Chapter I

INTRODUCTION

Sports in the present day have become extremely competitive, previous records are being broken whenever there is competition. It is not mere participation or few days practice that brings an individual victory, but the continuous hard work of training right from childhood, a strong anthropometry variables may influenced.

Today’s sportsperson faces some unique challenges. The standard are higher, the competition is tougher and the stakes are greater attention in these days. Coaches, physical educationists and sports scientists have always expressed a great need to know more about the performance related variables which are helpful in improving the motor skills of the players.

Today’s world is a competition, the rivalry to reach top and excel each other is so much. Every aspect that contributes for the excellence is carefully looked in and one of such aspects is the selection of the right person for the right event in sports and games, during witch normally a choice of selection is given to that the player or the athlete. The players without knowing their inherent potential make wrong selection suiting to the individual concern and are not able to reach the top of the ladder of sports arena.
Man by nature, is highly competitive and in pursuit of performance he has always been striving to jump higher and farther, to run faster and to demonstrate greater strength and skill. Physical fitness places emphasis on more and more activity.

The preparation of an athlete today for achievement is a complex dynamic matter, characterized by a high level of physical and physiological efficiency and the degree of perfection of necessary skills, knowledge and proper teaching and tactics. An athlete arrives at this state only as a result of corresponding training sports activity directed at steadily enhancing the preparation of an athlete and grooming him for a higher level achievement.

The physique and body composition, including the size, shape and form are playing significant role to enhance sports performance. The performance of sportsman in any game or event is also dependent on his suppleness, skill training, motivation and various physiological and bio-mechanical nature. Age, sex and physical growth have also been noticed to influence a person’s capacity for physical activity.

Games and sports as a part of human education have always existed in the human society. Before the dawn of civilization and culture, physical exercise was very important aspect of human existence. In the primitive society, the “necessity for survival” motivated man to keep himself more physically fit and strong enough in comparison with stronger forces for nature (Kamlesh, 1981).
Sports is as old as the human society and it has achieved an universal recognition in the modern times. It now enjoys a popularity which outstrips any other form of social activity. It has become an integral part of educational process. Millions of fans follow different sports events all over the world with enthusiasm and devotion. Man participates in activities for the fun of it, for health, strength and fitness. It faces the shape of a profession to some sportsman with high skills and ample financial benefits linked with high degree of popularity (Sergio, 1976).

The field of physical education and sports are international discipline. They develop international understanding and universal brotherhood amidst the present politically conflicting lives. Sports movements are considered one of the major adhesive forces for developing world peace. It is identified as one of effective means of strengthening national integration and developing national identity. Sports have become the media of international relationship among the countries.

Motor ability is one of the important aspects for physical activities. A totally fit individual must have the motor ability. The components of motor ability are speed, endurance, explosive power, agility, co-ordination (Reaction time, Movement time, Flexibility), strength (Grip strength, Leg Strength, Shoulder Strength) etc., Motor ability reflects an individual’s present ability to perform motor skills.
Sports activity being a physical activity which is not possible without these motor qualities.

Motor ability has been defined as, “The present acquired innate ability to perform motor skills of general or fundamental nature exclusive of highly specialized sports or gymnastic techniques” (Harold, 1977).

Scott and French are of the opinion that “a motor ability test has value in estimating an individual’s expected level of ability in a new activity” (Robert, 1976). It is felt that when someone does better in a given sport than indicated on the motor ability test and it is because of extreme efforts, motivation and the like. Normally a person is born with certain genetic features and ability that can be improved through learning.

Motor ability reflects an individual present ability. The immediate state of the individual to perform in a wild range of motor skills. Motor ability is a general quality that can facilitate more specific performances.

