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SPEED AND AGILITY DIFFERENTIALS BETWEEN UNIVERSITY AND NON – UNIVERSITY PLAYERS OF DIFFERENT DISCIPLINES

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ABSTRACT

The purpose of the study was to compare the selected physical fitness variables between university players and non-University players of different disciplines. To achieve this purpose of the study only sixty players were selected. Among them thirty university players who represented Annamalai University tournaments were selected as subjects at random. And also thirty players who did not represent Annamalai University tournament from different discipliner were selected at random. The following variables namely speed and agility were selected as criterion variables. The data were collected from university and non – university players on speed and agility by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant difference if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained which was considered as an appropriate the results of the study showed that there was a significant difference between university and non – university players on speed and agility.

INTRODUCTION

Sports have a very prominent role in modern society. It is important to an individual a group, a nation indeed the world.

Physical education is an education of through human movement where many of the educational objectives are achieved by means of big muscle activities involving sports, games, gymnastics, dance and exercise.

The main aim of modern sports competition is to defect and develop human ability at an early stage of life and channalize it in the right direction to realize the achievement aimed at in a particular game of sports.

METHODOLOGY

The purpose of the study was to compare the selected physical fitness variables between university players and non – university players of different disciplines. To achieve this purpose of the study only sixty players were selected. Among them thirty university players who represented Annamalai university to participate in the inter university tournaments were selected as subjects at random and also thirty players who did not represent Annamalai university to participate in the inter university tournaments from different disciplines were selected at random the following variables namely speed and agility were selected as criterion variables. The data were collected from university and non – university players on speed and agility by using 50 mts run and shuttle run respectively. The independent 't' ratio was used to analyze the significant

difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

ANALYSIS OF THE DATA

SPEED

The mean, standard deviation and 't' ratio values on speed of university and non – university players of different discipliner have been analyzed and presented in table I.

TABLE - I

THE MEAN, STANDARD DEVIATION AND 't' RATIO VALVES BETWEEN UNIVERSITY AND NON – UNIVERSITY PLAYERS OF DIFFERENT DISCIPLINES ON SPEED.

Groups	Mean	Standard Deviation	't' ratio value
University players	7.54	0.108	11.67*
Non – university players	7.82	0.069	

*Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002)

The table I shows that the mean values on speed for university and non – university players of different disciplines were 7.54 and 7.82 respectively. The obtained 't' ratio value on speed 11.67 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between university and non – university players of different disciplines on speed.

AGILITY

The mean, standard deviation and 't' ratio values on speed of university and non – university players of different disciplines have been analyzed and presented in table I.

TABLE - II

THE MEAN, STANDARD DEVIATION AND 't' RATIO VALVES BETWEEN UNIVERSITY AND NON – UNIVERSITY PLAYERS OF DIFFERENT DISCIPLINES ON AGILITY

Groups	Mean	Standard Deviation	't' ratio valve
University players	11.59	0.12	57.67*
Non – university players	14.04	0.20	

*Significant at .05 level of confidence

(The table values required for significance at .05 level of confidence with df 58 was 2.002)

The table II shows that the mean values on speed for university and non – university players of different disciplines were 11.59 and 14.04 respectively. The obtained 't' ratio value on agility 57.67 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between university players of different discipliners on agility.

CONCLUSIONS

Based on the results of the study, the following conditions were drawn.

1. There was a significant difference between university and non – university players of different disciplines on speed.

2. There was a significant difference between university and non – university players of different disciplines on agility.

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