SUMMARY

Sports performance is a multi-dimensional product of athlete's capacities and their interaction with athletic environment. Being multidimensional suggests that a variety of factors are involved in actually attaining performance goals.

Although successful athletes generally have typical performance characteristics, the pattern of these performance characteristics vary from athlete to athlete. When an athlete is low in some such trait or traits, he compensates by another.

But among all performance factors, motor fitness development is pre-requisite for all the athletes. However, importance of various components of fitness vary with different sports. Harre (1979) said, for a high level of performance physical fitness is most important and fundamental criteria.

Keeping in view of the significant contribution of motor fitness variables in the playing ability of a number of sports. An attempt was made to identify the important motor fitness variables to predict the playing ability of male and female table tennis players.

To achieve the objectives of the study following procedures were adopted

SAMPLE

To accomplish the study, the researcher used random sampling technique to select the subjects. The subjects were thirty two male and twenty two female inter-college level table tennis players, who were studying in various affiliated colleges and different departments of