Almost all physical activities incorporate one or more of the elements of force, quickness, duration, and the range of motion. When a given exercise is required to overcome resistance it is called a strength exercise. When quickness and high frequency is maximized it is referred to as a speed exercise. If distance, duration or the numbers of repetitions are high, an endurance exercise is performed. On the
other hand, if the range of motion is maximized a flexibility movement is being performed. And finally, when in a given exercise a high degree of complexity is required this is known as a co-ordination exercise. Some athletes are more capable than others of performing such exercises. They are said to have "talent" for that type of activity. But this talent is largely genetic, it is rather inherited from one's family. Strength, speed, and endurance are inherited abilities which play the most important role in one's chances of reaching high levels of performance. Therefore they are called dominant motor or bio-motor abilities. The term "motor" refers to movement, whereas the prefix "bio" is added to illustrate the biological importance of these three abilities (Bompa, 1999).

The development of a bio-motor ability has to be specific and very methodical. When a dominant ability is developed (e.g., strength), it has a direct or an indirect effect upon the other abilities (speed and endurances). Such an effect depends strictly on the degree of resemblance between the methods employed and the specifics of the sport. Thus, the development of a dominant bio-motor ability may have a positive or in rare occasions, a negative transfer. When an athlete attempts to develop strength there may be a positive transfer to speed, and to a certain degree even to endurance. On the other hand, a strength training program designed to develop maximum strength only, may have a negative transfer to the development of
aerobic endurance such as the one required in Marathon running (e.g. by adding extra mass on the athlete). Similarly, a training program aiming exclusively at developing aerobic endurance, under certain circumstances (i.e., training for a Marathon) may have a negative transfer to strength and speed. Since strength is one of the crucial abilities in athletics, it has to always be trained along with the other abilities so that their overall improvement will lead to a better performance (Bompa, 1999).

Sports performance is the sum of numerous factors which can vary from individual to individual. A few centimeters and fraction of seconds decide between record performances, victory or defeat in tough international competitions. It is very important to identify and fully mobilize each individual potential.

The increase of popularity and importance is not only due to the fact that performance sports are glamorous and spectacular to watch. Sports perform multifarious functions for the human society in modern age. In fact it entered a new horizon of sporting culture, leading to the emergence of sports sciences as the back bone of the performance sports. This brought into the sharp focus of the training system as the means of development of sports performance. Scientific knowledge has revolutionized the standard of performance in sports disciplines. Now the coaches are striving to get optimum performance
with minimum expenditure of energy and time, the players and athletes are trained on scientific guidelines (Singh, 1991).

Physiology is the study of the functioning of the human organism. There can hardly be a science that is more important for the coach to know, understand, and be able to properly apply. In its fundamental sense, physiology involves the functioning of each major body system used in playing volleyball (e.g., skeletal muscles, cardiovascular system, and respiratory system) and how those systems are interrelated. In its applied sense, physiology addresses how exercise affects the functioning of body systems as well as how those systems impact performance. If a coach knows the basic concepts of Exercise Physiology and how to apply them to volleyball training, players will not only end up in “good shape”; they will also be able to physically play the game as well as they currently know how to save their energy, while at the same time being less prone to fatigue-related injuries. As a bonus, they will be physically prepared to handle the next step up the volleyball ladder that the coach (or the opposition) demands.

For the players to be successful in competitive sports, they must be highly developed in several physical and physiological parameters. The muscles must be strong, flexible, explosive, well coordinated, and capable of sustaining intermittent bouts of intense exercise for 2 to 3 hours. On top of that, they must be resilient enough to recover in time
for the next match. To do all these, the muscles need help from the energy-supplying support systems of the body, from the mitochondria in the cells themselves to the cardiovascular and respiratory systems. The coach needs to know about physiology to assess the players conditioning level and to design training sessions that optimize the players physiological functioning.

During the past two decades sports psychology has emerged as a legitimate field of scientific inquiry. As with all scientific endeavors, sports psychology shares the same basic goals of science, the observation of events, the description of phenomena, the explanation of the factors that influences events in systematic manner, the prediction of events or outcomes based upon systematic and reliable explanations and ultimately, the control of events or contingencies that result in expected outcomes. Sports psychology in many ways is a fortunate scientific field of inquiry. Researchers are afforded ample opportunity to observe, describe, and explain the various psychological factors that influence diverse aspects of sport and physical activity (John, 1999).

