Constructing Norms for Selected Kabaddi Skills for Panjab University Kabaddi Players

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Abstract

The purpose of this study was to construct norms for selected kabaddi skills for Panjab university kabaddi players. For the purpose of the present study, Sixty (N=60), Male University Level Kabaddi Players between the age group of 18-25 years were selected. The subjects were purposively assigned: Group-A: Panjab University, Chandigarh (n_1=60). Furthermore, Sixty (N=60), Male University Level Kabaddi Players includes subjects those who participated in the Inter-College Competitions for the academic year 2013-2014 and are affiliated to Panjab University, Chandigarh (n_1=60). The data, which was collected by administering tests, was statistically treated to develop for all the test items. In order to construct the norms, Percentile Scale was used. Further, the scores were classified into five grades i.e. very good, good, average, poor and very poor. To conclude, it is evident that in Hand Touch, the scores below 15.853 are considered very poor, from about 15.853-14.343 is considered poor, 14.343-11.323 is considered average, 11.323-9.813 is considered good and the scores above 9.813 are considered very good scores for Kabaddi Players of Panjab University, Chandigarh. To conclude, it is evident that in Toe Touch, the scores below 13.48 are considered very poor, from about 13.48-12.14 is considered poor, 12.14-9.46 is considered average, 9.46-8.12 is considered good and the scores above 8.12 are considered very good scores for Kabaddi Players of Panjab University, Chandigarh. To conclude, it is evident that in Back Kick, the scores below 8.78 are considered very poor, from about 8.78-10.69 is considered poor, 10.69-14.51 is considered average, 14.51-16.42 is considered good and the scores above 16.42 are considered very good scores for Kabaddi Players of Panjab University, Chandigarh.

Introduction

One of the most appealing reasons for talent research in sport is the hope that future talent can be predicted in "key transferable skills[1]. An individual's ability to perform compound motor tasks has been considered to be a possible determinant of physical fitness[2,3.] The construction of norms of athletic excellence evidenced in sports activities cemented communities of participation who valorized rigorous sorts of physical discipline in preparation for athletic competition and in expressing the highest degree of athletic skill. The most frequently cited components fall into two groups: one related to health and the other related to skills that pertain more to athletic ability[4]. Health-related fitness refers to the components of fitness that are affected by habitual physical activity and includes body composition, aerobic capacity, muscular strength and endurance, flexibility, and balance[4]. Today, physical fitness has become a feature that finds applicability in several fields. Since it is a multidimensional construct and therefore cannot be assessed by a single test. Thus a battery of different tests is needed. The basic aim of measuring physical fitness is to determine the existing potentials of individuals, to prepare exercise programs taking into account the individual's need in this respect and to repeat the measurements at the certain intervals in order to determine whether the programs have

achieved the expected targets[5]. Lifestyle and well-being are important factors for sports performers.

Methodology

Selection of Subjects: For the purpose of the present study, Sixty (N=60), Male University Level Kabaddi Players between the age group of 18-25 years were selected. The subjects were purposively assigned:
Group-A: Panjab University, Chandigarh (n_1=60).

Furthermore, Sixty (N=60), Male University Level Kabaddi Players includes subjects those who participated in the Inter-College Competitions for the academic year 2013-2014 and are affiliated to Panjab University, Chandigarh (n_1=60).

Selection of Skills: The following skills were selected for the present study:

Skills: Hand touch, toe touch, back kick.

Statistical Technique: The data, which was collected by administering tests, was statistically treated to develop for all the test items. In order to construct the norms, Percentile Scale

was used. Further, the scores were classified into five grades i.e. very good, good, average, poor and very poor.

Results and Discussion

Table 1 shows that in Hand Touch, the mean score was 12.833 and standard deviation score was 1.51. In Toe Touch, the mean score was 10.800 and standard deviation score was 1.34. In Back Kick, the mean score was 12.600 and standard deviation score was 1.91. The Descriptive Statistics (Mean and Standard Deviation) of selected Kabaddi Skills of Kabaddi Players (n_1=60) of Panjab University, Chandigarh has been presented graphically in figure-2.

The values listed in table-2 gives a guide to expected scores for Kabaddi Players of Panjab University, Chandigarh (n_1=60) for the selected Kabaddi Skills. In Hand Touch, the scores below 15.853 are considered very poor, from about 15.853-14.343 is considered poor, 14.343-11.323 is considered average, 11.323-9.813 is considered good and the scores above 9.813 are considered very good. In Toe Touch, the scores below 13.48 are

considered very poor, from about 13.48-12.14 is considered poor, 12.14-9.46 is considered average, 9.46-8.12 is considered good and the scores above 8.12 are considered very good. In Back Kick, the scores below 8.78 are considered very poor, from about 8.78-10.69 is considered poor, 10.69-14.51 is considered average, 14.51-16.42 is considered good and the scores above 16.42 are considered very good.

