

Comparison of Agility between Sports Person and Non Sports Person

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Abstract

The purpose of the present study was to compare the Agility between sports person and non sports person. Sixty (60) male students studying in G.B.Pant University of Agriculture and Technology, Pantnagar, U.S.Nagar, Uttarakhand, were selected as subjects for the present study. Out of Sixty (60) subjects, thirty (30) subjects were university team players for the year 2002-2003 i.e. each 10 players from cricket, football, hockey, were considered as sportsperson. Remaining thirty (30) subjects, who were neither the players nor having any background of sports, were considered as non sportsperson. The subject's age ranged from 18 to 25 years. The variable for study was Agility and Agility was measured by using 4 x 10 yard shuttle run. The score was recorded to the nearest tenth of a second. To Compare the Agility between sports person and non sports person mean difference method (t ratio) 't' test was used. The level of significance was set at 0.05 levels. Results showed significant difference in Agility between sports person and non sports person.

Key words- Agility, sports person and non sports person.

INTRODUCTION

Agility is the ability to move and change direction and position of the body quickly and effectively while under control. It requires quick reflexes, coordination, balance, speed, and correct response to the changing situation.

Agility is also influenced by body balance, coordination, the position of the center of gravity, as well as running speed and skill. Agility can be improved with agility training drills but also by improving the specific individual fitness elements of speed, balance, power and co-ordination.

Agility is one of the key components of fitness and is valuable in many sports and physical activities. Think of the sports where you have to use agility. In team sports such as football, soccer, basketball, hockey, volleyball and rugby you must quickly respond to movements of the other players and of the ball.

In tennis, handball, squash, table tennis and similar individual sports, you have to quickly respond to the position of the ball. In surfing, skiing and snowboarding you must be agile to respond to the changing conditions of the surface of the water and snow.

MATERIAL AND METHOD

The purpose of the present study was to compare the Agility between sports person and non sports person. Sixty (60) female students studying in G.B.Pant University of Agriculture and Technology, Pantnagar, U.S.Nagar, Uttarakhand, were selected as subjects for the present study.

Out of Sixty (60) subjects, thirty (30) subjects were university team players for the year 2002-2003 i.e. each 10 players from cricket, football, hockey, were considered as

sportsperson. Remaining thirty (30) subjects, who were neither the players nor having any background of sports, were considered as non sportsperson. The subject's age ranged from 18 to 25 years.

Variable

The variable for study was Agility and measured by using 4 x 10 yard shuttle run. The score was recorded to the nearest tenth of a second.

Statistical Analysis

To Compare the Agility between sports person and non sports person mean difference method (t ratio) 't' test was used. The level of significance was set at 0.05 levels.

RESULTS AND DISCUSSION

Fig. 1: Graphical Representation of Agility between Sports Person and Non Sports Person.

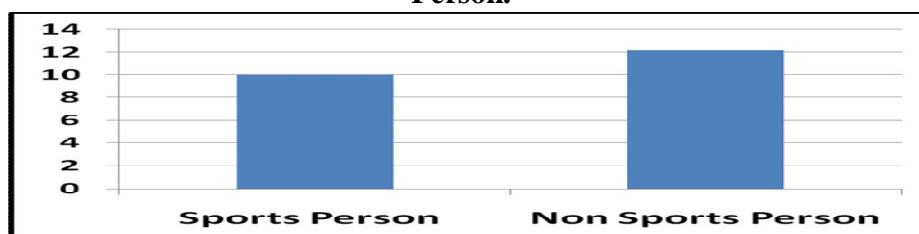


Table-1: Mean Comparison of Agility between Sports Person and Non Sports person.

	Sports Person	Non Sports Person	"t" ratio
Mean	10.0033	12.1933	19.704
SD	.3978	.5576	

Significant t 0.05 (58) = 2.000.

The above table-1 reveals that significant difference was found in Agility between sports person and non sports person, as the calculated value of 't' = 19.704 was greater than the tabulated $t_{0.05} (58) = 2.000$

CONCLUSION

The findings of the study revealed that there was statistically significant difference in Agility between sports person and non sports person of G.B.Pant University of Agriculture and Technology, Pantnagar, U.S.Nagar, Uttarakhand.

Sports person i.e. university team players of cricket, football, and hockey for the year 2002-2003 of G.B.Pant University of Agriculture and Technology, Pantnagar, U.S.Nagar, Uttarakhand were having more Agility than non sports person of G.B.Pant University of Agriculture and Technology, Pantnagar, U.S.Nagar, Uttarakhand.

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