

A COMPARATIVE STUDY OF DIFFERENT MOTOR ABILITIES AMONG COLLEGE LEVEL VOLLEYBALL AND HANDBALL FEMALE PLAYERS

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ABSTRACT

The purpose of the study was to compare speed, power and agility of Volleyball and handball Female players. In the present study investigator has taken a total of 40 samples. For analysis and interpretation of data, a comparative analysis of the selected variable, was statistically analyzed by 't' test. The data of both groups were calculated separately for all the variables. Different types of descriptive statistic such as mean and standard deviation was computed to describe each variable statistically. The level of significance was set at 0.05. To know the difference in the selected variables the 't' test was used. It was found that Volleyball and Handball players do not have significant difference between the variables; speed, leg, power, arm, power and agility.

Keyword: Motor Ability, Agility and Power