ASSESSMENT OF PHYSIQUE CHARACTERISTICS AND TRAINING PATTERNS OF INDIAN UNIVERSITIES WOMEN SOCCER PLAYERS

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ABSTRACT
The purpose the study was assessment of physique characteristics and training pattern of Indian Universities women soccer players, 126 soccer players were selected as subjects for this study. The selected variables for the study were standing height, weight, fat percentage (biceps skin fold, triceps skin fold, sub scapular skin fold, super-iliac skin fold), leg length, chest muscle girth, thigh muscle girth, biceps muscle girth, calf muscle girth, bone diameter, elbow epicondyle, knee epicondyle, shoulder width. The average body weight, height, weight, fat percentage (biceps skin fold, triceps skin fold, sub scapular skin fold, super-iliac skin fold), leg length, chest muscle girth, thigh muscle girth, biceps muscle girth, calf muscle girth were 49.54 Kg, 156.44 cm, 81.5 cm, 7.38 mm, 10.41 mm, 12.71 mm, 18.59 mm, 5.07 cm, 8.06 cm, 33.54 cm, 23.41 cm, 54.67 cm, 48.51 cm, and 80.44 cm respectively. All 8 universities give 4 hours and 18 minutes for soccer training which is higher. Average session of training per day was approximately 2 for every team. All 8 universities trained for six days a week and for about 8 months and 23 days a year which is highest. All universities start training at early age of 15 years on average.

KEYWORDS: Physiology, Skin fold, Fat Percentage, Epicondyle

INTRODUCTION
The analyses of the highest achievers in soccer show that excellence in games the product of different training programmed and physique characteristics. There are many detailed study regarding the specific characteristics of women soccer player participation in intervarsity championships. But it is not much clear for each of these profiles contributions to the achievement of performance. Sports performance is the sum of numerous factors which can vary from individual to individual, even if ultimately they achieve similar results in the competition.

Soccer is a game of physical fitness components. The soccer player must be among the most physically fit of the athletes in terms of physical fitness at one hand and physiological and pre-requisites at the other, and is equally important to maintain the equilibrium of the players. The motor performance qualities commonly recognized in soccer are speed, strength, explosive power, agility and endurance and coordination with constant demand for high sports performance.

The purpose of the study was of assessment of physique characteristics and training pattern of Indian Universities Women Soccer Players.
METHODOLOGY

126 soccer players were selected as a subject for this study. These footballers have represented their national teams and all Indian interuniversity matches the subject had more or less close homogeneity in their training habits. They were undergoing regular training and living habits. The age of subjects ranged from 18 to 28 years. Prior to the administration of tests, a meeting of all the subjects selected was called in each centre in which their coaches were all present, along with data collection team. In the meeting the procedure of the test was well explained to the subjects. All the subjects voluntarily agreed to cooperate throughout the investigation. The selected variables for the study were standing height, weight, fat percentage (biceps skin fold, triceps skin fold, sub scapular skin fold, super- iliacc skin fold ), leg length, chest muscle girth, thigh muscle girth, biceps muscle girth, calf muscle girth, bone diameter, elbow epicondyle, knee epicondyle, shoulder width.

In order to assess the training programme of all Indian inter-university soccer players, a questionnaire consisting of six sample question was prepared and was named as questionnaire for assessment of training programmed. The question for assessment of training were like how many hours of soccer training per day? How many session of soccer training you go in a day? How many month of soccer training you go in a week? etc. a soccer player has done in order to nurture the talent to come to this level. The responses received were analyzed and final shape to the questionnaire was given the basic of responses received.

DESCRIPTION ABOUT CRITERION TEST

In order to assess and evaluate the soccer training program of soccer players. The following question was included in the soccer training program questionnaire.

