



ORIGINAL RESEARCH PAPER

Physical Education

Physical Fitness Components and Skill Performance of University Level participated and Non Participated of volleyball Players

KEY WORDS: Volleyball, Smash, service, Muscular Endurance, Power(Strength)

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ABSTRACT

Games assume an extremely conspicuous part in the present day society. It is critical to people, a gathering, a country and undoubtedly the world. All through the world, don has a mainstream claim among individuals of any age and both genders. Consistent physical action enhances your physical and passionate prosperity whether you are youthful or old. Enhanced physical limit coming about because of legitimately led practice projects can enable more established grown-ups to do normal day by day exercises and also diversion or games. To accomplish this reason thirty (N=40) volleyball players those college took an interest (n=20) and non participated (n=20) chose irregular inspecting technique from Department of physical training, Lucknow University. The subject's age gone between 18 to 25 years the chose subordinate Physical wellness factors are unstable power and solid continuance and aptitude execution factors are administration and crush. The gathered information examined with Independent "t" test. The level of critical settled at 0.05 level. The aftereffect of the examination demonstrates that no distinction amongst university and non Participated players of Physical wellness, and aptitude execution factors are administration and crush preferable university took an interest players looking at over university none Participated players.

INTRODUCTION:

Games are a critical piece of pretty much every general public, each nation, all aspects of our planet. In somehow, everybody is included in games or some sort, regardless of whether they are playing or viewing. Games assume an extremely conspicuous part in the cutting edge society. It is critical to people, a gathering, a country and without a doubt the world. All through the world, wear has a famous interest among individuals of any age and both genders. General physical action enhances your physical and enthusiastic prosperity whether you are youthful or old. Enhanced physical limit coming about because of legitimately directed exercise projects can enable more seasoned grown-ups to do customary day by day exercises and also diversion or games. More youthful players can in any case the delights that cooperation in an assortment in many occurrences. As youth sports turns out to be increasingly proficient game, season extend, hones turn out to be progressively various and molding in a year round business. The capacity to get a handle on likenesses in ability and methodology will in any case be critical be that as it may. More elevated amounts of individual ability, strategic mindfulness, mental and physical wellness(Cadman 1985).

The primary purpose of study was to find out the motor fitness and skill performance of university level participated and non participated Volleyball players.

METHODOLOGY:

To accomplish this reason thirty (N=40) men volleyball players those university took an interest participated in university level tournaments (n=20) and Non participated (n=20) chose arbitrary inspecting strategy from Department of physical education, University of Lucknow. The subject's age extended between 18 to 25 years. They chose subordinate engine wellness factors are dangerous power and strong continuance and ability execution factors are smash and evading. They chose engine wellness factors dangerous energy to test people standing vertical service and strong endurance to test one moment bowed knee sit up test.

They chose ability performance variable smash aptitude to miller volleyball ball test and service test to miller volleyball test university level participated to and non participated to university volleyball players. The gathered information broke down with Independent "t" test. The level of significant settled at 0.05 level.

RESULTS:

Table-1: The Results of Explosive Power on University Participated and Non Participated of Volleyball Players

Group	Mean	SD	't'	T.V.
Participated Players	37.67	3.94	1.10	2.04
Non Participated Players	36.20	3.32		

No significant at 0.05 level with df 28

Table-2: The Results of Muscular Endurance on University Participated and Non Participated of Volleyball Players

Group	Mean	SD	't'	T.V.
Participated Players	29.0	2.56	0.684	2.04
Non Participated Players	28.47	1.59		

No Significant at 0.05 level with df 28

Table-3: The Results of Service Skill on University Participated and Non Participated of Volleyball Players

Group	Mean	SD	't'	T.V.
Participated Players	19.6	1.58	4.35	2.04
Non Participated Players	17.4	1.08		

*Significant for significant at 0.05 level with df 28

Table-4: The Results of Smash Skill on University Participated and Non Participated of Volleyball Players

Group	Mean	SD	't'	T.V.
Participated Players	9.78	0.41	2.81	2.04
Non Participated Players	9.11	0.81		

*Significant for significant at 0.05 level with df 28

DISCUSSION:

In this present investigation of results demonstrates that engine wellness factors ex-plosive power and strong continuance of college spoke to and non college spoke to ladies hockey players there is no signifi-cant distinction. Comparative examinations likewise led by (Maurice Jette and Cureton 1976) agreeing the outcomes as consistent partake physical exercises may impact of the people. Concurring our outcomes line with that (Gerrald S Kenyon and Robert 1963). The aftereffects of the ability related execution college spoke to players are preferable aptitude looking at over non college spoke to players. As per (Merrit Jones 1962), day by day took an interest ability movement will be enhance of the players same concurrence with that (Behm and Sale 1993)

CONCLUSIONS:

1. University took an interest players and Non participated players no noteworthy distinction on engine wellness factors, for example, dangerous power and strong continuance.
2. Skill execution of University took an interest volleyball players are preferred looking at over the non participated players.

References:

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