Sports psychology when viewed of as a sub discipline with in the larger field of psychology would be defined as an applied psychology or as a field of study in which the principles of psychology are applied. Although sports psychology has not been recognized traditionally as a sub disciplinary area of study with in the field of academic psychology.
Scientists recently suggested that sports psychology is read to be embraced by mainstream of psychology.

The view of sports psychology as a sub discipline with in the field of sports and exercise science comes mostly from scientists in physical education. They argued that the academic discipline of physical education consist of the study of certain aspects of such field as psychology physiology and anatomy (Thelma, 1996).

In this modern era of competition, the psychological preparation of an individual is as much as important as teaching the different skills of game along with scientific lines.

Achievement motivation has a rich reach tradition that provides insights applicable to sport competition and is the most common situation in sport, A achievement also occurs in non-competitive situating when individuals compare their performance to personal standards (Diane, 1948).

Today sports psychology has provided little information about now competitiveness develops and now it affects sport participants. However, it should be known to all sports personal that more knowledge on the construction of achievement motivation will result in greater performance. Competitiveness is a sport specific form of achievement motivation, and sport psychologists generally agree that the spirit of competitiveness develops from achievement motivation.
Thus by examining the factors that influence achievement behaviour, it is important we can begin to understand competitiveness.

Anxiety results when the individual doubts his or her ability to cope with the situation that causes him or her stress. Another important point that needs to be clarified is the difference between state and trait anxiety. While state anxiety can be considered to be more situational in nature and is often associated with arousal of the autonomic nervous system, trait anxiety can be thought of as a world view that an individual uses when coping with situations in his or her environment (Spielberger, 1966).

Aggression likely occurs in sports such as hockey as last in part because athletes are socialized to be aggressive. In accordance with social learning theory, athletes model aggressive behaviour in others are reinforced for their aggressive actions, receive few punishments for their acts, and have expectations concerning likely punishment and reinforcement. One of the most important forms of reinforcement aggressive acts can receive in athletic contests is for the aggressive acts to lead to successful performance outcomes for the athletic or the team.

Thus, aggression is positively reinforced by athlete's achievement of success although some research has failed to find a positive relationship between successful performance and aggression, several studies.
Aggression in sport situations might also emanate from frustration. The frustration aggression hypothesis states that when one is unwanted in an attempt to achieve a goal, frustration will occur, which will then result in aggressive behaviour. In sports, frustration often is a result of an unsuccessful event or outcome, therefore, the frustration - aggression hypothesis predicts that poor performance (i.e., the lack of success) precedes aggression. Early in a hockey game or season aggression might facilitate performance, whereas later in game or season aggression might be a result of frustration (Jane, 2001).

Performance outcomes are more likely to be achieved when what is done prior to and during a competition. They have been planned, practised and shown to be successful. In contests, an athlete should never use new approaches, techniques, or strategies without first being tested, refined, and trained. An athlete should compete with only what is known and has been practised.

The games basketball, football and volleyball are excellent all-round team sports that are widely accepted as highly competitive as well as a recreational game throughout the world. It is now recognized as most breath taking and dramatic sports of the Olympics both from the players and spectators view point.

Basketball is the world’s most popular game. It is one of the most strenuous game and it demands a high degree of physical fitness
as well as a keen and alert mind. Basketball is probably the leading ball game in the world as far as action occurrence is concerned. In one second more things happen in this game in comparison with other games. Basketball may be called a movement oriented game as action implies movement.

Basketball helps men learn to think and move at the same time and leads itself to the development of motor skills, speed and agility. Body balance is acquired in varying degrees as true balance being the ability to start instantly in any given direction. Along with these values there is considerable muscular development in the legs, arms, chest and the trunk. Motor type of skills is of some considerable importance in determining general proficiency in basketball.

