A Comparative Study of Endurance between Basketball and Football Players

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ABSTRACT

The present study has been designed to investigate the A Comparative Study of endurance between Basketball and Football Players. For accomplish the study total 50 basketball and 50 football players were randomly selected as sample. Total 100 inter university level players were selected as samples. All samples were selected from different University of north zone. The data was analyzed by applying ‘t’ test in the order to determine the difference of body composition between the male and female basketball players, the level of significance was set at 0.05. We find out that there would be a significant difference between basketball and football players in their endurance.

INTRODUCTION

Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports. Physical fitness is generally achieved through correct nutrition, physical exercise, physical activity, and sufficient rest. Before the industrial revolution, fitness was the capacity to carry out the day’s activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations. Endurance is also a big part of physical fitness. Soccer is a physically demanding game that requires a great level of physical fitness. Soccer requires you to walk, sprint and jog for a range of distance over a prolonged period of time. A high level of stamina is required to be a successful soccer player. Endurance training in basketball is essential for players looking to maintain stamina throughout an entire game as well as the entire season. Although endurance training can be performed off the basketball court, it is possible for you to increase stamina and endurance during practice through on-court conditioning drills. Endurance training drills range from on-court line sprints to off-court jogging routines.

ENDURANCE

Endurance is the ability of an organism to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, recover from, and have immunity to trauma, wounds, or fatigue. It is usually used in aerobic or anaerobic exercise. The definition of 'long' varies according to the type of exertion – minutes for high intensity anaerobic exercise, hours or days for low intensity aerobic exercise. Training for endurance can have a negative impact on the ability to exert strength unless an individual also undertakes resistance training to counteract this effect. Many personnel consider endurance to be an indicator of progress, when strength and cardio training. A person is able to accomplish or withstand a higher amount of effort than their original capabilities means their endurance is increasing expressing improvement.

Objectives of the study:

- To compare the endurance between basketball and football inter university players.

Hypothesis of the study:

- There would be a significant difference between basketball and football inter university players in their endurance.
RESEARCH PROCESS AND METHODOLOGY

- The sample for the present study was 50-50 players of basketball and football inter university players will be selected as subject in north zone.

TOOL AND TECHNIQUES

- For measure the Endurance we used cooper 12 minute run and walk test.

STATISTICAL METHOD

The obtained data were analyzed by applying t test in order to determine the heart rate, vo2 max and blood pressure between basketball and football players. The level of significance was set at 0.05.

Mean Difference Between Basketball And Football Inter University Players In Their Endurance

Table no. 1(N = total numbers of students)

<table>
<thead>
<tr>
<th>S.NO</th>
<th>VARIABLES</th>
<th>GROUP</th>
<th>N</th>
<th>MEAN SCORE</th>
<th>SD</th>
<th>MD</th>
<th>df</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>BASKETBALL</td>
<td>MALE</td>
<td>50</td>
<td>2304</td>
<td>426.27</td>
<td></td>
<td></td>
<td>5.43</td>
</tr>
<tr>
<td>2</td>
<td>FOOTBALL</td>
<td>MALE</td>
<td>50</td>
<td>2702</td>
<td>293.90</td>
<td>398.22</td>
<td>98</td>
<td></td>
</tr>
</tbody>
</table>

Table value at 0.05 level 1.98 with df 98

Table 1. Shows that ‘t’ value (5.43) for the mean score of endurance between basketball and football players is higher than the table value 0.05. The mean score of basketball players is (2304) and mean score of football players is (2702). It means that there is a significance difference in their endurance. Football players have more endurance than basketball players.

Figure 1 Mean Difference Between The Basketball And Football Inter University Players In Their Endurance
RESULT

A significant difference was observed between basketball and football players in their endurance. That is why hypothesis-I “There would be a significant difference between basketball and football players in their endurance” which was formulated earlier was accepted. We observed that there is difference in basketball and football players in their endurance.

REFERENCE


WEB SITES