

Physical Fitness Components of Champion and Non-Champion Boxers at State Level Competition

Abstract

The aim of this study was to analyze the physical fitness components of champion and non-champion boxers at state level competition. To obtain the data for this study the investigator had selected 55 male boxers at state level competition, out of which 11 were the champion boxers and 44 were non-champion boxers. All the boxers from different weights declared at first position were taken and considered as champions and those who had been rejected in first round were taken as non-champion boxers. Non-champion boxers were selected through random sampling technique. To find out physical fitness components scores, Malhotra et al. (1982) Physical Fitness test was used. t test was used to find out the statistical significance of the differences between groups mean for the variable. The results of the study showed that there are significant differences between the means of champion and non-champion boxers on the physical fitness and its components. Champion boxers are more physically fit and they have more ability to live most effectively with their potentially of function depends upon the physical fitness components than non-champion boxers.

Keywords : Champion, Physical Fitness, Boxer

Introduction

Since times immemorial physical fitness and good health of individuals have been regarded as major factors which help in leading a healthy and happy life. Fitness is thought to be very essential for integrated and harmonious development, rather for total development of human beings and ultimately their performance. It is further observed that physical fitness is the basis of all the activities of individuals and their efficiency and effectiveness. Further, the physical fitness characteristics of athletes / champion athletes participating in different sports have been shown in numerous studies (Macaraeg 1978; Barnard, 1979; Petroski and Duarte, 1983). General physical fitness level of boxers are probably the most important factors that limits the technical and tectical potential of boxers during competition.

The President's council of Physical Fitness and sports (1981) spoke of the ability to carry out daily tasks with vigour and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet the unforeseen emergencies". Thus physical fitness is the ability to last, to bear up, to withstand stress and to preserve under different circumstances where an unfit person would quit. In sports the physical fitness as a single factor is the most important determinant. Therefore in the present research paper the researcher undertaken to obtain some data on champion and non-champion to analyze their physical fitness and its components.

Aim of the Study

What makes a champion boxer stands poles apart from a non champion boxer in terms of physical capabilities is the very quintessential objective of this paper. In order to make a true insight into state of affairs prevailing in present scenario, it was made abundantly clear that both these categories stand as different as chalk and cheese. Notwithstanding byzantine paraphernalia involved in training, champion were those who pulled their socks up to cop up challenge in better way. Champions exhibited rare mental strength which gave them a clear edge vis-à-vis non champions.

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Hypotheses

1. There are significant differences in physical fitness scores between champion and non champion boxers.
2. Champion boxers significantly have more muscular strength from non-champion boxers.
3. No significant difference in speed between champion and non-champion boxers.
4. Significant difference exists in grip strength between the subjects (Ss.)
5. Significant difference exists in agility scores between champion and non-champion boxers.
6. Champion boxers not differ significantly in endurance as compared to non-champion boxers.

Fitness Test was used. The test consisted of following sub tests.

1. Shuttle run (6 x 10m)
2. 60 m. Dash
3. 2.4 km run
4. Standing vertical jump
5. Pullups
6. Bent knee sit ups
7. Hand grip strength

Sample

To obtain data a total number of fifty five male boxers were selected as a sample. Out of which Eleven were the champion boxers and forty four were non-champions. All the boxers from different weights declared at first position were taken and considered as champions and those who had been rejected in first round were taken as non-champion boxers.

Tools/Test

To measure the physical fitness and its components scores, Malhotra et. al. (1982) Physical

Physical Fitness and Its Components of Champion and Non-Champion Boxers

Table I

Sr.No	Components of , physical fitness	Champion boxers			Non-Champion Boxers			t
		Mean	S.D	N	Mean	S.D	N	
1	6x10 m. shuttle run	6.92	10.50	11	3.46	1.29	44	7.06*
2	50 M. Dash	6.67	1.70	11	3.39	1.44	44	5.96*
3	2.4 km run	3.08	1.16	11	1.94	0.99	44	3.08*
4	standing vertical Jump	2.92	1.31	11	3.52	1.57	44	1.33**
5	Pull ups	5.67	1.81	11	4.02	1.21	44	2.84*
6	Bent knee sit ups	4.92	1.44	11	2.60	1.27	44	3.30*
7	Hand grip strength	5.5	1.56	11	3.04	1.59	44	4.73*
8	Total physical fitness	50.17	2.21	11	41.75	4.20	44	9.36*

