

Comparison of physical fitness component of rural and urban female basketball players

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■ **ABSTRACT**

The purpose of the present study was to find out the comparison of physical fitness components of rural and urban female basketball players. The study was done on 50 female sportswomen. The age ranged between 18 to 25 years. Strength, is the extent to which muscles can exert force by contracting against resistance. Speed, distance travelled per unit time. Further the data of pre-test and post-test was collected through standardized tools 50 Yard Dash (Speed) and Standing Broad Jump (Strength) and data was analysis by “t: test. After comparing of the present data it was found that rural female basketball players had high speed and strength than urban female basketball players. In the end of the study it was concluded that rural female player had more effect on speed and strength.

■ **Key Words :** Physical fitness, Rural, Urban, Explosive strength, Agility, Flexibility

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