

# Comparison of physical fitness component of rural and urban male football players

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Received : 23.08.2013; Accepted : 25.03.2014

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■ **ABSTRACT**

The purpose of the present study was to find out the comparison of physical fitness components of rural and urban male football players. The study was done on 100 male sportsmen. The age ranged between 18 to 25 years. Strength, is the extent to which muscles can exert force by contracting against resistance. Speed, distance travelled per unit time. Further the data of pre-test and post-test was collected through standardized tools 50 Yard Dash (Speed) and eight pound shot- put (Strength) and data was analysis by "t: test. After comparing of the present data it was found that rural male football players had high speed and strength was same than urban male football players. In the end of the study it was concluded that rural male players had more effects on speed and strength.

■ **Key Words :** Physical fitness, Rural, Urban, Speed, Strength

■ **How to cite this paper :** Meenu, Amit and Santosh (2014). Comparison of physical fitness component of rural and urban male football players. *Internat. J. Phy. Edu.*, 7 (1) : 36-37.