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A COMPARATIVE STUDY OF BODY MASS INDEX BETWEEN HANDBALL AND FOOTBALL PLAYERS

SANJAY KUMAR[1]
[1]Assi Prof, Department of Physical Education, SMRD PG College, Bhurkura,Ghazipur (U.P.) INDIA

ABSTRACT

The purpose of the study was to comparison BMI between Handball and Football Players of vbspu jaunpur.This study was conducted on 40 subjects, 20 from each Game (Handball & Football), the age ranged from 18-25 years. For the study BMI was selected as variable. The t-test was used at 0.05 level of significance. body mass index the obtained value of 't' (1.98) was lower than the tabulated. There was no significant difference in BMI between handball and football players.

KEYWORDS: *BMI*

Involvement in varied physical activities is a part of humankind and that's the reason that since very beginning of human kind games and sports has been a part of human life for a healthy livelihood. It was a necessity for the survival i.e. hunting for food, shelter and safety from wild animal or as a means of recreation. The goodness of sports and games is that it provide a common opportunity to one and all where sportsperson from different regions, different religions and faiths, speaking different languages, having different customs and traditions interact with each other in a harmonious and congenial atmosphere where they forget all their differences and emerge as a homogenous group.

Scientific research has contributed to the body of knowledge in every field and that is true in case of Physical Education and Sports also. Exercise physiology is an interdisciplinary area, which has taken a prominent place in contributing scientific knowledge to physical education and sports. Physiological fitness is the total of various independent variables. Generally these variables are performance originated and depend upon the functioning of different systems of the body. Different sports events demand a combination of different physiological variables for high quality performance there are certain physiological components, which are discussed at various levels in relation to performance. Among the various physiological parameters characteristics play an important role in the attainment of high level of sports performance that can ultimately be realized by taking into consideration the various physiological variables. Handball and Football are a sport of intermittent nature, characterized by short duration, high intensity bursts of activity.

METHODOLOGY

This study was conducted on 40 subjects, 20 from each Game (Handball and Football), the age ranged from 18-25 years and were randomly selected from the players of VBS purvanchal university.

Selection of Variable

For purpose of this study BMI was selected as a variable.

Criterion Measures

Body Mass Index was recorded by measuring height with the help of Stadiometer and weight by weighing machine after applying the following equation (Collins, 1990).

$$\text{BMI} = \frac{\text{Body Weight (in k.g.)}}{(\text{Standing Height in Meters})^2}$$

Statistical Analysis

To compare BMI between Handball and Football Players Independent 't' test was used. The level of significance was set at 0.05.

Result & Discussion .

Table-1

Mean and Standard Deviation of Selected Physiological Variables Between

Female Handball and Football players

1: Corresponding Author

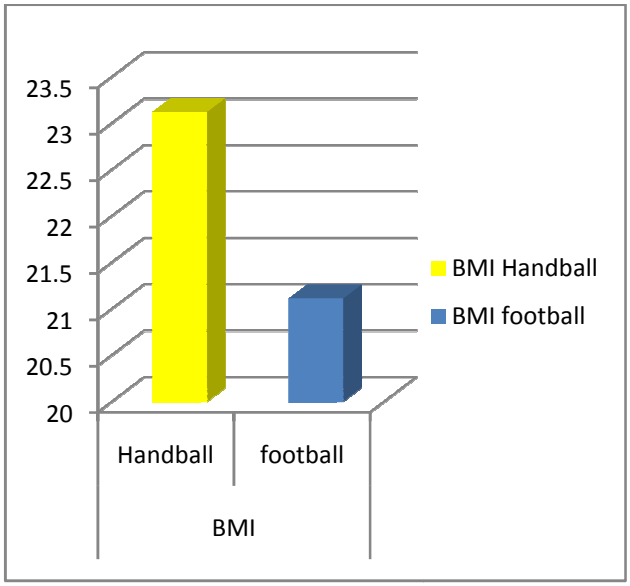
Vaiable	Game	N	Mean	S.D	t value
BMI	Handball	20	23.12	1.23	1.93
	Football	20	21.11	0.97	

Significant, t0.05 (38) = 2.024

From table-1 it is inferred that there was difference in BMI of handball players (M=23.12) was higher than football players (M=21.11).

GRAPHICAL REPRESENTATION OF BMI BETWEEN HANDBALL AND FOOTBALL PLAYERS

Figure-1



The results of selected physiological variables of female handball and football players are presented in table-1 & 2. . In case of body mass index the obtained value of 't' (1.98) was lower than the tabulated value of 't' (2.024) at (38) degree of freedom with 0.05 level of significance.

Conclusion

On the basis of finding and within the limitation of present study the following conclusions are drawn, There was no significant difference in BMI between handball and football players.

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