SUMMARY

The purpose of the study was to construct specific physical fitness tests for soccer players (Test battery) for soccer players representing university. The subjects were 500 soccer players representing different universities of North Zone. They were from different states of India and a few were from foreign countries also. Their ages as obtained from their records ranged from 18 to 25 years.

The tests under question were developed through factorial analysis technique. The study was conducted in two phases.

In the first phase a list of test items was prepared with a view to measure the desired qualities of specific physical fitness of soccer players; through gleaning the literature, consultation of expert coaches - people in the field and through direct observation of the performance of the players. Out of this list 20 items were selected and were administered to 100 university representing soccer players of North region universities in 1985-86. The subjects were tested in 20 different
items of the specific physical fitness tests. Data collected from these tests was used for factor analysis. Through this factor analysis technique seven factors were extracted after Orthogonal rotation. From each factor test item having the maximum loading was selected for test battery. Each factor was given suitable name.

The test battery consisted of seven items namely: Kicking for distance, Dodge Running with the ball, Leg Reach, 50 yards dash, Two hands over head football throw, Pole to Pole run and Age. Age factor was accepted as a base for the development of norms for the various test components included in the test battery. The scientific authenticity of the test was established by computing reliability, objectivity, validity and specificity. The co-efficient of reliability obtained for kicking for distance, Dodge running with the ball, Leg Reach, 50 yards dash, Two hands over head football throw and pole to pole run were 0.96, 0.93, 0.92, 0.94, 0.92, 0.95 respectively. It indicates that the test items are reliable. For establishing reliability the test was administered on both the occasions by the investigator himself.

For objectivity another tester was taken and the same tests were administered and the Co-efficient of
objectivity for kicking for distance, Dodge Running with the ball, Leg Reach, 50 Yards dash, Two hands over head football throw and Pole to Pole were 0.99, 0.95, 0.94, 0.91, 0.88 and 0.98 respectively. These values indicate that the specific physical fitness tests for soccer players are objective. Face validity, Construct validity and comparison validity were established for the test items. For face validity all the 20 preliminary test items were selected on the basis of their face validity on the recommendation of various coaches who suggested that these test items had been true measurement of specific physical fitness of soccer players. For second type of validity factor analysis technique was used for the establishment of Construct validity as suggested by Jaeger (1983) and also followed by Flishman (1964). The third type of validity which could be termed as comparison validity was established by the significant difference comparing of AAHPER Youth Fitness test on soccer and non soccer players. For the first instance youth fitness test was conducted on 30 soccer players and 30 non-soccer players which had identical level of participation and age group A 't' test was applied. 't' values in the Youth fitness test in the items Pull ups, Sit ups, Standing broad jump, 600 yards run walk, 50 yards dash and shuttle run were 0.44, 0.78, 0.66, 0.91, 2.80, 0.89 respectively. No significant 't' values were found
except in the event of 50 yards dash. In the second instance specific physical fitness tests developed by researcher was applied to the same two groups and then again 't' test was applied on the data collected on test items. Kicking for distance, Dodge running with the ball, Leg reach, 50 yards dash, Two hands football throw, Pole to Pole run. Significant differences were seen as the t values were 5.28, 2.19, 1.03, 2.80, 2.16, 3.71 respectively except Leg reach item.

This comparison of t values established the comparison validity of the test. It also established the specificity of the test.

Percentile norms for each of the test items of the specific physical fitness test for soccer players were also prepared.

CONCLUSION

Within the limitations of the present study it may be concluded that specific physical fitness test battery constructed meets the criteria of scientific authenticity, that is, the test items are reliable, objective, valid and specific.

Therefore, test battery constructed may be used for assessing the specific physical fitness of soccer players.
RECOMMENDATIONS

In the light of conclusion drawn the following recommendations are made:

(1) The specific physical fitness test battery constructed may be used by the colleges and universities for selecting potential soccer players and also for evaluating specific physical fitness as an essential part of activity instructional programme.

(2) The norms computed may be used for objectively grading the soccer players.

(3) Similar study may be undertaken by selecting subjects studying at colleges and selecting a large sample so that the test could be used for all college soccer players.

(4) Similar study may be undertaken with soccer players participating at different levels namely school level, college level, national level and international level.

(5) Since soccer has become a popular game for women, similar study may also be conducted on women soccer players.