Chapter I
Introduction

Physical education had lost its relevance in the last few decades due to various reasons. But now the scenario is changing, due to the scholarly efforts of many Physical Education professionals, physical education has obtained a status now. The education boards have made it mandatory for the physical education teachers to conduct the physical education programmed by keeping theory as well as practical exams. An allotment of 50 marks to Physical education subject has brought great relevance to physical education as a subject. The school authorities and physical education teacher, who were taking Physical Education for granted, have understood the importance and need of physical education due to the change in the syllabus and curriculum of physical education. Various new activities are being included in physical education.

Yoga and karate, activities with much recent interest, date back to ancient oriental societies. Yoga an activity common in India and involving exercises of posture and regulated breathing was popular. This disciplining of the mind and body required the instructions of experts and a person fully trained in this activity followed routine involving eighty four different postures. Buddha’s prohibition of games, amusements exercises in ancient India did not totally prevent participation in such activities. The Indian physical activities such as Chariot Races, Riding Elephants and Horses, Swordsmanship, Wrestling, Boxing, Kabaddi, Kho-Kho, Atya-Patya, Dancing, Dand-Baithaks, Malkhamb, Lezium, Lathi, etc. have been in practice from time immemorial. But neither the names of the inventors of the Indian system of physical culture nor the dates of the origin are known. Yet we are aware of the fact that a scientific system of physical education was in existence in India and was practiced by the people.

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the need to know actually the aims and objectives of physical education has been felt. Various new activities are being introduced in the new syllabus.

During British period the entire system of physical education deteriorated to the unexpected levels. The indigenous weapons and activities of the Akharas and Vyayamshalas were prohibited in this era. The western civilization influenced Indians such greatly that the youngsters developed an aversion towards indigenous activities and kept themselves away from Akharas and Vyayamshalas. During the British rule the German system of gymnastics was adopted and introduced in the educational institutes but it could not attract masses due to some inborn problem. Drills and calisthenics were also introduced in schools to create interest and promote larger participation of students in these activities, but were not very successful. Outdoor games like cricket, football, hockey, etc. were popularizing in India. British government’s policy put emphasis on the practice of physical training in schools only for name sake. The real credit for propagating physical education goes to the voluntary organizations, vyayamshalas, kridamandals and akharas by contributing in development of interest in physical activities like Dands-Baithaks, Yogic Exercises, Folk Dancing, Wrestling, Lathi Exercises and indigenous games like Kho-Kho, Kabaddi. People with interest practiced these sports during free time. During school hours, some military drill and exercises were given by some ex-army personnel. Schools which followed the British system of physical education had separate physical education periods, but greater emphasis was given to western type of sports and games and not to indigenous activities.

The field of physical education and sports has seen many ups and downs since then. Physical education and sports were made compulsory in schools and colleges. With the growing need for excellence in academics the physical education and sports field was neglected. Due to the efforts of many scholars and people with the liking for physical activities and a view to see the whole India fit, physical education has a status. The education boards have made it mandatory for the physical education teachers to conduct

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the physical education program by keeping theory as well as practical exams. An allocation of 50 marks to physical education subject has brought great relevance to physical education as a subject. The school authorities and physical education teacher, who were taking physical education for granted, have understood the importance and need of physical education due to the change in the syllabus and curriculum of physical education. Various activities which had been forgotten have been included in physical education. Physical education has emerged from the clutches of mass PT, drill and marching. The trend, that physical education is nothing but sports, games or yoga has also changed. Now the need to know actually the aims and objectives of physical education has been felt. Various new activities, which were already mentioned during framework of physical education and had lost it importance, are being introduced in the new syllabus. The physical education teacher has to conduct these activities as a part of syllabus. Sports being an important part of physical education various games and sports are taught to students. Ball games are most popular of all the various sports introduced in physical education classes. Sports such as basketball, football, volleyball, handball, netball, korfball are amongst the popular Games in urban India. Of all the above mentioned games korfball is relatively new game in India and growing in popularity. Its recreational value and states of enjoyment has drawn the attention of both male and female players at the professional level. Korfball has always been considered as a game of perception, timing, accuracy and agility along with a high level of fitness. It is an exciting and challenging game. Korfball has attained an impressive level of popularity in international arena in Competitive sports. Our Indian athletes also represent national and international competition in this game. A great number of youths belonging to various colleges and universities in India participate in this game at the intra and inter University competition. Although “Korfball” is popular among the Indian games and sports, here were no standard selection criteria for searching the sports talents. However, professional achievement in this sport needs a research-based support, which is the need of the day and hence the study.

