A COMPARATIVE STUDY OF CORE MUSCLE STRENGTH & AGILITY BETWEEN FEMALE KHO-KHO PLAYERS OF NATIONAL LEVEL

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ABSTRACT

The present study was conducted to compare the core muscle strength & agility of female national level Kho- Kho players of two renowned clubs of Madhya Pradesh. A total of 20 national players in the age of 14 to 20 years, were selected from the two clubs of Madhya Pradesh. The study was delimited to comparing the core muscle strength and agility between two clubs- Jila Kho-Kho Sangh, Sheopur, and Ram bag Amateur Sports Club, Indore by using AAHPER Physical Fitness Test and Illinois Agility Test. Descriptive statistics such as mean, standard deviation, and t- test were used for data analysis. The findings revealed that physical component like: core muscle strength and agility play an influential role in the performance of Kho-Kho players. The result may assist in improving training methods for players.

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