Table-1
Descriptive Statistics (Mean and Standard Deviation) and Percentile Plot (Hi and Low) of selected kabaddi skills of Kabaddi Players (n_1=60) of Panjab University, Chandigarh.

Test Items	Mean ± Standard Deviation		Hi	Low
Hand Touch	Mean	12.833	15	10
	SD	1.51		
Toe Touch	Mean	10.800	13	9
	S.D	1.34		
Back Kick	Mean	12.600	15	10
	S.D	1.91		
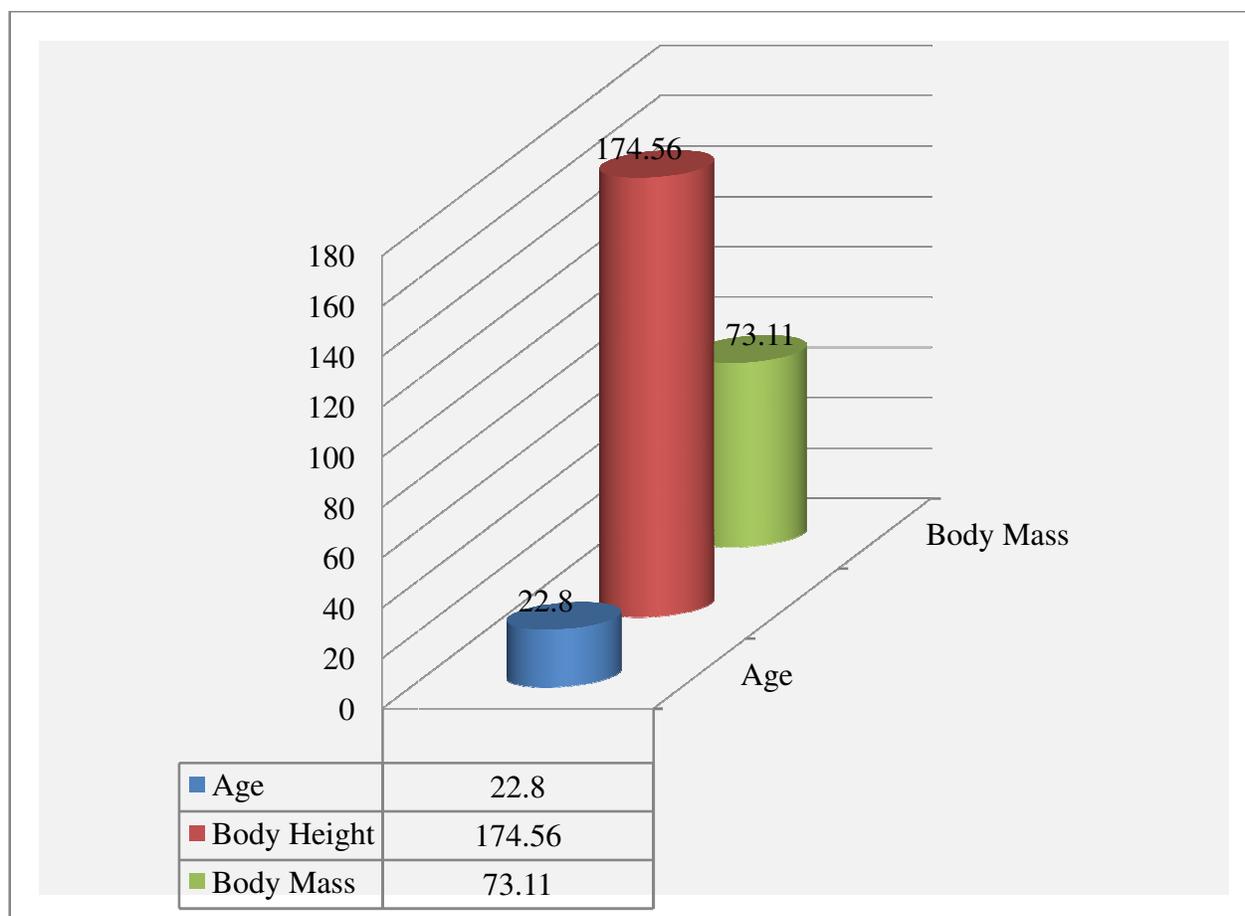
Figure-1
Subject's Demographics of Panjab University, Chandigarh (n_1=60) University Level Kabaddi Players

