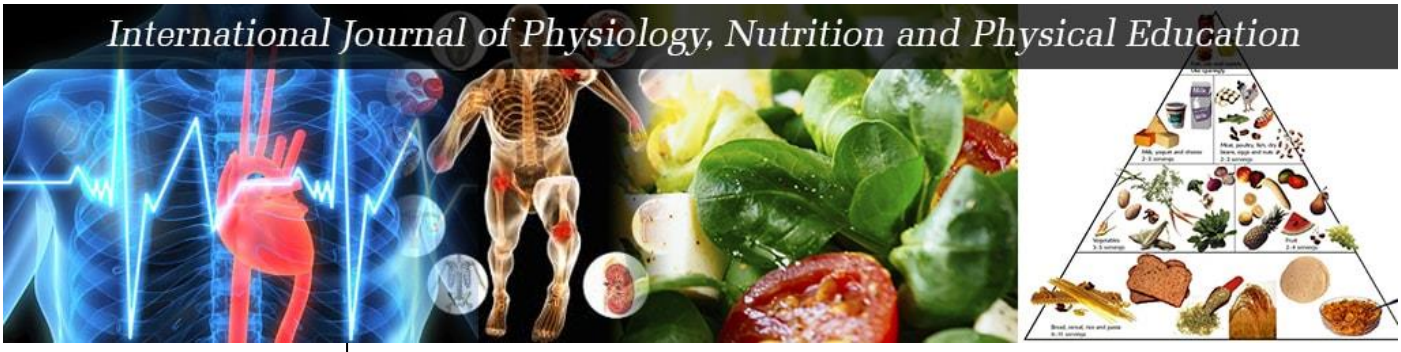

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Dr. G Kumarasamy
Assistant Professor, Dept. of Physical Education and Sports Sciences, Annamalai University, Chidambaram, Tamil Nadu, India

Corresponding Author:
Dr. G Kumarasamy
Assistant Professor, Dept. of Physical Education and Sports Sciences, Annamalai University, Chidambaram, Tamil Nadu, India

Analysis on speed among male and female of team and individual sports

Dr. G Kumarasamy

Abstract
The purpose of this study was to find out the analysis on speed among male and female of team and individual sports. To achieve the purpose of the study sixty male and sixty female players who has participated in various sports and games in Tamil Nadu and Pondicherry state inter physical education tournament held at Department of Physical Education and Sports Sciences, Annamalai University, Chidambaram, Tamil Nadu, India, were selected as subjects. The age of the subjects ranged from 18 to 25 years and all the subjects were healthy and normal. One hundred and twenty (N=120) subjects were selected from two kind of population (Male N=60) and (Female N=60) further both male and female subject were selected from the two areas (Team sports= 30 and Individual sports =30 respectively) of various sports and games. The collected data analysed by descriptive statistics and two-way analysis of variance were applied to find out the significant difference on speed among male and female of team and individual sports players.

Keywords: Speed, team and individual sports

Introduction
Athletic competence refers to the integrated physical performance necessary for techniques and tactics enhancement and excellence in all kinds of physical exercises. The integrated physical performance involves anthropometric characteristics, physiological function, health and physical performance, among which physical performance is the most important athletic competence, while anthropometric characteristics, physiological function and health form a good basis for an ideal physical performance (Guo, 1999) [4].
Physical performance can be defined as human body competence in strength, speed, endurance, agility and flexibility in playing sport. The performance is related not only with anatomical and physiological characteristics, but also with training level and nutritional condition. Physical performance is a basis of mastering and the improving sports skills and achievements (Ye, 1995) [6].

