International Journal of Multidisciplinary Trends

E-ISSN: 2709-9369
P-ISSN: 2709-9350
www.multisubjectjournal.com
IJMT 2022; 4(2): 44-45
Received: 02-07-2022
Accepted: 07-08-2022

Dileepkumar SC
Diploma Trainee, Sports Authority of India, NSSC Bangalore, Karnataka, India

Corresponding Author:
Dileepkumar SC
Diploma Trainee, Sports Authority of India, NSSC Bangalore, Karnataka, India

Physiological variables of medalists and non-medalists of inter-university kho-kho players

Dileepkumar SC

Abstract
Kho-Kho is primarily an outdoor team sport popular in Asia's tropical regions. Several nations, including Pakistan, Nepal, Bhutan, Bangladesh, Sri Lanka, the Maldives, Malaysia, England, and many others, have adopted these native games of India.
This study compared the physiological characteristics of male South-Zone Inter-university medalist and non-medal winners in Kho-Kho. For the purpose of the study, information was gathered from 60 players who competed in the South-Zone Inter University Kho-Kho Tournament, 30 of whom won medals and 30 of whom did not. The participants' ages ranged from 19 to 29. The South-Zone Inter-university medalists' selected physiological factors did not differ significantly, according to statistical analysis of the data using the "t-test" technique.

Keywords: Physiological characteristics, kho-kho, medals, south-zone, inter-university

Introduction
The physiological capacities of the athlete, motor control and biomechanics, perceptual and visual skills, tactical intelligence, and psychological elements are among the topics studied in studies of skilled players in team sports. Sports and sports-related activities are present in every civilization in the world. The physiological factors are the mainstay of science and a crucial component of the investigation.
Records and great athletic accomplishments require the highest level of performance and unwavering resolve to meet those standards. Through training and competition, those with exceptional physiological potential, excellent knowledge of their sports' techniques and strategies, and a track record of success are continually pushing the boundaries of physiological performance.
To develop physiological performance at the maximum level feasible, a player should be subjected to the highest training loads conceivable. To do this, however, the player must modify his or her way of life to suit the demands of their athletic endeavours in a way that will best enable them to improve their performance. Training consequently becomes a crucial part of the player's existence and, at pivotal moments in life, may be the decisive factor. The players should be involved in planning the practice sessions.
The numerous tactics and methods employed during the "Kurukshetra" conflict in the Mahabharata are likely what inspired the ancient game of Kho-Kho, which originated in pre-divided India. When the battle was fierce, zigzag routes were taken.
Kho-Kho, which is based on the principles of natural physical development, promotes a positive attitude of word knowledge and the full development of one's motor skills. Twelve players, a manager, a coach, and other staff members make up a team. Therefore, there will only be 9 players on the pitch when the game begins. The game consists of two innings. For junior boys and girls as well as men and women, a chasing and defending turn lasts 9 minutes total. For sub junior boys and girls, the time limit is seven minutes. There will be two innings in each game. There will be a 6-minute break following an inning for men, women, junior boys/girls, and sub-junior boys, and a 3-minute break between innings.
Controlled sprinting, avoiding, diving, post diving, taping, covering, and post turning are just a few of the skills shown throughout the game, which is won by the team scoring the most points (one point is awarded for every Defender who is out).
The game can be played on any surface that is appropriate for open-field sports. Currently, it is played on fields with turf. It goes without saying that the usage of artificial fields during the National Championship was quite effective.

Objectives of the study: The major goal of this study was to examine the physiological traits of male South-Zone Inter-University Kho-Kho medalists and non-medal winners, including protein and subcutaneous fat.

Methodology

Data from sixty players, of which thirty (30) are from medalists and thirty (30) are from non-medalists, was gathered to fulfil the study's objectives. They were selected as subjects from Kuvempu University, University of Mysore and Mangalore University. Subjects were randomly selected to collect the data. The age of the subjects was ranging from 19-29 years.

Statistical technique

To achieve the purpose of the study data collected was analyzed by using statistical technique 't'-test with the help of SPSS 28th version.

Results

Data collected were put into statistical treatment and results are presented in the following tables.

Table 1: Shows the Mean, Standard deviation, t-value of Protein of the Medalists and Non-Medalists of Inter-University Kho-Kho Male Players

Sl. No.	Subjects	N	Mean Value	Std. Dev.	'T' Value
1	Medalists	30	18.90	1.07	1.025
2	Non-medalists	30	18.53	1.53	

*Level of significance 0.05.

The above table shows that the skeletal muscle of the medalists and non-medalists of inter-university Kho-Kho male players. The obtained t-value is 1.025 which is lesser than the table value 2.04 (DF = 29) at 0.05 level of significance. So, there was no significant difference in Protein between medalists and non-medalists of inter-university Kho-Kho players. When mean values are compared medalists are having more Protein than the non-medalists.

Table 2: Shows the Mean, Standard deviation, t-value of Subcutaneous Fat of the Medalists and Non-Medalists of Inter-University Kho-Kho Male Players

Sl. No.	Subjects	N	Mean Value	Std. Dev.	'T' Value
1	Medalists	30	11.32	3.20	0.919
2	Non-medalists	30	12.32	4.60	

*Level of significance 0.05.

The above table reveals that, the obtained t-value is 0.919 which is lesser than the table value 2.04 (DF = 29) at 0.05 level of significance. There was no significance difference in subcutaneous fat between medalists and non-medalists of inter-university Kho-Kho male players subcutaneous fat of non-medalists are more than the medalists Kho-Kho game.

Findings of the study

The above results show that there was no significant difference in the selected physiological variables of South-Zone Inter-University medalists and non-medalists of Kho-Kho game.

When mean values of the variables compared medalists Kho-Kho players are having more Protein than non-medalists. In subcutaneous fat Non medalists Kho-Kho players are having more subcutaneous fat than medalists.

The above results found because of the training plan, diet and biological reasons of each individual. To test the authenticity of the result further study is recommended on more number of subjects.

References

1. Carter JEL, Heath BH. Somatotyping: Development and applications. Cambridge: Cambridge University Press; c1990.
2. Mathew, Dona DK, Fox EL. The Physiological Basis of Physical Education and Athletics, Philadelphia: W.B. Saunders Co; c1976.
3. Reliy T. Physiology of Sports London: Chapman and Hall E & FN Spon; c1990. p. 459.
4. Ross JS, Wilson KS. Foundation of Anatomy and Physiology, Edinburgh: The English Book Society Churchill Living Stone; c1973.
5. Sporis G, Vuleta D, Vuleta D Jr, Milanovic D. Fitness profiling in handball: Physical and Physiological Characteristics of elite players. 2007;34(3):1009-1014.
6. KSKKA User Manual; c2019.