

# Comparison Of Muscular Strength Muscular Endurance And Agility Between Men Students

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## Abstract

In the present study, an attempt has been made to compare physical fitness components namely agility, muscular strength and muscular endurance between men students. The study was carried out on 50 students from Alagappa University College of Physical Education, Karaikudi and divided into two groups. The age of the subjects ranged from 18-25 years. In the present dependent variables such as muscular strength, muscular endurance and agility are handpicked. The collected data are statistically Independent 't' test is used by the researcher to find out the significant difference. The significance was set at 0.05 level of confidence. The result of the study show that there is a significant differences among the basketball and handball students on agility, muscular strength and muscular endurance.

**Keywords:** Agility, Muscular Strength, Muscular Endurance and students

## Introduction:

“Sports is a competitive physical activity, utilizing specialized equipment and facilities, with unique dimensions of time and space, in which the quest for records is of high significance” provides yet another perspective with the clam that sport should be play like nature, involve some element of competition, be beads on physical prowess, involve elements of skill, strategy and change, and have an certain outcome. These various interpretations or sports illustrate that a single definition is neither possible nor necessary.

The general conclusion of Galton and Tice’s study was that “participation in sport not only makes the participant healthier, but also provides an enriched quality of life by stimulating participation in a whole range of non-sport leisure activates”. They felt for government and policy implication of this research was clear-“greater should be placed on encouragement to take part in exercise as an impartment component of presentation health care” (David, 1998).

## MOTOR FITNESS

The term motor fitness is most often used synonymously with physical fitness by the coaches but it is very important for the physical education students to understand the basic different between physical fitness and motor fitness. Physical fitness is used to bone only the five basic fitness components strength muscular endurance, cardio vascular endurance, freedom form obesity and flexibility, whereas motor fitness is a more comprehensive term, which includes all the ten fitness components including additional five motor performance components power, speed, agility, balance

and reaction time are important mainly for success in sports. In other word, motor fitness refers to the efficiency of basic movements in additional to the physical fitness (Kansal, 1996).

The importance of motor fitness for the proper growth and development of an individual can never be questioned. The organic system of a totally fit person functions well. Motor fitness permits greater freedom of body movement and is helpful for the maintenance of working capacity for longer time. It helps in preventing injuries and in increasing co-ordination of movement and shortening the pace for acquiring and perfecting movement, it constitutes to the formation of concepts and ideas and developments of confidence (Hoeger, 1990).

## Methodology:

The achieve the purpose of the, the researcher has selected 50students divided into two groups various colleges affiliated to from Alagappa University College of Physical Education, Karaikudi. The age of the subject ranged from 18 to 25 years. The selected variables are such as agility, muscular strength and muscular endurance. The following tests agility was measured by using semo agility test in seconds, muscular strength measured by using push-ups test in counts, muscular endurance measured by using sit-ups test. The collected data are statistically independent 't' test is used by the researcher to find out the significant difference. The significance was set at 0.05 level of confidence.

**TABLE – 1 THE TABLE SHOWS THE VARIABLES ON AGILITY, MUSCULAR STRENGTH AND MUSCULAR ENDURANCE OBTAINED FROM BASKETBALL AND HANDBALL STUDENTS SCORE IN SECONDS**

VARIABLES	GROUP	MEAN	SD	SEM	MD	t
Agility	Handball	9.72	0.4044	0.080	0-.318	2.24*
	Basketball	10.04	0.581	0.116		
Muscular Strength	Handball	19.16	3.716	0.743	3.28	2.774*
	Basketball	22.44	4.596	0.919		
Muscular Endurance	Handball	30.6	1.2874	6.4373	4.08	2.146*
	Basketball	34.68	1.3979	6.989		

Table t – ratio at 0.05 level of confidence for 2 and 25 (df) = 2.064 \*Significant at 0.05 levels.

Table I show that the obtained mean values on agility of the Handball students was 9.72, 19.16, 30.6 and Basketball students was 10.04, 22.44, 34.68 the independent't' test of the mean proved that there was Significant different in agility, muscular strength and muscular endurance between the students as the obtained't' value 2.064 was lesser than required't' values of 2.24 to the significant at 0.05 level of confidence.

## DISCUSSIONS

A great variety of physical education activity is included in the college curriculum, in order to develop a physically and socially fit nation. Different types of physical activities develop muscular strength, muscular endurance, and agility qualities which are essential for motor fitness components. By virtue of different sports and games played, physical fitness components such as muscular strength, muscular endurance, and agility exerted by students differs. In order to test the hypothesis there was significant differences from Bharathiar university collegiate level basketball students and handball students, this research was undertaken.

## CONCLUSION

It there was a significant difference muscular strength, muscular endurance, and agility on used students.

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