	Hand Touch	Toe Touch	Back Kick
■ Mean	12.833	10.8	12.6
■ SD	1.51	1.34	1.91
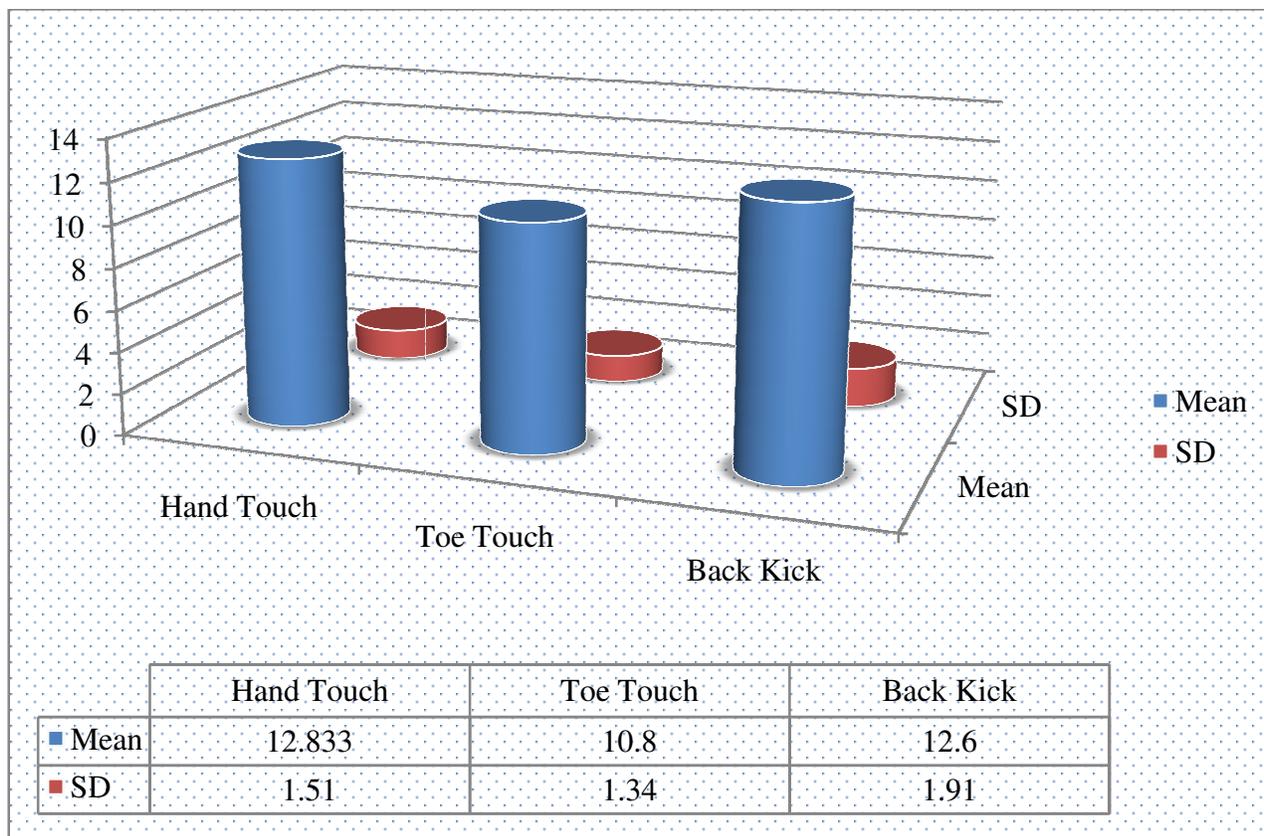
Figure-2
Descriptive Statistics (Mean and Standard Deviation) of selected kabaddi skills of Kabaddi Players (n_1=60) of Panjab University, Chandigarh

Table-2
Grading for Kabaddi Players of Panjab University, Chandigarh (n_2=60) for the selected Kabaddi Skills (i.e., a.Hand Touch, b, Toe Touch and c. Back Kick).

Skills	Very Poor	Poor	Average	Good	Very Good
Hand Touch	*Greater than* (>) 15.853	15.853-14.343	14.343-11.323	11.323-9.813	Less than (<) 9.813
Toe Touch	*Greater than* (>) 13.48	13.48-12.14	12.14-9.46	9.46-8.12	Less than (<) 8.12
Back Kick	Less than (<) 8.78	8.78-10.69	10.69-14.51	14.51-16.42	*Greater than* (>) 16.42

Conclusion

To conclude, it is evident that in Hand Touch, the scores below 15.853 are considered very poor, from about 15.853-14.343 is considered poor, 14.343-11.323 is considered average, 11.323-9.813 is considered good and the scores above 9.813 are considered very good scores for Kabaddi Players of Panjab University, Chandigarh.

To conclude, it is evident that in Toe Touch, the scores below 13.48 are considered very poor, from about 13.48-12.14 is considered poor, 12.14-9.46 is considered average, 9.46-8.12 is considered good and the scores above 8.12 are considered very good scores for Kabaddi Players of Panjab University, Chandigarh.

To conclude, it is evident that in Back Kick, the scores below 8.78 are considered very poor, from about 8.78-10.69 is considered poor, 10.69-14.51 is considered average, 14.51-16.42 is considered good and the scores above 16.42 are considered very good scores for Kabaddi Players of Panjab University, Chandigarh.

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