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CONSTRUCTION OF MOTOR FITNESS TEST AND STANDARDIZATION OF SPECIFIC SKILL TEST FOR INTER COLLEGIATE MALE VOLLEY BALL PLAYERS OF DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD



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ABSTRACT

The Volley Ball game not only skilled as a fast game, but has also become a game of high interest and joy to the players and spectators too. Further, the game offers a wider opportunity for the improvement of strength, speed, endurance, agility and skills. 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 Of Specific Skill Test , Male Volley Ball Players .

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 male 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 male 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. The norms for Dr. B.A.M. University, Aurangabad Volley Ball boys' team constructed so far. Hence the investigator felt the necessity of uniform norms and took up the study. 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 male volley ball players
- 2] To construct and standardize motor fitness test and specific skill tests to evaluate the fitness level of inter collegiate university male volley ball players
- 3] To evaluate status of inter collegiate university male 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 male volley ball players.
- 5] To evaluate the specific skill test performance for inter collegiate male volley ball players.
- 6] To compare and evaluate training methods of University Volley Ball players.

SCOPE AND LIMITATIONS

- 1] This study has been restricted for the inter collegiate university male volley ball players of Dr. B.A.M.University, Aurangabad only those who are aged between 18 to 26.
- 2] The geographical area of the study has been confined to the Dr. B.A.M.University, Aurangabad.
- 3] This study delimits for the construction and standardization of specific skill test and motor fitness of inter collegiate university male volley ball players of Dr. B.A.M.University, Aurangabad
- 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 male volley ball players every second player was selected using systematic random sampling technique. The sample was 200 inter collegiate male volley ball players from affiliated colleges and department of Dr. B.A.M.University, Aurangabad

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 two phases.

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

Second phase – Researcher implemented motor fitness test 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 male volley ball players.
- 2] There was significant difference between specific skill score and fitness score of playing status of male 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.
- 9] The norms developed after adequate objectivity with statistical acceptability. Those norms will be useful to discriminate talented Volley Ball players to show better performance in Inter University Tournament Competitions.
- 10] The criteria of selection as developed after this investigation will objectively assess the efficiency of Inter College or University 18 to 28 year's boys' Team with acceptable reliability and validity.
- 11] The team of Volley Ball consists the key players at various positions carries different mind setting, physical strength, and various strength for better skills to be adopted at various positions. Which itself shows and suggests different selection norms for various position players.
- 12] Factor Analysis helps us avoiding almost all the psycho-physiological varieties and assists to retain Physical fitness, and Volley Ball skills. At the end the factor leading Physical Fitness (Abdominal strength, endurance, power, agility & speed) and Skills (Service Test, Over Head Pass Test, under armed pass test, Blocking Test, and Smashing Test) need to consider selecting a standard football team at various level.

RECOMMENDATIONS

- 1] The constructed motor fitness test and specific skill test batteries will help to volley ball coaches for grading male 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 male 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.
- 6] The Test Battery can be successfully administered to discriminate talented Volley Ball players. This will help to compose a standard University level Volley Ball team.
- 7] Research workers may, reasonably, find the similar principle of test development in other sports.

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