

**TEST OF SPECIFIC PHYSICAL FITNESS OF CRICKET PLAYERS OF DEVI  
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*(Received November 10, 2013, accepted December 07, 2013)*

**ABSTRACT**

*Present study had a purpose in assessing the fitness of cricket players with a clear objective of making them capable to increase their level of performance and to be in the game of cricket for longer duration. A test was conducted to assess the specific physical fitness of cricket players participating at interuniversity level. 25 male cricket players participating in interuniversity level cricket were selected as the subjects for the present study. Frank Tyson test of specific fitness was adopted for the collection of data. In order to interpret the collected data descriptive statistics was used and scores were compared with the available norms constructed by Frank Tyson. As we compared the simple mean of the scores obtained by the players, it was clearly indicated that the players participating in interuniversity level cricket possess poor specific fitness. It's suggested that they need to work on different fitness programs to improve their physical fitness as well as performance.*