Basketball is a team sports with a great deal of body contact. Rule changes have speeded up the game offensively and increasing emphasis is being placed on using tall, large–sized athletes. These aspects have made the sports increasingly more rugged. Today’s well muscled basketball players move with almost incredible speed and agility and are constantly running in to bumping, pushing and elbowing their opponents voluntarily involuntarily. Consequently, basketball players are subjected to tremendous pounding and roughness during game Novich (1983).

The game of basketball is a fast game conducted on time basis. Basketball is probably the leading ball game in the world as for as action occurrence is concerned. This is one of the reasons why this
game has become one of the most popular sports in the world

Thomas, (1972).

Football is a game in which the ball is propelled towards the goal by skillfully advancing and controlling with feet, body, and head. Football is of five distinctive kinds: (1) Soccer, the original game (2) Rugby College, England (3) Gaelic in which the Irish are specialists (4) Australian under the “Australia Rules” and (5) American football, which originated at Montreal in 1874.

Football is a contribution of all in one. It is a manly game where the strength of a man is sheet against the other. What is required to achieve success is the team spirit and intelligence to adopt strategy against the other team to obtain the desired results.

Football is an explosive event or sport. Quick movement, reaction time, cooperation, confidence, application of strategy, tactics, mobility, balance, endurance, strength, speed, twist and turn, run, jump stop and start are the factors of learning football skill.

In football, there are many skills like kicking, passing, dribbling, trapping, tackling, heading, throwing and goal keeping to be learned by the player, which when learned more efficiently will make him a better performer.

Football is a game of physical and mental challenges. One must execute skilled movements under generalized conditions of restricted space, limited time, physical and mental fatigue, and opposing players. He must be able to run several miles during a game, mostly at
sprint like speed and respond quickly to a variety of rapidly changing situations during play. Finally, he needs a thorough understanding of individual, group, and team tactics. One's ability to meet all these challenges determines how well he performs on the football field (Joseph, 1996).

Football is a game which calls for strenuous, continuous thrilling action and therefore, appeals to the youth the world over. The skills involved in the game are simple, natural and yet are highly stimulating and satisfying to any one who participates in the game (Thomas, 1996).

Football as it is seen today has undergone a tremendous improvement since its birth of all the events in human history, the one to attract the largest audience was neither a great political occasion nor a special celebration of some complex achievement in the art or science, but simple ball game a soccer match. If one examines it more carefully it would be soon realized, that each soccer match is a symbolic event of some complexity. One of the greatest strength of the game is its simplicity. At its crudest level all that are needed is a ball and an open space with something to act as a goal post. No other sport is so easily available and so immediately inspiring (Desmond, 1981).

Volleyball is sport played by two teams on a playing court divided by a net. There are different versions available for specific
circumstances in order to offer the versatility of the game to everyone.

The object of the game is to send the ball over the net in order to ground it on the opponent’s court, and to prevent the same effort by the opponent. The team has three hits for returning the ball in addition to the block contact.

The ball is put in play with a service hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes “out” or a team fails to return it properly. In volleyball, the team winning a rally scores a point. When a receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

Volleyball is a team game where six players in the court will play as a unit. The game was conceived and structure used by William Morgan the Director of Physical Education at the YMCA Holyoke the USA during the year 1895. After careful analysis of the game Dr. Alfred T. Halstead who witnessed the nature of play being played and the suggested the name volleyball which was unanimously accepted.

Volleyball game involves not only the volleying ball by hands, because of its nature of the game, it involves the whole of the player. Modern volleyball has become a vigorous game which requires peak level of physical fitness of the player, volleyball requires a high degree of running maneuverability and total body agility so that the player is able to gain good court position and compete with his opponents on
both offensive and defensive maneuvers. Also it requires fast acceleration in order to be able to sprint to advantageous positions while attacking and counter attacking. As the game involves continuous bonds of play as a fast rate, a high level of endurance must be developed.

