

Differentials between university men offensive and defensive football players on selected physical fitness components

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■ ABSTRACT

The study was conducted on the difference between University men offensive and defensive football players on selected physical fitness indicated that there was no significant difference between university men offensive and defensive football players on speed. Similarly, on agility also there was no significant difference between university men offensive and defensive football players. In football players, the cardio-respiratory endurance also did not show any significant difference.

■ **Key Words** : Physical education, Physical fitness components, Foot ball players

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Physical education is an education process that has its aim the improvement of human performance and enhancement of human performance and enhancement of human development. Through the medium of physical activities, physical education includes the acquisition and rejoinments of motor skills, the development and maintenance of fitness for optimal health and well being the attainment of knowledge about physical activities and exercise (Getchell, 1976).

Physical education, an integral part of the total education process is a field of endeavour that has as its aim of the development of physically, mentally, emotionally and socially fit (Ardy, 1994). Citizens through the medium of physical activities that have been selected with a view to realising these outcomes. Physical education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optional health and well being, the attainment of knowledge and the growth of positive attitude towards physical activity.

The purpose of the study was to find out the difference between university men offensive and defensive football players on selected physical fitness variables namely, speed,

agility and cardio-respiratory endurance. To achieve this purpose of the study, sixty men university football players studying in the Department of Physical Education and Sports Sciences, Annamalai University were selected as subjects at random. Among them, thirty offensive players and thirty defensive players were selected. Their age ranged between 18 to 24 years.

The following physical fitness components namely, speed, agility and cardio-respiratory endurance were selected as dependent variables for this study. The following test items were selected for the study to collect the relevant data. Speed was assessed by conducting 50 mts run. Agility was assessed through shuttle run. Cardio-respiratory endurance was assessed by cooper's 12 min run/walk test. The independent 't' ratio was used to find out the difference between university men offensive and defensive football players on selected physical fitness components, if any. The .05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

The mean, standard deviation and 't' ratio values between university men offensive and defensive football players on selected physical fitness components are