

International Multidisciplinary
Research Journal

*Indian Streams
Research Journal*

Executive Editor
Ashok Yakkaldevi

Editor-in-Chief
H.N.Jagtap

Welcome to ISRJ

RNI MAHMUL/2011/38595

ISSN No.2230-7850

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho
Federal University of Rondonia, Brazil

Kamani Perera
Regional Center For Strategic Studies, Sri Lanka

Janaki Sinnasamy
Librarian, University of Malaya

Romona Mihaila
Spiru Haret University, Romania

Delia Serbescu
Spiru Haret University, Bucharest, Romania

Anurag Misra
DBS College, Kanpur

Titus PopPhD, Partium Christian
University, Oradea, Romania

Mohammad Hailat
Dept. of Mathematical Sciences,
University of South Carolina Aiken

Abdullah Sabbagh
Engineering Studies, Sydney

Ecaterina Patrascu
Spiru Haret University, Bucharest

Loredana Bosca
Spiru Haret University, Romania

Fabricio Moraes de Almeida
Federal University of Rondonia, Brazil

George - Calin SERITAN
Faculty of Philosophy and Socio-Political
Sciences Al. I. Cuza University, Iasi

Hasan Baktir
English Language and Literature
Department, Kayseri

Ghayoor Abbas Chotana
Dept of Chemistry, Lahore University of
Management Sciences[PK]

Anna Maria Constantinovici
AL. I. Cuza University, Romania

Ilie Pinteau,
Spiru Haret University, Romania

Xiaohua Yang
PhD, USA

.....More

Editorial Board

Pratap Vyamktrao Naikwade
ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur

R. R. Patil
Head Geology Department Solapur
University, Solapur

Rama Bhosale
Prin. and Jt. Director Higher Education,
Panvel

Salve R. N.
Department of Sociology, Shivaji
University, Kolhapur

Govind P. Shinde
Bharati Vidyapeeth School of Distance
Education Center, Navi Mumbai

Chakane Sanjay Dnyaneshwar
Arts, Science & Commerce College,
Indapur, Pune

Awadhesh Kumar Shirottriya
Secretary, Play India Play, Meerut (U.P.)

Iresh Swami
Ex - VC. Solapur University, Solapur

N.S. Dhaygude
Ex. Prin. Dayanand College, Solapur

Narendra Kadu
Jt. Director Higher Education, Pune

K. M. Bhandarkar
Praful Patel College of Education, Gondia

Sonal Singh
Vikram University, Ujjain

G. P. Patankar
S. D. M. Degree College, Honavar, Karnataka

Maj. S. Bakhtiar Choudhary
Director, Hyderabad AP India.

S. Parvathi Devi
Ph.D.-University of Allahabad

Sonal Singh,
Vikram University, Ujjain

Rajendra Shendge
Director, B.C.U.D. Solapur University,
Solapur

R. R. Yaliker
Director Management Institute, Solapur

Umesh Rajderkar
Head Humanities & Social Science
YCMOU, Nashik

S. R. Pandya
Head Education Dept. Mumbai University,
Mumbai

Alka Darshan Shrivastava
Shaskiya Snatkottar Mahavidyalaya, Dhar

Rahul Shriram Sudke
Devi Ahilya Vishwavidyalaya, Indore

S. KANNAN
Annamalai University, TN

Satish Kumar Kalhotra
Maulana Azad National Urdu University



CONSTRUCTION OF MOTOR FITNESS TEST AND STANDARDIZATION OF SPECIFIC SKILL TEST FOR INTER COLLEGIATE FEMALE VOLLEY BALL PLAYERS OF SOLAPUR UNIVERSITY SOLAPUR



Kalpana B. Zarikar¹ and Landge Suresh Mahadeo²

¹HOD, Dept. of Physical Education and Sports, Dr. B. A. M. University, Aurangabad.

²Associate Professor, College of Education, Barshi.

ABSTRACT

Specific skill tests may be useful for evaluation of learning process as well as placement in to performance groups, diagnosis of performance, prediction of game/ competition performance, comparative evaluation and to provide motivation between competitions. Volley ball specific skill testing is very standardized much like the way health and fitness is however trend today is toward individualized skill assessment using the teachers instructional objectives as a guide therefore, probably we need to develop many of own tests.