Question 1. How many hours of football training you go in a day?
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Question 2. How many session of football training you go in a day?
1, 2, 3

Question 3. How many days of football training you go in a day?
1, 2, 3, 4, 5, 6, 7

Question 4. How many month of football training you go in a day?
1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Question 5. How many last year you have been undergoing training and playing of football (soccer)?
1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15

Question 6. In what age you started your training?
10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25
RESULT AND DISCUSSION

Table-1
Descriptive Analysis

<table>
<thead>
<tr>
<th>Team name</th>
<th>GND Univ.</th>
<th>BRAB Univ.</th>
<th>Kerala Univ.</th>
<th>MG Univ.</th>
<th>Mum Univ.</th>
<th>Goa Univ.</th>
<th>MK Univ.</th>
<th>Salem Univ.</th>
<th>Combined Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>51.53</td>
<td>46.5</td>
<td>50.9</td>
<td>48.76</td>
<td>50.6</td>
<td>39.11</td>
<td>49.44</td>
<td>49.00</td>
<td>49.54</td>
</tr>
<tr>
<td>Height</td>
<td>158.59</td>
<td>157</td>
<td>157.7</td>
<td>155.5</td>
<td>158.3</td>
<td>156</td>
<td>154.1</td>
<td>154.4</td>
<td>156.44</td>
</tr>
<tr>
<td>Leg length</td>
<td>82.12</td>
<td>79.5</td>
<td>80.1</td>
<td>82.64</td>
<td>82.34</td>
<td>82.94</td>
<td>80.44</td>
<td>81.31</td>
<td>81.50</td>
</tr>
<tr>
<td>B.S.F.</td>
<td>10.18</td>
<td>8.38</td>
<td>8.8</td>
<td>5.94</td>
<td>6.8</td>
<td>7.16</td>
<td>5.56</td>
<td>6.43</td>
<td>7.38</td>
</tr>
<tr>
<td>T.S.F.</td>
<td>14.65</td>
<td>10.6</td>
<td>13.6</td>
<td>8.52</td>
<td>8.33</td>
<td>10.16</td>
<td>8.68</td>
<td>8.43</td>
<td>10.41</td>
</tr>
<tr>
<td>S.S.F.</td>
<td>11.88</td>
<td>12.2</td>
<td>13.6</td>
<td>9.70</td>
<td>14.7</td>
<td>13.11</td>
<td>12.31</td>
<td>13.44</td>
<td>12.71</td>
</tr>
<tr>
<td>S.S.F.</td>
<td>17.06</td>
<td>17.2</td>
<td>20.0</td>
<td>17.82</td>
<td>19.8</td>
<td>18.38</td>
<td>18.5</td>
<td>19.25</td>
<td>18.59</td>
</tr>
<tr>
<td>E.E.</td>
<td>5.37</td>
<td>4.98</td>
<td>5.04</td>
<td>4.86</td>
<td>5.14</td>
<td>5.21</td>
<td>4.82</td>
<td>5.01</td>
<td>5.07</td>
</tr>
<tr>
<td>K.E.</td>
<td>8.21</td>
<td>7.93</td>
<td>8.23</td>
<td>7.81</td>
<td>8.09</td>
<td>8.15</td>
<td>7.96</td>
<td>8.06</td>
<td>8.06</td>
</tr>
<tr>
<td>S.W.</td>
<td>32.94</td>
<td>34.6</td>
<td>33.6</td>
<td>33.23</td>
<td>34.6</td>
<td>32.22</td>
<td>33.25</td>
<td>34.37</td>
<td>33.54</td>
</tr>
<tr>
<td>B.M.G.</td>
<td>24.18</td>
<td>23</td>
<td>23.6</td>
<td>23.58</td>
<td>22.73</td>
<td>23.72</td>
<td>24</td>
<td>22.15</td>
<td>23.41</td>
</tr>
<tr>
<td>C.M.G.</td>
<td>32.04</td>
<td>30.8</td>
<td>33.4</td>
<td>31.52</td>
<td>31.93</td>
<td>32.03</td>
<td>31.81</td>
<td>47.91</td>
<td>54.67</td>
</tr>
<tr>
<td>T.M.G.</td>
<td>48.59</td>
<td>47.6</td>
<td>48.4</td>
<td>49.47</td>
<td>46.9</td>
<td>48.78</td>
<td>49.56</td>
<td>47.91</td>
<td>48.51</td>
</tr>
<tr>
<td>C.M.G.</td>
<td>82.65</td>
<td>79.2</td>
<td>81.2</td>
<td>79.88</td>
<td>81.7</td>
<td>80.11</td>
<td>80.44</td>
<td>78.59</td>
<td>80.44</td>
</tr>
</tbody>
</table>

