

RELATIONSHIP OF MOTOR FITNESS ON BASKETBALL PLAYING ABILITY OF INTER UNIVERSITY PLAYERS



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ABSTRACT

The main objective of this study was to find out the relationship of motor fitness on basketball playing ability of inter university players. For this purpose forty (40) male inter university basketball players from university of Kashmir were selected as sample, whose age limit remained in between 18 to 28 years. The sample for the present study was randomly selected. In this study to find the relationship, AAPHERD Youth Test and Johnson's Basketball Test have been used. After collection, the data was put in Microsoft Excel to develop Master Chart and Pearson Product Moment Technique was used.

Keywords: Motor Fitness, Playing Ability & Basketball Players.

INTRODUCTION

The ability to meet the demands of daily living with energy to spare, possessing the functional capacities to do not only task that are required, but also those activities that one enjoys. Fitness is sometimes also described in quantitative terms using measures such as heart rate, endurance, blood pressure or blood cholesterol level. This valuable measure may be indicative of one's general state of health and thus are certainly related to fitness. Motor Fitness refers to the capability of an athlete to perform effectively at their particular sport. The components of motor fitness are: agility, balance, co-ordination, power which entails speed and strength and finally reaction time. The term components of fitness refers to the several key components required to facilitate quality overall fitness.

Basketball is the game of modern times as none of its form was played in past. Dr. James Naismith was a physical education teacher in YMCA Training school at Springfield (USA). He invented this fast paced offensive game in, 1891.

Shooting: Shooting is the act of attempting to score points by throwing the ball through the basket, methods varying with players and situations.

'Curiosity is the best Quality of a Good Researcher'

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Passing: A pass is a method of moving the ball between players. Most passes are accompanied by a step forward to increase power and are followed through with the hands to ensure accuracy. Dribbling: Dribbling is the act of bouncing the ball continuously with one hand and a player pushes the ball down towards the ground with the fingertips rather than patting it; this ensures greater control.

OBJECTIVE OF THE STUDY

The main objective of this study was to find out the relationship of motor fitness on basketball playing ability of inter university players.

HYPOTHESIS

On the basis of available literature and researcher's own experience and understanding about the problem, the hypothesized that:

There will be significant relationship of motor fitness components on basketball playing ability of basketball players.

DESIGN OF THE STUDY

To test the above mentioned hypothesis, following procedure was adopted:-

Sample:

To conduct the study forty (40) male basket ball players were selected as sample. The sample for the present study was randomly selected.

Tools:

To determine motor fitness level of selected basketball players AAPHERD Youth Test was used. It measures its six test items such as Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 yard Dash and 600 yard Run and Walk.

To assess playing ability of selected basketball players Johnson's Basketball Test was used which includes Johnson field goal speed test, Johnson Basketball throws for accuracy (passing test), Johnson Basketball Dribble Test:

To find out the relationship between motor fitness with basketball playing ability, Pearson product moment correlation was calculated. This result is presented in Matrix table:

Inter Correlation Matrix Table

	Pull Ups	Bent Knee sit ups	Standing broad Jump	40Y Shuttle Run	50 Yard Dash	600Y Run Walk	Shooting	Passing	Dribbling
Pull Ups	1.000								
B N S P	-0.084	1.000							
SBJ	0.296	0.348	1.000						
40Y S R	-0.334	-0.125	-0.337	1.000					
50 Y D	0.148	-0.078	0.107	-0.156	1.000				
600Y R W	0.023	0.180	0.447	-0.436	-0.049	1.000			
Shooting	-0.023	0.025	0.012	-0.102	0.168	0.195	1.000		
Passing	-0.338	-0.074	-0.078	0.445	0.001	-0.278	0.041	1.000	
Dribbling	-0.020	-0.249	-0.234	0.363	0.261	-0.170	-0.136	-0.015	1.000

Level of Significance 0.05 Tabulated Values (0.312)

Inter Correlation Matrix Table reveals the following:

There is not a significant relationship between pull ups and bent knee sit as the tabulated value (0.312) is more than the calculated value (-0.084).

It is also shown from the table that there is not significant relationship between standing broad jump and pull ups as the tabulated value (0.312) is more than the calculated value (0.296).

There is a significant relationship between standing broad jump and bent knee sit ups as the tabulated value (0.312) is less than the calculated value (0.348).

It is also shown that there is not a significant relationship between 40 yard and pull ups as the tabulated value (0.312) is more than the calculated value (-0.334).

From the above table it is evident that the relationship between 600 yard and standing broad jump is significant as the calculated value (0.447) is more than the tabulated value (0.312).

CONCLUSION

After the systematic collection, analysis and interpretation of data, it is concluded that there was not a significant relationship between physical fitness with Basketball playing ability.

In the above matrix table it was shown that out of thirty six relationships twenty relationships showed negative relationship and sixteen relationships showed positive relationship and out of sixteen relationships four showed a significant effect as the calculated value is more than the tabulated value.

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