CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

SUMMARY

The purpose of this study was to standardize a battery of physical fitness tests and skill tests for selected games, namely, basketball, football and hockey for entrance test for Tamil Nadu Physical Education and Sports University. To achieve the purpose, 300 students were randomly selected from five physical education colleges, at the age group of 18 to 25 years. The newly standardized batteries of physical fitness and skill tests were administered on the subjects, which actually to measure the capability of each individual candidate.

The study was designed to standardize physical fitness and skill tests for Physical Education entrance in Tamil Nadu Physical Education Colleges. To achieve the purpose, the investigator formed the research method in three phases, namely, Pilot Study Phase, Testing Phase for Validity and Reliability and Testing Phase for Objectivity. During the Testing Phase for Reliability and Validity of tests standardized, the researcher found the reliability of the tests through test – retest (intra class) methods. Reliability of the constructed tests were also done by inter-rater (outside expert) with the 60 subjects, 30 in the age group of 18 to 21 and 30 in the age group of 22 to 25 were selected for this purpose. To ascertain the validity (criterion related and construct related) the athletic ability and playing
ability were determined by three experts when the selected subjects were in actual competitions. The obtained athletic and playing abilities were related with the skill scores of the subjects to determine criterion related validity. To determine the construct related validity the athletic ability and playing ability and physical fitness and skill scores of the subjects in the age group of 18 to 21 and in the age group of 21.1 to 25 were found and related so that to find the validity of the tests for both the age groups. To find out the objectivity of the tests, the investigator administered the tests for 300 subjects (randomly selected 5 physical education colleges in Tamil Nadu State). Based on the scores, hull scales were computed and the subjects were classified and thereby the objectivity of the skill tests could be proved.

CONCLUSIONS

1. It was concluded from the results of the study that the newly designed physical efficiency test has the reliability. Hence, it was proved by test and retest method.

2. It was concluded from the results of the study that the newly designed skill test in basketball, football and hockey has satisfied the reliability to be the standardized tests.
3. It was concluded that the speed, explosive power, abdominal strength and muscular endurance measures the physical efficiency (athletic ability) of an individual.

4. It was concluded from the results that the passing, dribbling and shooting skills in basketball, football and hockey games measures the playing ability of the respective games.

5. It was concluded from the results of the study that athletic ability contributed to the basketball playing ability.

6. It was concluded from the results of the study that athletic ability contributed to the football playing ability thereby increasing the passing, dribbling and shooting skills in football.

7. It was concluded from the results of the study that hockey playing ability was influenced by athletic ability.

8. It was concluded that constructed hull scale norms can be used to classify the subjects on athletic ability, basketball, football and hockey playing ability separately.

**RECOMMENDATIONS**

1. The test items can be used to identify the athletic ability of the subject.
2. The test items can be used to identify the basketball, football and hockey playing ability of the subject.

3. The constructed norms can be used to classify the subjects based on their athletic and playing ability in basketball, football and hockey.

4. The constructed tests and norms can be used in the selection process of Tamil Nadu Physical Education and Sports University and its affiliated colleges.

5. The constructed tests and norms can be used in various selection processes like appointment, admission and selection of teams in school and college levels.

6. This study would help the physical education directors, physical education teachers and coaches in selecting the team and evaluate the players’ performance.

7. This study might enlighten the physical educationist about the importance of athletic ability in playing basketball, football and hockey.

8. This study would give the knowledge of how the passing, dribbling and shooting skills contribute to the playing ability in basketball, football and hockey.
9. Similar study may be done with the larger number of samples.

10. Similar study may be done by considering other skills in the basketball, football and hockey.

11. Similar study may be done by considering other games.

12. Similar study may be done with girls also.