini national Volleyball tournaments and the average was taken as criterion score. Person's product moment correlation (zero order) was used as a statistical tool to find out the result and it revealed that the physiological variables of resting pulse rate and respiratory rate were having significant relationship with Volleyball performance.

**KEYWORDS :** Volleyball, Resting pulse rate, Respiratory rate

**RESULTS & DISCUSSION**

<table>
<thead>
<tr>
<th>Sl No</th>
<th>Variables</th>
<th>Co-efficient of Correlation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Resting Pulse Rate and Playing Ability</td>
<td>0.51*</td>
</tr>
<tr>
<td>2</td>
<td>Respiratory Rate and Playing Ability</td>
<td>0.34*</td>
</tr>
</tbody>
</table>

* Significant at .05 level (r 0.05 (43) = .286)
Table 1– had shown the relationship of selected physiological variables with Volleyball playing ability. All the obtained correlation values were above the table value of 0.286. In this analysis all the selected variables were significant relationship with playing ability. Among the physiological variables resting pulse rate was found the highest relationship with Volleyball playing ability (r = 0.51). The other physiological variables of respiratory rate is 0.34 and also significant relationship with Volleyball playing ability.

The Pearson’s coefficient of correlation values of Resting Pulse Rate and Playing ability of Volleyball players and Respiratory Rate and Playing ability of Volleyball players were graphically presented in Fig.1 & 2.

CONCLUSION
From the above results and discussions the following conclusions were drawn:

In the selected physiological variables resting pulse rate and respiratory rate having significant relationship with Volleyball playing ability.

REFERENCES