



A Comparative Study of Aerobic Endurance among Kho Kho and Kabbadi Players of Saurashtra University

KEYWORDS

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Introduction

Aerobic Endurance is the amount of oxygen intake during exercise. Aerobic Endurance is the time which you can exercise, without producing lactic acid in your muscles. During aerobic (with oxygen) work, the body is working at a level that the demands for oxygen and fuel can be meeting by the body's intake. The only waste products formed are carbon-dioxide and water which are removed by sweating and breathing.

Purpose:

The Purpose of the Present study to find out Aerobic Endurance among Kabbadi and Kho Kho Players of Saurashtra University.

Method (s):

The sample for the present study is twenty Male Kabbadi Players and twenty Kho Kho Players those who have participated in the Saurashtra University Inter College Sports and games during the year 2011-12 between the age group of 19 to 21st Years. Cooper Test 12 Min Run is used to assess the Aerobic Endurance.

Result(s):

This study shows that Kho Kho Players are having good Aerobic Endurance compare to the kho kho Players. The Kho Kho Players ran 2941.75 M and Kabbadi Players ran 2843.50 M in 12 Min.

Table-1

Pre Test(Mtrs) Results of 12 min Cooper Test	N	Mean	Std. Mean	Std. Error Mean	t	df	Sig.(2-tailed)
Kho-Kho Players	20	2941.75	218.71	49.13	1.69453	38.00	0.10
Kabbadi Player	20	2843.50	136.71	30.79			

Conclusions (s):

It is concluded that that Kho Kho Players are good in Aerobic Endurance compare to Kabbadi Players because the game of Kho Kho is involved sprinting activity and Kabbadi involve strength and technique.

Recommendations:

Similar studies can be conducted on all others sports and games.