In Table -1 It is evident from all the above analysis that the average body weight of GNDU Amritsar 51.53 kg is highest and average body weight of Goa university is lowest according to other universities. The average height of GNDU Amritsar 158.59 cm is highest and average height MK university is lowest 154.19. The average leg length of Goa university 82.940 cm is higher and average leg length of BRAB Bihar 79.54 cm is lowest. The average biceps skin fold of GNDU Amritsar 10.18 mm is highest and the average of biceps skin fold of MK University 8.33 mm lowest the average of triceps skin fold of GNDU Amritsar 14.65 mm is highest and average of triceps skin fold of Mumbai University 8.33 mm is lowest. The average of sub scapula skin fold of Mumbai University 14.07 mm is highest and average of sub scapula of MGU Kottayam 9.70 is lowest.
The average of super iliac skin fold of Kerala University is 20.06mm is the highest while that of GNDU Amritsar 17.06mm is lowest. The average of elbow epicondyle of GNDU Amritsar is 05.37 cm. which is highest while that of M K University is 4.82 cm which is lowest. The average of knee extension of Kerla university is 8023cm. which is highest while that of MGU Kottayam is 7.81 cm is lowest. The average of shoulder depth of BRAB Bihar is 34.69 cm which is the highest while that of GOA University is 32.22 cm which is lowest. The average of biceps muscles girth of JNLU Amritsar 24.18 cm is highest while that of Selam Ubni. 22.15 cm is lowest. The average of calf muscles girth of Selam University 47.91 cm is highest while that of BRAB Bihar 30.8 cm is lowest. The average of thigh muscles girth of 49.56 cm is highest while that of Mumbai uni. 46.9 cm is lowest. The average of chest muscles girth of GNDU Amritsar 82.65 cm is highest what that of Selam University 78.59 cm is lowest according the other universities.

The average of body weight, height, leg length, biceps skin fold, triceps skin fold, sub scapular skin fold, super illiac skin fold, elbow epicondyle, knee epicondyle, shoulder width, biceps muscle girth, chest muscle girth, thigh muscle girth, calf muscle girth, 49.54 kg, 156.44 cm, 81.5 cm, 7.38 mm, 10.41 mm, 12.71 cm, 18.59 mm, 5.07 cm, 8.06 cm, 33.54 cm, 232.41 cm, 54.67 cm, 48.51 cm, 80.44 cm respectively.

The average of physique characteristics of every performer of Selam University is approximately equal to the combined mean of physique characteristics. This shows that, physique characteristics are also one of the major factors in winning a game.

Table-2
Combined Mean Scores of Training Program of Women Soccer Players of Indian Universities

<table>
<thead>
<tr>
<th>Questions</th>
<th>N=126</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many hours of soccer training go in a day?</td>
<td>1.18</td>
<td>0.72</td>
<td></td>
</tr>
<tr>
<td>How many session of training of a day?</td>
<td>1.66</td>
<td>0.2</td>
<td></td>
</tr>
<tr>
<td>How many days training go in a week?</td>
<td>5.65</td>
<td>0.53</td>
<td></td>
</tr>
<tr>
<td>How many month training go in a year?</td>
<td>8.23</td>
<td>1.47</td>
<td></td>
</tr>
<tr>
<td>For how many last years under going training and playing?</td>
<td>7.04</td>
<td>2.35</td>
<td></td>
</tr>
<tr>
<td>In what age started training?</td>
<td>15.06</td>
<td>2.21</td>
<td></td>
</tr>
</tbody>
</table>

In table no.2 it is evident from the above analysis that the all eight universities give four hours and eighteen minutes per day for soccer training which is higher. Average of sessions of training per day is approximate two for every team. All eight universities were training for about eight moth and twenty three days which is highest. All team have been doing training since last seven years which is highest. All universities started doing training at early age of 15 year on an average.
CONCLUSION
The physique characteristics mainly height, body weight, leg length, muscles girth, body fat percentage, bone diameter is significantly distinct on soccer performance.
The top eight position of Indian universities soccer players undergoing for four hours and eighteen minutes in a day. Two session in a day, six day in a week, eight months and twenty three in a year, their training is age is seven year on an average and soccer played training age is fifteen years on an average.
It is further concluded that top eighteen players of Indian universities level are superior in training.

REFERENCES
A COMPARATIVE STUDY OF LEADERSHIP QUALITY
OF INDIVIDUAL AND TEAM SPORTS

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Keywords: Leadership Quality, Team Sports.

1. INTRODUCTION
Leaders are born; we can not hope to develop them, only
to establish them. Leaders should always be found in the act
of “leading”; quiescence is the followers. “Leadership
action is more than words describe-it is a quality
of interaction which takes on added meaning for people as
they live it and study its significance.”

