



ISSN NO. 2320-5407

Journal homepage: <http://www.journalijar.com>

INTERNATIONAL JOURNAL
OF ADVANCED RESEARCH

RESEARCH ARTICLE

Comparison of Speed among Sprinters and Badminton Players Female of Under 16 Years in District Dharwad, Karnataka

Mahesh B Devarmani

Manuscript Info

Manuscript History:

Received: 15 May 2015
Final Accepted: 22 June 2015
Published Online: July 2015

Key words:

Speed, athletes, Badminton players
etc.

*Corresponding Author

Mahesh B Devarmani

Abstract

The aim of the present study is to compare the speed among Female Sprinters and Female Badminton Players of Dharwad. The 40 female samples between the age group of 14-16 years i.e. 20 female sprinters and 20 female Badminton players of Dharwad who have taken part in the District sports and games during the year 2014-15 were taken for the study. The 30 meter dash test was used to assess the speed among Sprinters and Badminton Players. The results of the study show that the Sprinters are having very good speed compare to the Badminton Players. It is recommended that sprinters and Badminton players must be given good speed training to enhance the performance.

Copy Right, IJAR, 2015,. All rights reserved

INTRODUCTION

Track and field is one of the oldest of sports. Athletic competitions were often taken in conjunction with religious festivals, as with the Olympic Games of ancient Greece. Course and field as a modern sport started in England during the 19th C. English public school and University students dedicated the sport impetus through their inter class meets, or meetings. In 1849 the Royal Military Academy at Sandhurst held the first organized track and field meet of modern times. Not until the 1860s, however, did the sport flourish. In 1866 the first English championships were held by the newly formed Amateur Athletic Club, which opened the competition to all "gentlemen amateurs", specifically, sprinters who received no financial compensation for their efforts. Although meets were held along the North American Continent as early as 1839, track and field first gains popularity in the late 1860 s' after the establishment of the New York Athletic club in 1868. The Amateur Athletic Union of the United States, an association of track and field clubs' formed in 1887 and has governed the sports in the United States since then. In 1896 the first modern Olympic Games were staged. Although initially of limited appeal the Olympics captured the imagination of sprinters and grew steadily, making tracking and field an International sport for the first time. In 1913 the International Amateur athletic Federation was formed by representatives from 16 countries. Badminton is indoor game played by two opposing players and two partners opposing players, each who use to paly a racket and get the first 21 points to win. It is called Badminton to distinguish it. Badminton is believed to date from the earliest civilizations. The England had their own versions and game played for entertainment in leisure time, in bofort diuke's home. by the guest of his home. The hall was called as Badminton. Likewise this name had come. before this game was called by poona. The game recreates by two players on a rectangular basis. The court is 44 feet (13.40 meters) length and 20 feet (6.10 meters) width, and it is set with a center line and 22 feet. The net height is 2.6inch (0.76 meters) in each half court divides by a center line, both side called as left court and right court. It connected short service line 6.6inch from the net. It is play by rackets and shuttle, racket length is 68 cm, weight is 83-100 grams. Shuttle is synthetic material with 16 feathers. Shuttle height is 62-70 millimeter, top of the feathers diameter is 58-68 millimeter, shuttle base diameter is 25-28 millimeter, and weight is 4.74 – 5.50 gram.

~ ~

International Journal of Physical Education, Sports and Health

2. Methodology

2.1 Aim: To find out the speed among Sprinters and Badminton Players (female) under 16 years in Dist. Dharwad, Karnataka, India.

2.2 Sample: The samples for the present study consists of 20 girls sprinters and 20 girls Badminton Players between the age group of 14 to 16 years who have taken part in the District Dharwad sports and games during the year 2014-15.

Tools: 50 meter run is used to collect the data for speed.

2.3 Delimitations: The study is delimited to 20 girls sprinters and 20 girls Badminton players of district Dharwad. To measure the speed 50 meter run is used.

2.4 Procedure of data collection: The sprinters and Badminton Players are made to run 50 meters in each batch of three members. The timing is taken by qualified Technical officials of athletics at Rani Channamma Stadium, Dharwad, India.

3. 50 meter run

3.1 Purpose: The aim of this test is to determine acceleration and speed.

3.2 Equipment required: Measuring tape or marked track, stop watch cone markers, flat and clear surface of at least 70 marks.

3.3 Procedure: The test involves running a single maximum sprint over 50 meters by the time recorded. A thorough warm up should be given, including some practice starts and acceleration. Start from a stationary standard position (hands cannot touch the ground) with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions 'Set' then 'go'. The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs, and the participant should be encouraged not to slow down before crossing the finish line.

3.4 Scoring: Two trials are allowed and the best time is recorded to the nearest 2 decimal places. The timing starts from the first movement (if using a stopwatch) or when the timing system is triggered and finishes when the torso crossed the finish line and /or the finishing time gate is triggered.

4. Result and discussion

Table 1 indicates that the mean value of the speed of Athletes is 8.26 and Badminton players are 9.33. There is a difference of 1.07 seconds. The result shows that Sprinters are having good speed compare to the Badminton players. S.D. of sprinters is 0.403 and 0.714 respectively, whereas the t - value is 8.621. The difference in mean score is significant at 0.05 level.

Table 1: Showing the speed between Female Sprinters and Badminton Players

Test Items	Group	No.	Mean	S.D.	t	df	sig (2 - tailed)
50 m Run	Sprinters	20	8.26	0.403	8.621	38	0.001
	Badminton Players	20	9.33	0.714			

Significant at 0.05 level

5. Conclusion

It is concluded that Sprinters(female) are having good speed compare to the Badminton players (female).

6. Recommendations

It is recommended that sprinters and Badminton players must be given better training for speed to enhance the performance. Similar studies can be conducted in different sports and games.

7. Acknowledgement

I am thankful to the sprinters and Badminton players, Mr. Mohan Langoti Sr. Badminton coach. & Head, Department of physical education to help in the study.

8. References

1. Baker, D.G, & Newton, R.U. (2008). Comparison of lower body strength, power, acceleration, speed, agility and sprint momentum to describe and compare and compare playing rank among professional rugby league players.
2. Chiu, L.Z.F. (2007). Power lifting versus weightlifting for athletic performances, Conditioning, Champaign, IL: Human Kinetics, 188-89.
3. Chapman, D, Peiffer, J.m Abbiss, C., & Laursen. P. (2007). A Descriptive physical profile of western Australian male paramedics. Journal of emergency primary health care. 5910.
4. <http://shodh.inflibnet.ac.in:8080/jspui/bitstream/123456789/352/2/02introduction.pdf>
5. <http://inetusa.com/articles/article.cfm?aid=92&>.