Volleyball has an added advantage in being suitable for both sexes, regardless of age and physical ability, as it is highly adaptable. It is a game easy to learn, and since there is no body-contact between opponents, there is little danger of serious injuries. The game requires only a small play area and the equipment needed is within the reach of all income groups. Because of its usefulness to both sexes, there are great opportunities for healthy and sound social contacts among men and women of all races. As a sport, Volleyball has immense recreational and carry-over values and thus meets all the requirements of an ideal form of physical activity (Sue, 1987).

Competitively, this game requires deep concentration, quick thinking and a great deal of movement. The speed of the game means that players must be thinking about attack and defense. Nichollos (1973) observes that “volleyball is an action oriented game with none of the players acting as an involuntary spectator for a sport of the game as in the other games such as football, hockey and netball”.

Volleyball may be called a movement oriented game, as action implies the movement. This is one of the most important reasons why
this game has become the most popular sports in the world. The skills of the game are the most pleasurable ones that provide immediate reward. Unity in diversity is made possible through International competitions of sports and game. Volleyball is one such game and has all the elements of first rated sport.

Barrow (1977) suggested that accuracy can be achieved only through hard and sincere practice. An uninterrupted and meaningful practice of a skill is necessary if learning is to progress efficiently. If a skill is to be retained over any period of time, it must be accompanied by additional practice needed to make the skill more automatic and adaptable to environmental conditions. The additional amount of practice leads to more successful performance.

These games provide a wide opportunity for the development of strength, speed, endurance, agility, neuromuscular skill and co-ordination of all parts of the body by various actions involved in them such as running, jumping, bending, stretching and other movements. As a sport basketball, football and volleyball game have immense recreational and carry over values and thus they meet all the requirements of a sports personality.

The said concept seems to be very much applied in the game of basketball, football and volleyball where lot of importance is given on the selection of the player based on the structural and functional measures.
Even though, our country is the second largest in terms of population; the people of the nation are in search of an Olympic gold medal for a long time. Numerous programs and plans were being implemented to promote sports and games in our country. With the aim of promoting sports and to spot out budding talents in the field of sports and games, the Government of Tamilnadu started sports hostel. Different disciplines were selected on the basis of existing regional talent and accordingly allotted to various centers. The entire infrastructure needed for sports training was provided to each center. The sports hostels selected their trainees on the basis of their merit in performance in various age categories. Free education along with boarding and lodging facilities was provided to the trainees. They were training in their respective disciplines by qualified coaches and their progress was monitored. The Sports Authority of India also started such projects in Tamilnadu at a later stage. Even though, the basic idea is the same in both projects. There always exists a margin of differences in the operational procedures such as the selection norms, training methodology, diet etc., Hence, the investigator was interested in knowing the differences between state and central government sponsored sports training centers namely SDAT (Sports Development Authority of Tamilnadu) players and SAI center in Tamilnadu (Sports Authority of India) players.
Sports Development Authority of Tamilnadu (SDAT) is an organization started in the year 1992 works under the aegis of government of Tamilnadu. It has an aim for excellence in various sports disciplines. It has introduced many schemes, for scouting the talent from all over the state keeping in mind the physical attributes required for particular sports, the talents scouted are imparted scientific training to meet the ever-growing demand of the modern competitive games and sports for attaining excellence.

For the development and welfare of sports personalities, it is running five sports schools and five sports hostels in Tamilnadu. The state coaching camp is being implemented at district capitals and taluk head quarters to provide coaching support to the children and broad based sports in the country.

The sports hostel scheme envisages training of meritorious players who have attained advanced level of sports proficiency in order to enable them to take a berth in national teams.