Methodology
Subjects and Variables
The purpose of this study was to find out the analysis on speed among male and female of team and individual sports. To achieve the purpose of the study sixty male and sixty female players who has participated in various sports and games in Tamil Nadu and Pondicherry state inter physical education tournament held at Department of Physical Education and Sports Sciences, Annamalai University, Chidambaram, Tamil Nadu, India, were selected as subjects. The age of the subjects ranged from 18 to 25 years and all the subjects were healthy and normal. One hundred and twenty (N=120) subjects were selected from two kind of population (Male N=60) and (Female N=60) further both male and female subject were selected from the two areas (Team sports= 30 and Individual sports =30 respectively) of various sports and games. The collected data analysed by descriptive statistics and two-way analysis of variance were applied to find out the significant difference on speed performance among male and female of team and individual sports players.

Results

Table 1: Descriptive Statistics on Speed among Male and Female of Team and Individual Sports

Variables	Male				Female			
	Team Sports (N=30)		Individual Sports (N=30)		Team Sports (N=30)		Individual Sports (N=30)	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Speed	7.03	0.56	6.58	0.35	7.87	0.37	7.53	0.21

Table – 1 presents the mean and standard deviation values of male's team and individuals sports are 7.03 ± 0.56 and 6.58 ± 0.35 and female's team and individuals sports are 7.87 ± 0.37 and 7.53 ± 0.21 respectively on speed.

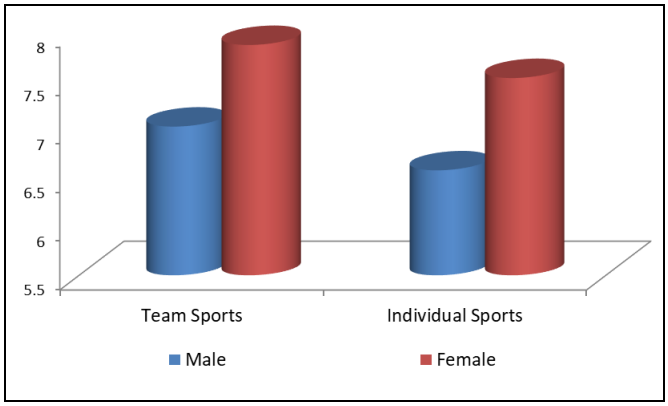

Fig 1: Cylinder Diagram on Speed among Male and Female of Team and Individual Sports

Table 2: Two-Way Analysis of Variance on Speed among Male and Female of Team and Individual Sports

Source of Variance	Sum of Squares	Df	Mean Squares	Obtained "F" ratio
Gender (Male & Female)	24.12	1	24.12	153.45*
Sports (Team & Individual)	4.72	1	4.72	30.03*
Interaction (Gender & Sports)	0.08	1	0.08	0.54
Error	18.23	116	0.15	

(Table values required for significance at 0.05 level with df 1 and 116 is 3.92)

Table –2 shows that the obtained 'F' ratio value of 153.45 for gender is greater than the table value of 3.92 with df 1 and 116 required for significance at 0.05 level of confidence. The result of the study shows that significant difference exists among gender (male and female) irrespective of sports (team & individual) on speed.

The obtained 'F' value of 30.03 for sports is higher than the table value of 3.92 with df 1 and 116 required for significance at 0.05 level of confidence. The result of the study shows that significant difference exists among sports (team & individual) irrespective of gender (male and female) on speed.

Also the obtained 'F' value of 0.54 for interaction (gender and sports) is higher than the table value of 3.92 with df 1 and 116 required for significance at 0.05 level of confidence. The result of the study shows that there is no significant difference exists in the interaction (gender and sports) on speed. It is concluded that the male and female individual players was better than the team players on speed.

Discussion

The result of the study shows that significant difference exists between gender (male and female) on speed. The following studies results are supporting with my findings. Berk (1997) showed that boys are generally slightly more advanced than girls in regard to force and power. Better performance in males has been observed in test of strength (Backman, 1988; Benefice, *et al*., 1999) [1, 2], speed (Benefice, *et al*., 1999; Toriola and Igbokwe, 1986) [2, 5].

Conclusions

The conclusion of the study shows that significant difference exists between gender (male and female) on speed.

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