The concept of fitness is very old, since the beginning of man’s existence. But in modern society the concept of fitness for general mass is health and wellness. But the fitness of an athletic is quite different from that of common people. During 1950’s various organisation took initiative in educating common people about the consequence of low fitness level. But from the athlete the question of low fitness level does not arise. The concept of fitness has been changed during last 35 years or more and it is now focused as health related fitness and skill related fitness. The present research is an attempt to find out skill related fitness profile of three sporting group namely soccer, cricket and kabaddi skill related fitness not only dependent on bodily aspect but a dual concept of body and mind. Benefit of participation in competitive sports mainly for the university students are focused to develop social skill, fitness, resourcefulness, stress tolerance, character building and self confidence. The present endeavour is to locate skill related physical fitness, specific physiological condition and sports achievement motivation of the students taking part in the Inter University Competition during their preparation of future life.

Date:

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