

Research Paper :

## Comparison of selected physical fitness variables of 18 year old male cricket players

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### ABSTRACT

Six hundred boys of 18 years old of Mysore University were selected for physical fitness variables. Mysore district boys were found superior to physical fitness variables in comparison to the boys of other 3 districts like Hassan, Mandya and Chamarajnar.

**Key words :** Physical fitness, Variables cricket players

Motor development is the most important aspect of growth and development, which has direct implications for training the young children. The development of motor abilities and their accurate assessment invariably help in identifying talented children and also in formulating scientific training programme for the children of various ages, so that it leads to the achievement of high performance at the right age and also to preclude any negative or harmful effect of training on them.

The physical fitness was the sum of five motor abilities namely, speed, strength, flexibility, endurance and coordinative abilities and their complex form like strength, endurance, maximum strength, explosive strength, maximum speed and agility were the basic prerequisites of human motor action. Therefore, the sports performances depend to a greater extent on these abilities. The improvement and maintenance of specific physical fitness or condition was the main aim of sports training. Each sport requires different types of fitness training requiring for different sports. Some sports like running requires a very high level of endurance and low level of other motor abilities. Sports like shooting and archery was not requiring high level of physical fitness.

Physical fitness was the capacity to carry out our various reasonable well forms of physical activities without being unduly tired and include qualities improvement in vigorous exercise increase physical fitness was desirable for full productive life, sedentary living habits and poor physical fitness have a negative impact on both health and daily living.

A fielder who cannot throw the cricket ball from 75

yard to wicket keeper was of no use for the team because of lesser shoulder strength, hip mobility and fatigue. He was not able to throw the ball from maximum distance, muscular fitness of hip and shoulder joints was important aspect of throwing, skill deteriorates as fatigue develops when fitness fails so as to the skill was often said the fielder loses accuracy and length. It had observed by many coaches and physical education teachers that cricketers often concentrate more on their batting or bowling and very little attention was given towards their specific fitness. That is why they were always one or two fit players in a team, which were better than others.

The sequence of physical growth and motor performance are concurrent developmental phenomenon and these developments can be seen in various perspectives. It is therefore, believed that the knowledge of these sequences and their inter relationship would help the coaches and physical education teachers to spot out gifted children and to provide activities conducive to them for the optimum development (Corbin, 1976).

The difference in motor performance as motor outcomes are indicative of physical fitness and such differences can stem from multifarious influences of varied factors interacting in complex combinations. Hereditary factors, which can be controlled, are found interacting with all pervasive environmental factors. Factors like climate, culture, life style, etc. do form a module for the expression and realization of potential motor abilities. One of the natural process unfolding growth and development is the chronological age. The chronological age carries both hereditary and environmental influence and has been associated with