KEYWORDS : *Motor Fitness Test, Standardization, Female Volley Ball Players, evaluation of learning process.*



INTRODUCTION:-

Volley ball is a complex sports in which players need technical, tactical and physical skills to succeed. The game consist Five Sets. There are six players from each team on the field. Team sports like Volley ball make it even harder to determine what areas of fitness are required. The present research study is about related to the skill tests for female volley ball players' motor test and specific skill test. Each Volley ball player is unique, differing in many ways from others in backgrounds and

capabilities. Coaches and physical educators should understand each volley ball players need in order to give adequate guidance and to adapt programs to meet those needs successful measurements involves defining and evaluating the truly important outcomes of abilities, needs and capacities of volley ball player. There is multiplicity in opinion about the measuring, evaluating and selecting talented volley ball players in India.

The present study focuses on Construction of motor fitness test and standardization of specific skill tests for inter collegiate female volley ball players. This study is useful to volley ball coaches and physical education teachers for assessing and evaluating their players and getting feedback for further improvements. It is also useful to make necessary modifications in their coaching and teaching strategies in preparing volley ball players. In this research paper, researcher has given the objectives, methodology and conclusions of the research study.

OBJECTIVES

- 1] To construct and standardize motor fitness test and specific skill test to evaluate the skill acquisition of inter collegiate university female volley ball players
- 2] To construct and standardize motor fitness test and specific skill tests to evaluate the fitness level of inter collegiate university female volley ball players
- 3] To evaluate status of inter collegiate university female volley ball players, on motor fitness test and specific skill performance in volley ball.
- 4] To analyze the individual skill performance of inter collegiate university female volley ball players.
- 5] to evaluate the specific skill test performance for inter collegiate female volley ball players.

SCOPE AND LIMITATIONS

- 1] This study has been restricted for the inter collegiate university female Solapur University female volley ball players of Solapur University only those who are aged between 18 to 26
- 2] The geographical area of the study has been confined to the Solapur University, Solapur.
- 3] This study delimits for the construction and standardization of specific skill test and motor fitness of inter collegiate university female volley ball players of Solapur University, Solapur
- 4] The present study is limited only for the academic year 2014-2015

RESEARCH METHODOLOGY

A] Research Method

Researcher has used Survey Method of research for this study.

B] Sample

Out of nearly 400 female volley ball players every second player was selected using systematic random sampling technique. The sample was 200 inter collegiate female volley ball players from affiliated colleges and department of Solapur University, Solapur

C] Tools

Researcher has used Checklist and objective tests [Criterion based] to collect the data.

D] Statistical tools

Researcher has collected the data. Collected data was primarily analyzed by using Mean, and SD, QD. After that Conclusions are given.

Research procedure

According to the objectives of the present research, researcher carried out the research by using following research procedure. Procedure of the study was divided in three phases.

First phase – First of all researcher has done pilot study for proper direction of main study.

Second phase – In the second phase, researcher constructed and standardized of specific skill tests.

Third phase – researcher implemented motor fitness and specific skill tests which was constructed and standardized in second phase of research.

After the collection of data, analysis and interpretation was done and conclusions are given here.

CONCLUSIONS

- 1] In Volley ball for different status of playing required the concern skill for the female volley ball players.
- 2] There was significant difference between specific skill score and fitness score of playing status of female volley ball players.
- 3] There was positive correlation between service test and strength test.
- 4] There is positive correlation between service test and speed and power test.
- 5] There was positive correlation between smashing skill test and speed and power test
- 6] There was positive correlation between smashing skill test and endurance test.
- 7] There was positive correlation between smashing skill test and flexibility test.
- 8] There was positive and significant correlation between specific skill test and motor fitness test.

RECOMMENDATIONS

- 1] The constructed motor fitness test and specific skill test batteries will help to volley ball coaches for grading female volley ball players.
- 2] The constructed motor fitness test batteries will help for self assessment to volleyball players.
- 3] The constructed volley ball specific test batteries will help for self assessment to female volley ball players.
- 4] The constructed specific skill test and motor fitness test batteries may be useful to other university to asses' students participating in selection trails and coaching camp.
- 5] The constructed specific skill test and motor fitness norms are useful to parents of volley ball players.

REFERENCES

1. Apriantono T., Nunome H, Ikegami Y, Sano S. [2006]. The Effect of muscle Fatigue on Instep Hicking Kinetics and Kinematics in association football. Sports Science 24 [9], 951-960
2. Bangsbo J [1994] Physiological Demands in Ekblom B [Eds]: Football. Oxford: Blackwell scientific Publication pp. 43- 58.



Landge Suresh Mahadeo

Associate Professor, College of Education, Barshi.

Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

Associated and Indexed, USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Indian Streams Research Journal
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.isrj.org