112 COMPARISON OF ANTHROPOMETRIC AND PHYSICAL VARIABLES AMONG KHO-KHO AND HANDBALL PLAYERS OF ANDHRA PRADESH SCHOOL GAMES TEAMS

Ramu Pilli Bhavan's Sri Aurobindo Junior College, Bharatiya Vidya Bhavan, Secunderabad, Andhra Pradesh, India

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The purpose of the study was to compare the anthropometric and physical variables among kho-kho and hand ball players of Andhra Pradesh School Games teams. To achieve this purpose of the study, 40 male players of kho-kho and hand ball were selected as subjects from Andhra Pradesh State School Games teams. The players who were selected as subjects for the studies have participated at national level competition. The age of the subjects were ranged between 16 and 20 years. The following variables such as speed, endurance, explosive strength, muscular endurance, height, weight, sitting height, body fat and somatotype were selected as criterion variables. The analysis of 't' ratio was used to analyse the significant differences if any between the groups. The level of significance was fixed at 0.05 level of confidence, which was considered to be appropriate. The result of the study shows that hand ball players were better in six variables such as explosive strength, muscular endurance, height, weight, body fat, somatotype, further the study indicates that kho-kho players were better in speed and endurance.