

A Comparative Study on Endurance Ability among Basketball and Handball Players of Sri Venkateswara University

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Introduction:

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.

Aerobic means “with oxygen”, and refers to the use of oxygen in the body’s metabolic or energy – generating process.

Basketball is a sport, generally played by two teams of five players on a rectangular court.

Handball also known as team handball, Olympic handball, European team handball, European handball, or Borden ball is a team sport in which two teams of seven players each (six outfield players and a goalkeeper) pass a ball to throw it into the goal of the other team.

The game was codified at the end of the 19th century in northern Europe, chiefly in Scandinavia and Germany.

The modern set of rules was published in 1917 in Germany, and had several revisions since.

The first international games were played under these rules for men in 1925 and for women in 1930.

Men's handball was first played at the 1936 Summer Olympics in Berlin as outdoors, and the next time at the 1972 Summer Olympics in Munich as indoors, and has been an Olympics sport since.

Women's team handball was added at the 1976 Summer Olympics.

Methodology:

To find out the Aerobic Endurance between Male Handball and Male Basketball Players. The sample for present study consists of 30 Male Handball Players and 30 Male Basketball Players of Sri Venkateswara University. The 12 Minute Cooper Test is used for collection of Data.

- The Cooper test is a test of physical fitness. 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

This test requires the Handball and Basketball player to run as far as possible in 12 minutes.

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 Bottom.

Data Collection and Analysis:

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

Group	N	Mean	Std. deviation	Std error mean	t	df	Sig.(2 tailed)
Basket ball players	30	2850.0	219.71	49.13	1.69453	58.00	0.10
Hand ball players	30	2750.0	137.71	30.79			

Results and Discussion:

- The Basketball Players Mean Performance is 2950 Meters and the Handball Players Mean performance is 2850 Meters. There is mean difference of 100 Meters between Handball and Basketball Players.
- The Performance of Basketball Players is very good comparing to Handball Players. Hence it is concluded that Basketball Players are good in aerobic endurance than Handball Players.

Conclusions:

- Hence it is concluded that Basketball Players are good in aerobic endurance than Handball Players.

Recommendations:

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

References:

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