Historical Perspective of Test, Measurement & Evaluation

The origin of testing and measurement coincides with that period of history often cited as the beginning of formal Physical Education, the mid 1800s. Dr. Hitchcock worked in the science of anthropometrics; his work introduced a quantifiable and objective approach to physical education. The pioneer efforts of Dr. Hitchcock and other medical doctors turned physical educators marked the beginning of era in which measurement was developed, implemented, and promoted. Around 1880, the use of measurement in the field of physical education broadened to include more than the study of anthropometrics. In the beginning of 20th century, public schools and colleges began to introduce achievement tests into their curricula. In 1920, new statistical techniques were developed and more precise method to construct tests became available. Rating scales and inventories to access social and moral attributes were developed. World War II prompted a national concern for physical fitness and colleges and public schools renewed their physical education program by shifting their syllabus of physical education from a sports orientation to physical training. New physical fitness tests developed at rapid rate to meet needs of nation at war. United States involvement in the Korean conflicts became the reason to make U. S. Youth physically fit. Kraus-Weber test of minimum muscular strength helped U. S. to know the fitness of U. S. youth over European youth. This outcome of this was the establishment of President’s Council on Youth Fitness & development of the AAHPER (American Association for Health, Physical Education & Recreation) youth fitness test. From 1990s physical education has become an integral part of physical education. Experts or scientist from this field has established clearer meaning and definition of physically fit and physically educated person. Test, measurement and evaluation is only way to assess the person and suggest better physical fitness program to live more active and healthy life.

Brief introduction of Korfball game

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10 Ibid P 5
11 Korfball history(n.d) Korfball, Retrieved on 12.01.08 from www.korfball.co.uk/whatiskorfball.html
Korfball, invented in 1901 by an Amsterdam schoolmaster, Nico Broekhuysen is a game comparable to netball and basketball with one major exception – the game is designed to be played by mixed teams. It was designed by Nico Brokhuysen in this way because he wanted a game, which could be played by his schoolchildren where both boys and girls were able to compete on equal footing within the same game. It was first demonstrated in Holland in 1902, just a few years after James Naismith invented basketball in the USA. A national association was formed in Holland in 1903 and soon the game was spread to almost 40 other countries, including Armenia, Australia, Belgium, Germany, India, Indonesia, Portugal, Spain, Japan, Taiwan and USA. The federation international de Korfball was formed in 1923 and this changed its name to the International Korfball federation in 1978. The IKF is recognized by the International Olympic Committee and is a member of ARISF and the IWGA. In the latter organization, which organizes the World games – for non – main Olympic Sports and held the year after each Olympic year – Korfball is one of the more popular sports and has its President as the Senior Vice – President of the IWGA.

Korfball in India

India had hosted the first Asian-Oceania Korfball Championship in Delhi in 1991, and the fifth World Korfball Championship in Delhi in November 1995. From 1979, when the game was first introduced in India, Korfball popularity has continued to rise and now the game is being played in 27 States with each state having its own association to promote and organize events. Korfball is recognized by the Union Ministry for Youth Affairs and Sports, Government of India and national championships in senior, junior and sub-junior categories and the inter-University and inter-school championships are being held regularly.

Salient features

- Inception 32 years ago in 1979.
- Oldest Korfball playing country in Asia.
- KFI has achieved many a landmark in last two decades.
- Effective structure of 27 State Associations; balanced geographical spread and coverage. Inter district competitions conducted by State Associations at regular intervals.
• Korfball introduced in Inter-School, Inter-University Curriculum.
• Increasing nationwide popularity.

1.1 Statement of the problem
The discussion presented above that available research literature about this game reveals that the present status of this game had neither been understood by the professionals nor by the authorities controlling this game in Indian sports. It has, therefore, been considered appropriate by the present investigator to construct the “Korfball skill test” for college student. Hence, to achieve this purpose, the researcher had undertaken the problem as follows “Construction and Standardization of Korfball Skill Test for Collegiate Players of Pune University”

1.2 Significance of the problem
• Although “Korfball” is popular among the Indian games and sports, here were no standard selection criteria for searching the sports talents.
• Research Literature on Physical Education and sports related that there were ample studies available related to the construction, development of ‘Skill Test’ almost all the major games\textsuperscript{12,13,14,15,16,17,18}, however, no scientific as well as objective method is available, till to date, for measuring or evaluating the skills prior to selection of the players for camp.
• Sports teacher and coaches or “Korfball” generally, used simple observation selection criterions, which consume more, time as well as in accurate too. This in