SAI, by operating various schemes at sub-junior, junior and senior level, endeavors to broad base sports and develop excellence by upgrading the skills of Indian sports persons. This mammoth effort involves widespread talent scouting and training of selected individuals by providing all vital inputs i.e. coaching, infrastructure, equipment support, sports kit, competitive exposure etc.
The National Sports Talent Contest (NSTC) Scheme caters to school going children the age group of 8-14 years. Selection to the scheme is done through a scientifically designed battery of tests after which the selected individual is put in one of the SAI adopted schools. Schools are adopted on the basis of sports and residential infrastructure available, as well as the school's reputation in sports performance. The selection criterion was recently revised to directly induct the first three position holders at recognized sub-junior and junior national championships. Currently 2130 sports persons are being trained at 83 schools and 16 Akharas. In addition to this 29 upcoming Akharas have been provided Equipment support in the form of Wrestling mats and multi gym.

The Army Boys Sports Company (ABSC) Scheme is run by SAI in association with Army authorities. It covers boys in the age-group of 8-14 years, selected from the Regimental Areas and Army Lines on the basis of battery of tests. Selected individuals are put in ABSC's run at regimental centers of the Army where they are provided facilities by the Army authorities while SAI provides sports equipment, kit, stipend and coaches. Currently, 702 sportspersons are being trained at 8 ABSC's.

The Special Area Games (SAG) Scheme is designed for sports persons in the age-group of 14-21 years. Talent for the Special Area Games is scouted from rural, tribal, coastal and other areas which are
inaccessible but have certain genetic qualities which give them an added advantage in a particular sport. Selected sports persons are given in-house training at various SAG centers where they are provided boarding and lodging along with other facilities. Presently, 1378 sports persons are being trained at 16 SAG centers and 2 associate centers in the country.

The **SAI Training Centers (STC) Scheme** forms the back bone of SAI’s objective of spotting and nurturing of talented sports persons. Under this scheme sports persons in the age group of 14-21 years are selected and inducted in various STC’s where they are given in house training. Boarding and lodging is also provided along with other facilities. Presently, 5465 sports persons are being trained at 58 SAI training centers.

The researcher made an attempt to find out the different qualities of the sports hostel students. In India there are two type sports hostel students with different scheme that is state government (SDAT) and central government (SAI) sponsored sports hostel players.

**STATEMENT OF THE PROBLEM**

The purpose of the study was to analyse the selected bio-motor, physiological and psychological parameters between state government and central government sponsored sports hostel players of different disciplines.
HYPOTHESES

1. There would not be significant difference between state government (SDAT) and central government (SAI) sponsored sports hostel players irrespective of the game such as basketball, football and volleyball on selected bio-motor variables.

2. There would not be significant difference among basketball, football and volleyball players irrespective of the sports hostels on selected bio-motor variables.

3. There would not be significant difference on selected bio-motor variables among basketball, football and volleyball players of state government (SDAT) and central government (SAI) sponsored sports hostel players.

4. There would not be significant difference between state government (SDAT) and central government (SAI) sponsored sports hostel players irrespective of the game such as basketball, football and volleyball on selected physiological variables.

5. There would not be significant difference among basketball, football and volleyball players irrespective of the sports hostels on selected physiological variables.

6. There would not be significant difference on selected physiological variables among basketball, football and volleyball
players of state government (SDAT) and central government (SAI) sponsored sports hostel players.

7. There would not be significant difference between state government (SDAT) and central government (SAI) sponsored sports hostel players irrespective of game such as basketball, football and volleyball on selected psychological variables.

8. There would not be significant difference among basketball, football and volleyball players irrespective of the sports hostels on selected psychological variables.

9. There would not be significant difference on selected psychological variables among basketball, football and volleyball players of state government (SDAT) and central government (SAI) sponsored sports hostel players.

**DELIMITATIONS**

The study was delimited in the following factors.

1. To achieve the purpose of the study, thirty basketball (n=30), football (n=30) and volleyball (n=30) players were selected randomly from each state government sponsored sports hostel (SDAT) and central government sponsored sports hostel (SAI) with a total of 180 players.

