Chapter-V

SUMMARY CONCLUSIONS AND RECOMMENDATION

Sports Scientists and physiologists are of the view that anthropometry and physical components of an athlete have a lot to do with the performance, more than the technique and tactics of a player or a team. The research findings show that the high level of technique perfection alone has nothing to do with the success in competitive sports. Most of the games demand a greater amount of speed, strength, endurance, flexibility, coordination and maximum fitness of the organism.

SUMMARY

The purpose of study was to compare whether there were significant difference in selected anthropometric measurements and motor fitness components among football players in relation to positional play. Sixty male National level football players were selected as subjects for the study from West Bengal and Orissa. The age level of subjects ranged from 23 to 28 years.
The anthropometric measurements variable from the study were body weight, standing height, arm length, leg length, fore-leg length, thigh girth, calf girth and foot length. The motor fitness components were speed, agility, power and cardio-respiratory endurance. The test re-test method were used to establish the reliability of the data.

The following criterion were followed to measure anthropometric measurements and motor fitness components. The weight was taken with the help of standard weighing machine, standing height was measured with help of wall scale, arm length, leg length, fore-leg length, thigh girth and calf girth were measured with the help of flexible steel tape. Foot length was measured with the help of calipers.

The Motor fitness components (speed, agility, power and cardio-respiratory endurance) were measured by administering 50 meter dash, 4 x 10 meter shuttle run, vertical jump and 600 meter run respectively.

In order to compare anthropometric measurements and motor fitness components of defenders, mid-fielders and attackers of football players, the ‘one way analysis of variance’* was used. The level of significant was set at .05 level.

The results of study indicate that defenders, mid-fielders and attackers had no significant differences in anthropometric measurements.
i.e. body weight (F=2.31), standing height (F=.396), arm length (F=.14),
leg length (F=.468) fore-leg length (F=2.22), thigh girth (F=1.50), calf
girth (F=.68), and foot length (F=3.02) to be significant the value was
required 3.17 at .05 level of confidence.

The findings also showed that there were no significant differences
among defenders, mid-fielders and attackers of football players of in
motor fitness components i.e. speed, (F=2.92), agility (F=2.20), and
power (F=1.01). However in cardio-respiratory endurance (F=3.41)
which showed significant among defenders, mid-fielders and attackers
of football players.
CONCLUSIONS

With the limitations of the present study following conclusion may be drawn.

1. There were no significant differences between defenders, midfielders, and attackers of football players in anthropometric measurements, body weight, standing height, arm length, leg length, fore-leg length, thigh girth, calf girth and foot length.

2. There were no significant difference between defenders, midfielders and attackers of football players in motor fitness components of speed, agility and power.

3. The Cardio-respiratory endurance in motor fitness components showed the significant difference among defenders, midfielders and attackers of football players.

4. In case of cardio-respiratory endurance attackers showed better compared to defenders and midfielders.
RECOMMENDATIONS

In the light of conclusion drawn the following recommendations are made

1. There was no significant difference of anthropometric measurements and motor fitness components, except cardio-respiratory endurance among defenders, mid-fielders and attackers of football players. So it is recommended that in modern football all these variable have equally importance for players playing at different positions.

2. Similar studies may be carried out on subject with other age levels and sex.

3. Similar study may be done on different levels of football players (Inter-University or International level) using other anthropometric measurements and motor fitness components.

4. Similar study may be done on subjects participating in other team games and individual sports.