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A study on balancing ability among Kuvempu University sports persons in deferent game players

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Abstract
Introduction: In many sports, superior balance ability is necessary to achieve the highest competitive level and avoid lower limb injuries (H. Kiers, J; 2013). It is very important to have superior balance for high performances because many competitive sports are performed in a standing position. Balance is the ability to maintain the body's center of mass over its base of support. A properly functioning balance system allows humans to see clearly while moving, identify orientation with respect to gravity, determine direction and speed of movement, and make auto-matic postural adjustments to maintain posture and stability in various conditions and activities.
Purpose: The purpose of the study was to investigate on balancing ability among kuvempu university sports persons in deferent game players. Accessing the balancing ability through a standard balance test.
Methodology: This purpose of study was selected One hundred subjects in different game players of Kuvempu University. The study will be selected through random sampling method. Male (N=100) who have participated in intercollegiate level sports competition and interuniversity level sports competition in various sports games in the year of 2018-19. Accessing the balancing ability through a standard stork balance stand test.
Hypothesis: It was hypothesized that there will be a kuvempu university sports players balancing ability was good as per available norms.

Keywords: Physical fitness, balance

1. Introduction
In many sports, superior balance ability is necessary to achieve the highest competitive level and avoid lower limb injuries (H. Kiers, J; 2013) [1]. It is very important to have superior balance for high performances because many competitive sports are performed in a standing position. Balance is the most inherent human function for producing and continuing movement patterns. The application of principles of balance and stability when performing specific sports skills is indispensable to success. Further, balance is considered as a limiting factor for performance in sports (Zemkova, 2014) [3]. Balance is the ability to counteract forces that would interrupt equilibrium. Balance is a fundamental ability of human movement. Maintaining balance during anti-gravitational activities as well as proper body posture represent a ground-stone for the execution of other secondary movements. These are used to propel body through space or manipulate with the surrounding environment (Winter, 1995) [2]. Balance is generally defined as the ability to maintain the body center of gravity within its base of support and can be categorized as either static or dynamic balance. Static balance is the ability to sustain the body in static equilibrium or within its base of support (Goldie *et al*., 1989; Olmsted *et al*., 2002) [4, 5]. Dynamic balance is supported to be more challenging because it requires the ability to maintain equilibrium during a transition from a dynamic to a static state (Ross and Guskiewicz, 2004) [6]. Both static and dynamic balance require integration of visual, vestibular, and proprioceptive inputs to produce an efferent response to control the body within its base of support (Irrgang *et al*., 1994; Guskiewicz and Perrin, 1996) [7, 8]. In recent years, balance training has become a very popular addition to more standard athletic training programme in many sports Balance can be defined as the ability to maintain the body's center of gravity over the base of support and results from neuromuscular actions in response to continuous visual, vestibular and somato-sensory feedback.

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2. Methodology
One hundred subjects in different game players of Kuvempu University. The study will be selected through random sampling method. Male (N=100) who have participated in intercollegiate level sports competition and interuniversity level sports competition in various sport games in the year of 2018-19 and the data was collected from male sport players. Accessing the balancing ability through a standard stork balance test.

3. Statistical Analysis
In order to assess balancing ability of kuvempu university sportspersons statistical techniques will be employed. The percent analysis will be performed on the data pertaining to different variable selected for the investigation and matched against available norms.

4. The Analysis, Interpretation and Results of Study
The purpose of the study will be to investigate on balancing ability among Kuvempu university sports persons in deferent game players. The data was collected from male sport players in various games. Accessing the balancing ability through a standard stork balance test. The rating of balancing ability is given table: 1

Table 1: The rating score of standard stork balance test

Rating	Score (seconds)
Excellent	> 50
Good	40 - 50
Average	25- 39
Fair	10 - 24
Poor	< 10

Table 2: Balancing Ability among Kuvempu University different level sports players

Stork balance test	Total no. of subjects	Total no. of respondents	Percentage%
Excellent	100	06	06%
Good	100	07	07%
Average	100	65	65%
Fair	100	22	22%
Poor	100	00	00
Total			100

