

Assessment of specific motor fitness status of female volleyball players in relation to their competition performance

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Received : 21.02.2012; Revised : 12.03.2012; Accepted : 29.03.2012

■ ABSTRACT

Attempt has been made to assess of specific motor fitness status of female volleyball players in relation to their competition performance. As many as 120 female volleyball players of at least inter college level were randomly drawn from various colleges affiliated to Panjab university to act as subjects for the study. To select the specific motor fitness variables, battery developed by Kulwinder Kaur Sandhu (1989) having seven motor fitness components were used for the assessment of 120 player's specific motor fitness level. To assess competition performance, the criterion for the admission into various classes of physical education at Panjab University, was used for the study. After tabulated the data, the results revealed that volleyball group with high profile competition performance were found superior in all the seven specific fitness variables than their counterpart that is with low competition performance profile. The specific fitness variable, mean scores of high profile group were found higher than the means scores of low profile group.

■ **Key Words** : Competition performance, Female volleyball players, Motor fitness status

■ **How to cite this paper** : Bajwa, Harvinder Kaur (2012). Assessment of specific motor fitness status of female volleyball players in relation to their competition performance. *Internat. J. Phy. Edu.*, 5 (1) : 65-66.

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The purpose of the present study was to assess the specific motor fitness status of female volleyball players in relation to their competition performance. The subjects were non-residential students related with Panjab university colleges and they had different living conditions, diet, rest and working schedule. The study will help the physical education teachers, coaches and even volleyball players to designing specific fitness programme for the conditioning of high and low level of volleyball players. It was hypothesized that there is positive relationship between specific motor fitness variables and competition performance.

■ METHODOLOGY

The study was a cooperative study, conducted on 120 female volleyball players of at least inter college level who randomly drawn from the various colleges affiliated to the Punjab University, Chandigarh. The age of the students varied between 18 to 25 years. To select the specific motor fitness

variables, the battery developed by Kulwinder Kaur Sandhu (1989) having seven specific motor fitness components (speed acc, muscular power, muscular endurance, agility, endurance, flexibility and movement speed) were used for the assessment of 120 players specific motor fitness. To assess competition performance the criteria for the admission into various classes of physical education at Panjab University, this was used for the study.

■ OBSERVATIONS AND DISCUSSION

Within the limitation and delimitation of the study following results are drawn:

The result presented in Table points out that there have been significant difference between volleyball players divided into two groups having high and low competition performance in their all specific fitness variables. The derivate "t" values in all the seven specific fitness variables were found higher than the tabulated value of 2.02 which is require to be significant at