2. The following criterion variables were selected for this study.
**Bio-motor Variables**

Cardio Respiratory Endurance
Muscular Endurance
Flexibility
Speed
Explosive Power

**Physiological Variables**

Resting Pulse Rate
Breath Holding Time
Respiratory Rate

**Psychological Variables**

Achievement Motivation
Sports Competition Anxiety
Aggression

**LIMITATIONS**

The following limitations were considered while interpreting the results of the study.

1. The previous experience of the subjects in the field of sports and games.

2. Mood states, food habits, rest period, life style etc.

3. The weather conditions such as atmospheric temperature, humidity and meteorological factors during the testing period.
4. Though the subjects were motivated verbally, no attempt was made to differentiate the motivation level during the period of testing.

DEFINITION OF OPERATIONAL TERMS

Cardio Respiratory Endurance

Cardio respiratory endurance is the ability to continue activities that tax the cardiac, circulatory and respiratory functions (Don, 1973).

Endurance is the ability to do sports movements, with the desired quality and speed, under conditions of fatigue (Singh, 1991).

Muscular Endurance

The ability of a muscle or group of muscles to overcome resistance or to act against resistance for longer duration under conditions of fatigue or tiredness (Singh, 1991).

Flexibility

Flexibility can be defined as the ability to perform movement with greater range of motion or large amplitude (Uppal, 1992).

Speed

The capacity of moving a limb or part of the body’s lower system or the whole body with the greatest possible velocity (Dick, 1993).
Explosive Power

It is the quality of a muscle to contract forcefully in the quickest possible time (Dick, 1993).

Resting Pulse Rate

The time from the end of one heart contraction to the end of the next contraction is a complete heart beat or pulse or cardiac cycle. The complete cardiac cycle takes less than one second (about 0.8 seconds) in a normal adult at rest and is shortened by exercise (Eva, 1984).

Respiratory Rate

Respiration is the act of junction of breathing by using the diaphragm and abdominal muscles (Ropar, 1978).

Breath Holding Time

It is the duration of time through which one can hold his breath without inhaling or exhaling after a deep inhalation (Strukic, 1981).

Sports Psychology

“Sports psychology is the branch of sports and exercise science that seeks to provide answer to questions about human behaviour in sports” (Thelma, 1982).
Achievement Motivation

Achievement motivation is dominant motivational orientation in situation characterized by the attainment of clear success or failure. The two primary motives are either to achieve success (Mass) or to avoid failure (Anne, 1991).

Sports Competition Anxiety

It is a negative emotional state with feelings of nervousness, worry and apprehension associated with activation or arousal of the body (Anne, 1991).

Aggression

Aggression is defined as "the behaviour of directed towards goal of harming another living being who wishes to avoid such treatment (Robert, 1996).

Basketball

Basket ball is played by two (2) teams of five (5) players each. The purpose of each team is to score into the opponent’s basket and to prevent the other team from securing the ball or scoring (FIBA, 1998).
Football

Football is a game in which there are eleven players a side one of whom shall be a goal keeper, the ball is round and is to be kicked through the goal posts under the crossbar no handling of the ball is allowed except by goal keeper.

Football is a game in which the ball is propelled towards the goal by skillful advancing and controlling it with feet, body and head (Bill, 1970).

Volleyball

Volleyball is a game played indoor or outdoors by team whose members seek to score point in the course of hitting a ball back forth across a net (Sagger, 1994).

SIGNIFICANCE OF THE STUDY

1. The results of the study may provide the standards of the state government sponsored sports hostel (SDAT) and central government sponsored sports hostel (SAI) players in various predictor variables namely physical, physiological and psychological variables with reference to basketball, football and volleyball.

2. The analysis and conclusions of this study will pave a way to create a new model that can be applied in selecting players.
3. The findings of the study might be used as a screening tool and technique in analyzing and classifying the players.

4. This study may enable the coaches and the trainers to develop sound training.

5. This study might motivate other sports lovers and scholars to take up similar studies.