

# Comparison of physical fitness among inter-collegiate female sportspersons

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## ■ ABSTRACT

The purpose of this study was to investigate the difference in physical fitness among inter-collegiate female sportsperson participating different sports (Basketball, Handball and Volleyball). Thirty female sportsperson each from different sports (Basketball, Handball and Volleyball) were randomly selected as subjects for the study. The data on physical fitness performance were obtained by using AAHPER youth fitness test battery on selected subjects. The data was analyzed by using analysis of variance (ANOVA) followed by post-hoc test (LSD) on those variables where F values were significant. The ANOVA was computed for comparing physical fitness parameters (Speed, Agility, Cardio-vascular Endurance, Abdominal strength, Explosive strength of leg and Muscular strength of arm Agility) among inter-collegiate women basketball, hand ball and volleyball players. The obtained F values (Agility= 25.44, Speed=6.44 and Cardio-vascular Endurance=7.77) was found significant at 0.05 level, whereas, the obtain F values for abdominal strength, explosive strength and muscular strength of arm 2.65, 2.23 and 0.17, respectively were not significant at 0.05 level. Further, pair-wised comparison (post hoc test) revealed some significant difference in physical fitness among inter-collegiate female sportspersons.

■ **KEY WORDS** : Physical fitness, Inter-collegiate, Female sportsperson, AAPHER youth fitness

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