

A comparative study on selected physiological variables among high and low performance badminton players

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■ ABSTRACT

The purpose of the study was to compare the selected physiological variables among high and low performer of badminton players with the age groups of 18 to 25 yrs. Subjects were classified under high and low category on the basis of their performance. The subjects were tested on following selected physiological variables *i.e.* vital capacity, systolic blood pressure, diastolic blood pressure, pulse rate, positive and negative breath holding capacity and peak flow rate. The result revealed that there was a significant difference found in case of vital capacity and pulse rate while insignificant in case of systolic, diastolic blood pressure, positive and negative breath holding capacity and pick flow rate. It may be concluded that the vital capacity and heart rate are the contributing variables for badminton players.

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