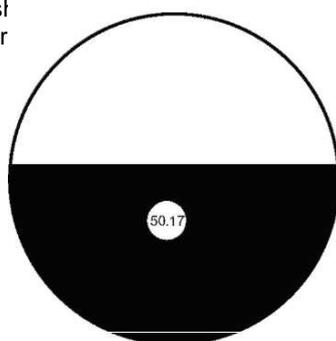
*Significant at 0.01 Level

**Not Significant

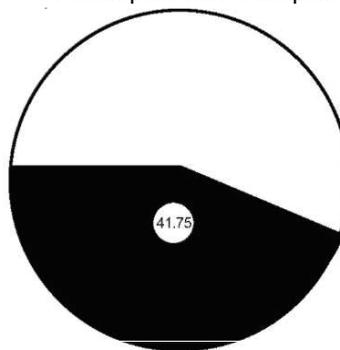
The above table indicate that the mean score in total physical fitness of the champion boxers is 50.17 (SD=2.21) and the non-champion boxers 41.75 (SD=4.20) seem to be on aver

who are non-champions, t value in favour of champion boxers. The Pie graph (Fig.1) on total physical fitness of champion non-champion boxers substances these

PIE GRAPH



Champions boxers



Non-champion

Fig. I Physical Fitness of Champion and Non-Champion Boxers

The table further showed that champion boxers are significantly higher in 6x10 meters shuttle run, 60 meters dash, 2.4 km. run, bent knee sit-ups and hand grip strength as compared to non-champion boxers, thus indicating that champion boxers better in

agility (ability to accelerate), speed (anaerobic capacity), endurance, strength of arms and shoulders muscles and static strength of forearm, hand muscles and the strength of the abdominal muscles. Fig. II (Bar graph) further substances these facts.

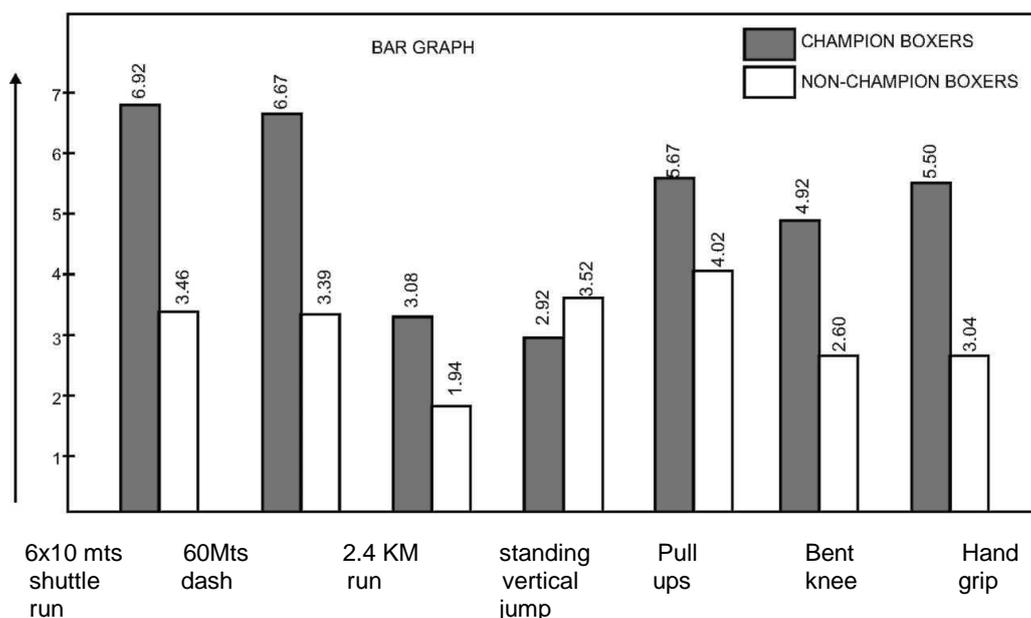


Fig. II : Physical Fitness Components of Champion and Non-Champion Boxers

No significant differences were found in standing vertical jump thus showed that there is no differences in the explosive strength of the leg extensor muscles between champions and non-champions boxers.

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