Generally, larger groups need more structured leadership
which may not be available. Moreover, larger groups are
likely to have potentially disruptive coalition than is true
among smaller groups. While finally larger groups often
are focused on a wider variety of both group and personal
that in larger groups shifts in cohesion are not likely to be
as abrupt as it true in smaller groups. However, when a
larger group’s more difficult to change the quality of “we
feeling” among members.

If the team does well, and the leadership and norms
established by the conservative coalition; are satisfactory,
this initial clique is not countered. However, if things do
not go well, it is highly possible that a revolutionary
coalition will form, composed of medium or low status
members, whose opinions assume some power because of
the lack of effectiveness of the norms of the first formed
conservative coalition. The purpose of the study was to
compare the leadership quality between participants of
individual and team sports. It was hypothesized that there
would be no significant difference of leadership behavior
between the participants of individual & team sports. For
the purpose of present study sixty female Inter-university
players were selected by using random technique. The
subjects belonged to different categories of sports such as
individual sports (track & Field and Swimming) Team
games (Football Basketball) The age of the subjects
ranged from 17 to 25 years.

Boucher conducted a study of effect of the congruence
of leadership style and task relevant ability on leadership
effectiveness of intramural/recreational sports director
covaries with the congruence of leadership style and task
relevant ability. In effect, it was and investigation of the
adequacy of situational leadership Theory (SLT) in a
selected sport environment. Using the lead self Instrument,
the leadership style of 174 randomly selected intramural/
recreational sport directors was ascertainment. Leadership
style was considered to be two dimensional consisting of
task oriented and relationship oriented behavior.

2. METHODOLOGY
A likert type questionnaire prepared by L.I. Bhushan
(Head and Prof., Department of Psychology, Bhagalpur
University, Bhagalpur) consisting 30 items measures
authoritarian vs. democratic leadership was employed for
this study. The Leadership Preference Scale was chosen
for this study because it is suitable for Indian Population &
mends for the same age group. The reliability & validity of
this leadership Preference Scale is high and administrative
feasible. The players of different individual & team sport
were asked to underline only one of the five alternative
responses for a positive item (i.e. an agreement with which
indicated preference for democratic leadership) the scoring
was done as following:

<table>
<thead>
<tr>
<th>Responses</th>
<th>Agree</th>
<th>Undecided</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scores</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>

In case of negative items (i.e., an agreement with which
indicated preference for autocratic leadership) the scoring
was reversed. The total score was the sum of the scores on
all the statement.

To compare between team and individual sport,
questionnaire were distributed and mailed and after
collecting the questionnaire score were assigned. On the
basis of those scores mean, standard deviation and
difference between mean of team game and individual game were draw out, t-ratio was employed.

3. FINDINGS
To find out the comparison between team games & Individual sports, t-test was employed which is presented in table.

Table 1: Comparison of the Scores of Leadership Behavior of the Participants of Team Game and Individual Sport

<table>
<thead>
<tr>
<th>Groups</th>
<th>Mean</th>
<th>SD</th>
<th>DM</th>
<th>DM</th>
<th>T-ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>102.033</td>
<td>11.935</td>
<td>4.133</td>
<td>3.021</td>
<td>1.368</td>
</tr>
<tr>
<td>Team</td>
<td>97.9</td>
<td>11.463</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significance 0.05 Level, Tab. 05 (two tailed) =2.042

Table shows that mean of individual group is 102.022 and standard deviation is 11.935 and on other hand mean of team group is 97.9 and standard deviation is 11.436. t-value obtained is 1.368 which is insignificant of the tabulated value needed for significance at .05 level is 2.042.

Discussion of Findings an insignificant difference in leadership between the participants of individual and team sport was obtained by means of t-test. This insignificant difference may be because the participants practices in similar kind of environment irrespective of team or individual sport. Sport participations being gregarious in true, they might be mixing with others before as well as after training. Over and above this, the influencing factors for leadership might be their background, the background training and behavior of coaches, the opportunities for development of leadership qualities etc.

Since these factors were also similar for participants of both individual and team games, hence, insignificant difference might have been obtained. On the basis of the results of the study hypothesis framed in chapters one is accepted as insignificant difference between participants of individual sport and team games was obtained.

4. REFERENCES
[2] Venek and Cratty, Psychology and the superior Athlete, P140