AN ESTIMATION OF KHO-KHO PERFORMANCE ON THE BASIS OF SELECTED PHYSICAL FITNESS PARAMETERS

*Mishra Mukesh Kumar and **Thakur Jaswant Singh

- 1. Research Scholar, Department of Physical Education, G.G.U, Bilaspur (C.G), INDIA.
- 2. Assistant Professor, Department of Physical Education, G.G.U, Bilaspur (C.G), INDIA.

Email: mkspe88@gmail.com

(Received April 04, 2015, accepted June 2, 2015)

ABSTRACT

The first purpose of the study was to find out correlation between Independent Variables (Explosive strength, Speed, Agility, flexibility and Cardiovascular Endurance) and Dependent Variable (Kho-Kho Performance). The second purpose of the research was to study the joint contribution of Independent Variables in estimating Dependent Variable and the third purpose was to establish regression equation for predicting Dependent Variable on the basis of Independent Variables. Selected Variables were Explosive strength, Speed, Agility, flexibility and Cardiovascular Endurance (Independent Variables). Total of 50 Male intercollegiate Kho-kho players were selected from Chandigarh during inter collegiate Kho-kho tournament of Panjab University. Age of the subjects was ranging between 18 to 22 years. Selected Variables were Explosive strength, Speed, Agility, Flexibility and Cardiovascular Endurance (Independent Variables). Kho-kho Performance was considered as Dependant Variable. The selected physical fitness variables were measured by different tests and performance was measured through subjective rating by the seven coaches on field. To find out correlation between Independent Variables and Dependent Variable, Product Moment Method of correlation was used. To study the joint contribution of Independent Variables in estimating Dependent Variable, Multiple correlation method was used. Regression equation was established for predicting Dependent Variable on the basis of Independent Variables. There exists a significant relationship between Kho-kho Performance and Cardiovascular Endurance (r = .533, p > .05), Agility (r = .601, p >.05), Speed (r = .315, p > .05) and Explosive Strength (r = .342, p > .05). There exists an insignificant relationship between Kho-Kho Performance and Flexibility (r = .115, p < .05. Regression equation (Kho-kho Performance = 65.474 + 0.006 Cardiovascular Endurance + 1.349 Flexibility – 3.122 Agility – 3.961 Speed + 5.484 Explosive Strength) was found fructiferous in estimating Kho-kho Performance on the basis of selected Independent Variables.