ABSTRACT

A significant amount of research has been undertaken in recent years to identify the important factors underpinning high sports performance. Football is undoubtedly one of the most popular sports in the world, engaging people worldwide as players, spectators and TV viewers. It is a multifaceted sport that requires well developed physical fitness to be successfully played. Based on various research results, physical and physiological characteristics of soccer players are required to such a high level of anaerobic power, aerobic capacity, speed, muscular strength, agility and flexibility. Although one might expect team success to be strongly correlated to physical fitness, but there is limited evidence for such a relationship. An attempt has been made in the present investigation to explain the importance of physical fitness in performance of south zone inter University level football male players. Further, construction of norms in the form of percentile scores is also accomplished for future reference. The purpose of the study was to prepare a fitness profile of football players at the Inter University level and compare the results of physical fitness tests of other south Indian states with that of Karnataka state. An attempt has also been made to describe results of physical fitness tests in terms of percentile scores to construct norms for future interpretation. Subjects for the study were inter-University level male football players who competed at south zone inter-university competitions during the academic years 2011-2012 and 2012-2013. All together 259 subjects from different Universities were selected for this study. Random proportional sampling technique was observed for the present investigation to give equal importance to University level football players from all the four South Indian states. All the subjects selected for this study were tested for selected physical fitness components. Cardio-respiratory endurance was tested through beep test, strength endurance was tested though pull ups, speed was tested through 50 meters dash; agility was tested through 10 meters shuttle run; flexibility through sit & reach test; and explosiveness through standing broad jump. All the randomly selected subjects were tested at their respective coaching venues for the South Zone Inter University competitions. Prior to the administration of the test the investigator had a meeting with the selected subjects in order to orient them to the forth coming series of tests. The objectives and importance of the tests were made clear to the subjects. Data regarding physical fitness was collected by the researcher with the help of trained helpers. The raw data was treated with descriptive statistics like Mean and Standard Deviation for ascertaining the homogeneity of samples. In order to examine the hypotheses of the study, analysis of variance (ANOVA) was employed. The results of the study were tested under LSD (Least Significant Difference) post hoc test. There existed significant differences in all the physical fitness components among inter University level male football players belonging to different south Indian states. As part of norms construction for south zone inter University level male football players, percentile scales were constructed for each physical fitness test.

Key words: Football, Physical fitness, Talent identification, Sports training.