The percentage of Balancing Ability among Kuvempu University sports players is 06% of sports players balancing ability was Excellent, 07% of sports players balancing ability was good, 65% of sports players was Average, 22% of sports players balancing ability was fair and zero percentage of sports players balancing ability was Poor.
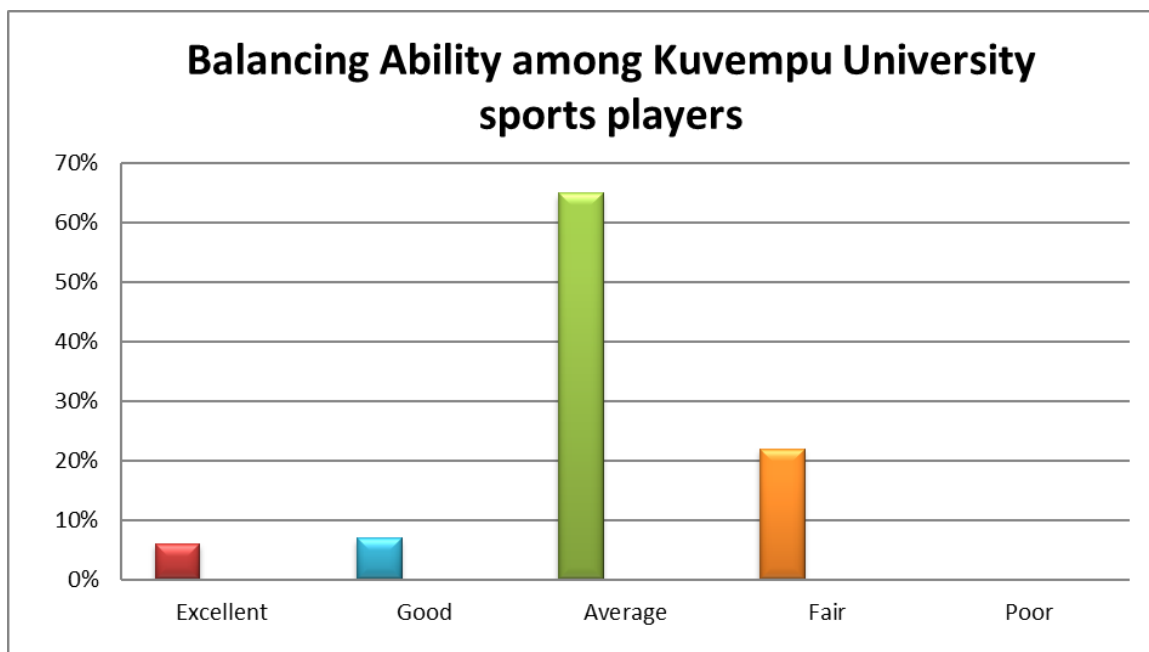
Fig 1: Balancing Ability among Kuvempu University sports players

Above the figure shows Out of 100 of intercollegiate and university level sports players The percentage of Balancing Ability among Kuvempu University sports players is 06% of sports players balancing ability was Excellent, 07% of sports players balancing ability was good, 65% of sports players was Average, 22% of sports players balancing ability was fair and zero percentage of sports players balancing ability was Poor.

Table 3: Sum and Mean (Average) score of Balancing Ability among Kuvempu University sports players

Subjects	Sum	Mean
100	3106	31.06

The mean score of balancing ability is 31.06 Out of 100 Balancing Ability among Kuvempu University sports players,

The percentage of Balancing Ability among Kuvempu University sports players is 06% of sports players balancing ability was Excellent, 07% of sports players balancing ability was good, 65% of sports players was Average, 22% of sports players balancing ability was fair and zero percentage of sports players balancing ability was Poor. Therefore, Kuvempu University male intercollegiate and university players in various spot games players have Average level of balancing ability.

5. Summary
The study was selected by the investigator to identify the Balancing Ability among Kuvempu University sports players. So the investigator selected the subjects from Kuvempu University intercollegiate and university players in various

spot games male players. To collect the data for the study standardized stork balance stand test respectively were used.

The analysis of stork balance stand test scores show that the study was selected by the investigator to identify the level of Balancing Ability among Kuvempu University male sports players. So the investigator selected the subjects from Kuvempu university intercollegiate university players in various spot games male players with average of 31.06%.

The findings of the study revealed that there is possibility to show good performance at sports competitions, if kuvempu university intercollegiate and inter university male sports players have average level of balancing ability.

6. Conclusions
Based on analysis and results, the following conclusion was drawn. From this study, it is indicated that the rating of balancing ability are average because of same level of training and participation in Kuvempu University inter collegiate and interuniversity level sports competitions.

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