

## **A Study on Endurance Ability among Handball and basketball Players of Sindanoor Taluk**

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**Abstract**

*The present study to find out the endurance and ability among handball and basketball players of sindanoor taluk. It was designed by Kenneth H. Cooper in 1968 for US military used in the original form; the point of the test is to run as far as possible within 12 minutes. To undertake this test you will require:400 meter track ,Stop Watch ,Whistle Technical Official.The Purpose of the the present study to find out the Aerobic endurance among Male HandBall and basketball players of sindanoor taluk.the results revealed that there was no significant difference found in handball and basketball players.*

**Keywords**

*Endurance, ability and players.*

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## **Introduction**

Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time. Aerobic exercise comprises innumerable forms. In general, it is performed at a moderate level of intensity over a relatively long period of time. Aerobic Endurance is the amount of oxygen intake during exercise. Aerobic Endurance is the time which you can exercise, without producing lactic acid in your muscles. During aerobic (with oxygen) work, the body is working at a level that the demands for oxygen and fuel can be meeting by the body's intake. The only waste products formed are carbon-dioxide and water which are removed by sweating and breathing. Aerobic exercise is physical exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy – generating process. For example, running a long distance at a moderate pace is an aerobic exercise, but sprinting is not. Playing singles tennis, with near continuous motion, is generally considered aerobic activity, while golf or two person team tennis, with brief bursts of activity punctuated by more frequent breaks, may not be predominantly aerobic. Some sports are thus inherently "aerobic", while other aerobic exercises, such as fartlek training or aerobic dance classes, are designed specifically to improve aerobic capacity and fitness.

## **Method**

The sample for the present study is 25 HandBall male players and 25 basketball Players from various colleges of sindanoor taluk. The data will be collected separately from Handball and Basket Players. The Subjects were made to Run 12 Min Run Cooper Test for endurance

The Cooper test is a test of physical fitness.

The subjects given 10 minutes for warm up.

The assistant gives the command “GO”, starts the stopwatch and athlete commences the test

The Technical Official keeps the athlete informed of the remaining time at the end of each lap

The Technical Official blows the whistle when the 12 minutes has elapsed and records the distance the athlete covered to the nearest 10 meters

### **Results and Discussion**

The Table No.1 showing the Mean, S.D, Standard Error, t-ratio of Foot Ball Players and Hockey Ball Players in Cooper Test.

Results of 12 min Cooper Test	N	Mean	Std. Deviation	Std. Error Mean	t	Df	Sig. (2-tailed)
HandBall Players	25	2050.00	119.61	48.13	1.54	48.00	0.10
basketBall Players	25	1950.00	127.51	20.79			

The HandBall Players Mean Performance is 2050 Meters and the basket ball Players Mean performance is 1950 Meters. There is mean difference of 100 Meters between HandBall and basket Players. The Results of the study shows that Hand Players are having the good endurance compare to Basketball Players.

### **Conclusion**

This study shows that HandBall Players are having the good endurance compare to Basketball players. It is concluded that Male Hamdball Players are having good endurance compare to Male Basketball Players.

### **Reccomendations:**

Similiar studies can be conducted on female players and other team game players and individual game players.

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