\textsuperscript{12} Alston, J.D. (1965). The physical performance of high school girls on three physical tests. \textit{Completed research In health, physical education and recreation Including International Sources}, 7,P. 74
\textsuperscript{13} Bitcon, L.E. (1965). Validation of four item fitness test and norms for high school boys in state of Iowa. \textit{Completed research In health, physical education and recreation}, 8,P. 37
\textsuperscript{17} Poteat, C.E. (1985). A Skill test battery to determine overall racquetball playing ability. \textit{Completed Research in Health, Physical Education And Recreation}, 27,P. 215
\textsuperscript{18} Umfress, L.S. (1978). Test reliability and validity of basketball skills battery for secondary Girls. \textit{Completed Research in Health, Physical Education And Recreation}, 20, P. 38,
turn discards the youth who have good potential or pre – requisites to be a good player.

- No accurate method was available to predict a player potentially for top performance in Korfball.
- The Indian federation and association of “Korfball” never took a lead for better Prospectus of this game through research, except amendment in some rules and regulation.
- No standard research in this line had been conducted so far for the Promotion of this game. Although there is multiplicity of opinion, the above points infer that there was a need for standard ‘Korfball skill test’, which could be of great use in selecting the sports talent in Korfball for top performance.
- Total number of subjects participating in this study was sufficient to meet the objective; however, it can be increased further for extensive research.
- The study had further scope in dealing with university, state and National level Korfball players
- Physical education teacher and sports coaches can discover the talents in Korfball from largely participating college population by administering the newly “constructed” Korfball skill test.
- The beginning and the trained experienced players as classified can exercise specified sports training to enrich top performance in actual game situations.
- This study will also enable the Korfball players to realize their own level of performance and such awareness, without doubt will improve their over all skill in game situation.
- Researchers, worker of physical education and sports will get a skill test as research tool in their hands for conducting further investigation in the area of Korfball and other game.

### 1.3 Objectives of the study

The present study had been conducting with following objectives.

1.3.1 To design and construct skills test for Korfball game.
1.3.2 To standardized the constructed skills test in Korfball game.
1.3.3 To prepared the norms for Pune university Korfball players.

1.4 Hypothesis
Since the theme of the study was new and it will be justified with a sound review of literature, the researcher hypothesizes that:

- \( H_1 \): “Korfball Skill Test” would possess significant Reliability for the selected skills Test.
- \( H_2 \): “Korfball Skill Test” would possess significant Objectivity for the selected skills Test.
- \( H_3 \): “Korfball Skill Test” would possess significant Validity for the selected skills Test.

1.5 Delimitation of the study
Since the researcher had to work [i.e. develop a korfball skill test] successfully with proper planning within the limited time and finance, researcher has delimited the study as follows:

1.5.1 The study was delimited to Boys and girls in the Korfball College teams affiliated to the Pune University
1.5.2 The study was delimited to students studying in the under and postgraduate classes.
1.5.3 The study was delimited to the chronological age of the subjects under 25 years.
1.5.4 The study was delimited to construct and standardize test for following skills only, Field goal shooting, throw for accuracy, speed pass, Footwork & agility and pivoting skill.
1.5.5 The study was delimited to academic year 2008-09 and 2009-10 only.
1.5.6 The study was delimited to all the players who played intercollegiate level.

1.6 Limitation of the study
To conduct this investigation, this researcher had followed necessary steps with the proper care. In spite of this, researcher observed some shortcomings, which have been recorded in this section as follows.
1.7.1 It was not possible, in this study, to control over diet and psychological states of the participants.

1.7.2 Since collection of such a large data was not possible single handedly, the researcher had taken help from a number of qualified professional helper. Inclusion of such trained helper/assistance could facilitate easy data collection. However, the researcher could not control the inter and intra individual variation of these assistance.

1.7 Operational Definition of Important Study

Skill test
For the research the skill test are the test, which measures Korfball skills and are called skill test'

Korfball
Korfball is played by teams of 8(4 men, 4 women) on rectangular pitch 40m x 20m. The two zones defense and attack, are occupied are by two men and two women from each team. It calls for physical fitness of a high order, agility, speed, stamina endurance, flexibility, presence of mind and a strong purposeful determination in a player. The play is governed by specific rules approved by the international Korfball federation.

Collegiate players of University of Pune
For this research the collegiate player of Pune University are those players who participating Pune University inter collegiate teams.
**Construction**

It is the art of building of an assessment test or tools to assess the level of skills in a particular game.

**Standardization**

It is process of finding the consistency and objectivity in a test or tool to make the test reliable for further use.