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Comparison of selected anthropometric variables between hockey and football players from inter: University level

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Abstract
The purpose of this study was to compare selected Anthropometric variables between Hockey and Football Players. For achieving the purpose of the study, data was collected on total 100 Male players (Hockey Players –50 and Football Players–50) from punjab. The study was only Inter-University level Hockey and Football Players. To check Height and Arm length of recruited Players. To compare Anthropometric variables between Hockey and Football Players mean, standard deviation and unpaired t–test were employed with the help of statistical package of SPSS. To test the hypothesis the significance level was set at 0.05 percent. The result showed that there was significant and insignificant difference between Anthropometric variables between Hockey and Football Players.

Keywords: anthropometric variables (height and arm length) hokey and football players

1. Introduction

The world of games and sports has crossed many milestones, as results of different achievements in general and their application in the field of sports in particular. Scientific investigations into performance of sportsman have been playing an increasingly important role in the training of athletes in the scientific way to attain excellence in performance in different spheres of sports. (Powell, 1972)

Anthropometry is an oldest type of body measurements used and dating back to the beginning of recorded history. The concepts of the ideal Proportion varied over period of time. For example, plyatetus fashion doryphorus, the spear thrower as a fighter and an athlete broad shouldered thick sect and square chest as the perfect man. (Clarke and Clarke, 1987)

All early leaders in physical education belonged to the field of medicine and human biology who believed that proper exercise is a form of preventive medicine (Borrow and McGree, 1971).

Antropometric measurements of Olympic athletes concluded that top level performance in particular event demands particular events demands particular size of the body and shape, and others being similar. They established strong relationship between the structure of an athlete and specific task (event in which he excelled) clear physical prototype exist for optimal performance and Olympic level.(Garay et.al. 1974)

1.1 Procedure and Methodology

The present research was entitled as "Comparison of selected Anthropometric variables between Hockey and Football Players. For achieving the purpose of the study, data was collected on total 100 Male players (Hockey Players –50 and Football Players–50) from Punjab. The study was only Inter-University level Hockey and Football Players. To check Height and Arm length of recruited Players. After the collection of relevant data, it was processed and analyzed with descriptive statistics. To compare the subjects mean, standard deviation and unpaired t-test was employed with the help of statistical package of SPSS. The significance level was set at 0.05 percent.

a. Height

Table 1: Mean and Standard Deviation of Height of Hockey and Football Players from Inter-University Level

Group	N	Mean	Standard deviation	Standard error mean	t-value
Hockey	50	168.59	8.29	1.04	.78
Football	50	169.63	10.42	1.27	

t.05 (98) = 1.96

The table & figure 1 showed that the mean and standard deviation values with regard to Hockey Players on variables Height were recorded as 168.59 and 8.29 respectively where as in case of Football Players the same were recorded as169.63 and 10.42 respectively. There were insignificant differences between Hockey and Football in the variables of Height, level of confidence .05 levels.

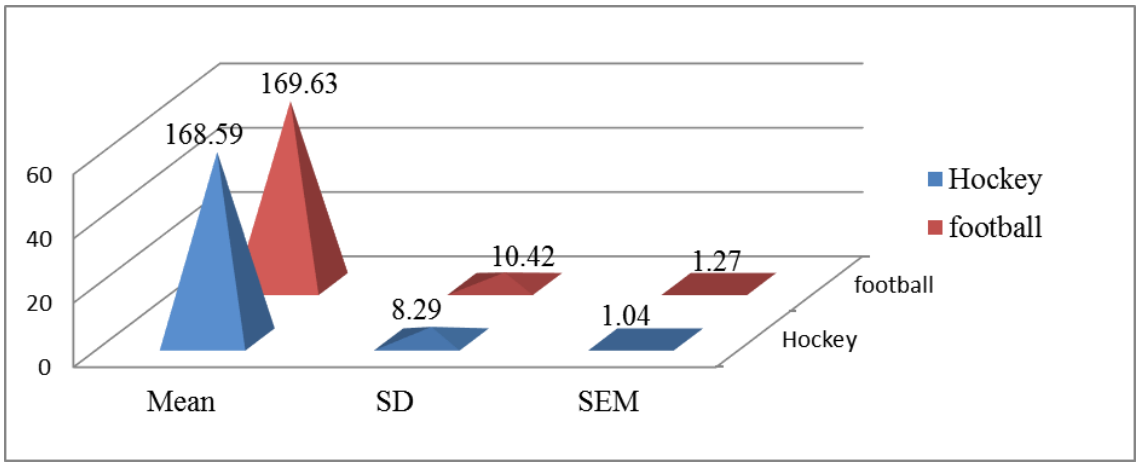

Fig 1: Mean and Standard Deviation of Height of Hockey and Football Players from Inter- University Level

b. arm length

Table 2: Mean and Standard Deviation of Arm Length of Hockey and Football Players from Inter-University Level

Group	N	Mean	Standard deviation	Standard error mean	t-value
Hockey	50	58.37	3.93	.039	2.18*
Football	50	56.97	3.62	.039	

t.05 (98) = 1.96

The table & figure 2 showed that the mean and standard deviation values with regard to Hockey Players on variables Arm Length were recorded as 58.37 and 3.93 respectively where as in case of Football Players the same were recorded as56.97 and 3.62 respectively. There were significant differences between Hockey and Football in the variables of Arm Length, level of confidence .05 level.

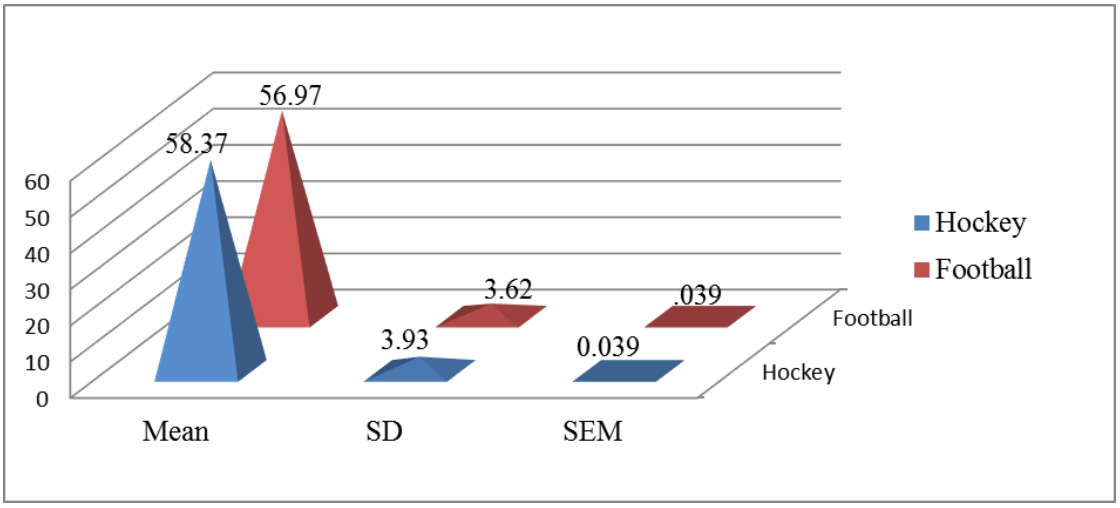

Fig 2: Mean and Standard Deviation of Arm Length of Hockey and Football Players from Inter-University Level

2. Discussion

Descriptive statistics indicated the not significant and significant differences between compare selected Anthropometric variables between Hockey and Football Players from Inter-University level. Analysis of student t- test showed the insignificant and significant difference.

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