

A STUDY ON ENDURANCE ABILITY AMONG KABADDI AND KHO-KHO PLAYERS OF VIJAYAPUR DISTRICT

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ABSTRACT:

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. Endurance in kho kho and kabaddi are essential for players looking to maintain stamina throughout an entire games as well as the entire season. Although endurance training can be performed of in the track, it is possible for you to increase stamina and endurance during practice through on-court or off play courts like kho kho and kabaddi games. Purpose: The Purpose of the present study to find out the Aerobic endurance among kho kho and kabaddi players of the vijayapur district. Methodology: The sample for the present study selected fifty male kho kho players and fifty Kabaddi Players from various colleges of Vijayapur University in India. The data collected separately from Kho kho and Kabaddi Players. The Subjects were made to Run 12 Min Run Cooper Test for endurance under the supervision of Technical officials of Athletics. Results: The Results of the study shows that Kho kho Players were having the good endurance compare to Kabaddi players. Conclusions: It is concluded that Male kho kho Players are having good endurance compare to Male Kabaddi Players. kho kho gamel requires a multitude of skills, high levels of concentration and top physical fitness. Aerobic Endurance is important for kho kho players and kabaddi players to play the game with maximum intensity without getting the fatigue. A Player is having good endurance in kho kho and kabaddi will perform better in matches or in training.

Key Words: Aerobic endurance, Kho kho, Kabaddi etc.

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 meet by the body's intake. The only waste products formed are carbon-dioxide and water which are removed by sweating and breathing. Aerobic exercise is

physical exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means “with oxygen”, and refers to the use of oxygen in the body’s metabolic or energy – generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time. Aerobic exercise comprises innumerable forms. In general, it is performed at a moderate level of intensity over a relatively long period of time. For example, running a long distance at a moderate pace is an aerobic exercise, but sprinting is not. Playing singles tennis, with near continuous motion, is generally considered aerobic activity, while golf or two person team tennis, with brief bursts of activity punctuated by more frequent breaks, may not be predominantly aerobic. Some sports are thus inherently “aerobic”, while other aerobic exercises, such as fartlek training or aerobic dance classes, are designed specifically to improve aerobic capacity and fitness.

The kho kho and kabaddi games are the most famous in the karnataka, the games are playing since the ancient period, the both games required the endurance in the players of the games the endurance is also the most importance factor among thr physical fitness of the sports players.

METHOD:

The sample for the present study on fifty male kho kho and fifty male kabaddi Players from various colleges of vijaypur district karnataka, India. The data was collected separately from kho kho and kabaddi Players. The Subjects were made to Run 12 Min Run Cooper Test for endurance under the supervision of Technical officials of Athletics.

The Cooper test also a test of physical fitness. It was designed by Kenneth H. Cooper in 1968 for US military used in the original form; the point of the test is to run as far as possible within 12 minutes. To undertake this test you will require:

- ❖ 400 meter track
- ❖ Stop Watch
- ❖ Whistle
- ❖ Technical Official
- ❖ The subjects given 10 minutes for warm up.
- ❖ The assistant gives the command “GO”, starts the stopwatch and athlete commences the test
- ❖ The Technical Official keeps the athlete informed of the remaining time at the end of each lap

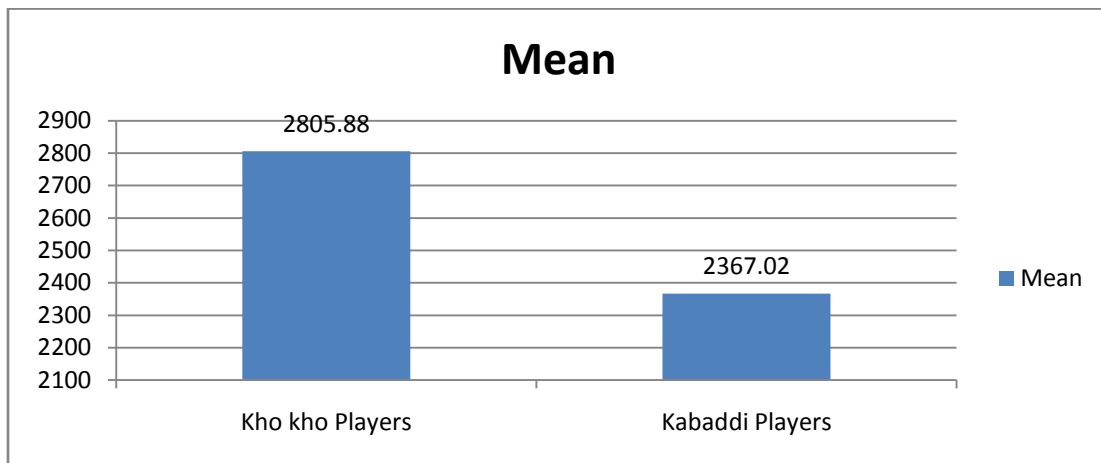
- ❖ The Technical Official blows the whistle when the 12 minutes has elapsed and records the distance the athlete covered to the nearest 10 meters

RESULTS AND DISCUSSION:

The Table No.1 showing the Mean, S.D, Standard Error, t-ratio of kho kho Players and Kabaddi Players in Cooper Test.

Results of 12 min Cooper Test	N	Mean	Std. Deviation	t- value
Kho kho Players	50	2805.88	769.03	3.807**
Kabaddi Players	50	2367.02	409.50	

Signicant at 0.01 level



The table and graphs showing that the kho kho players mean is 2805.88 meters in the 12 minutes cooper test and the kabaddi players mean score is 2367.02 meters in the test, the result of the study revealed that the kho kho players are having the better endurance compare to the kabaddi players of the vijayapur district Karnataka, India.

CONCLUSION

Hence it is concluded that the kho kho players are having the better endurance than the kabaddi players, the kho kho leads to makes optimum and continue muscle contraction in the game time, hence the kho kho players are having the more endurance than the kabaddi players of the vijayapur district.

Recommendations: Similiar studies can be conducted on female players and other team game players and individual game players.

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