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A STUDY OF PHYSICAL VARIABLES IMPROVEMENT ON AMONG KABADDI PLAYERS

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ABSTRACT

The aim of this study is to the Sports have become as competitive as other fields in the world. In ancient limes, our ancestors exhibited maximum talents in terms of physical activity but now it has become completely professional. From the age immemorable, the human race is involved in different kinds of sports either for recreation or competition. In the present world, Sports have become extremely competitive. It is not mere participation or practice that makes an individual victorious. Sports life is affected by various factors like physiology, biomechanics, sports training, sports medicine, sociology, coaching, computer application, psychology and so on. Sport training is a systematic process extending over a long period. For the best results, the system of training has to be based and conducted on scientific facts and lines; where it is not possible to do that, the training has to be based on the results of successful practice which has withstood the test of time in sport.Today's records are likely to be broken by the performance of tomorrow. This is because stress is being laid on the quality rather than the quantity of training. Hence training in sports has become an important and inevitable factor for enhancing performance and for achieving excellence. As sports competitions are increasing day by day, the varieties of training also spring from time to time, to improve the performance.

KEYWORDS: Physical Variables Improvement, Kabaddi Players, physical activity, Sport training

INTRODUCTION

For a multitude of reasons, life has gotten more difficult in the modern day. A reduction in biological fitness has occurred as a result of modern life. As technology has made life easier and more enjoyable, sedentary habits have become the norm. Due to a lack of physical exercise, the average person has become a stress receptacle. Modern man has become indolent and has forgotten the need of physical fitness for his well-being in the age of computers and technology. Because of his affluence, simple, and comfortable lifestyle, he has become an easy target for a number of dangerous diseases. It is one of God's most beautiful and valuable creations that we have. Humans have a moral need to protect and preserve human life if they are to achieve greater goals and live a more rewarding life.Taking care of one's physical and mental well-being is the most effective strategy for achieving this objective. Academics, researchers, and health professionals have dedicated a considerable lot of time and effort to the study of health and fitness as a result. Physical activity has been shown to improve health and well-being when included into a person's daily routine. It is not necessary to engage in strenuous physical activity for it to benefit one's health. Even a little increase in physical activity has a good effect on health. Professional sports nowadays are seeing unprecedented levels of competition. Individuals don't win solely by participating in the competition. The disciplines of physiology, biomechanics, sports training, sports medicine, sociology, and psychology all play a part in the lives of athletes. Teachers of physical education (PE) and doctors have worked tirelessly to support the growth of their country's athletes. At international competitions, athletes and players from every country want to represent their country with pride. In the previous several decades, players' talents have vastly increased. As the number of athletes capable of putting in outstanding performances increases, so does the competition. Because of this, sports are a challenging topic of study. Intense drive has fuelled long, arduous days of work. With the help of sports experts and scientists, coaching has also become more sophisticated. The study of sports has developed from a descriptive undertaking to a scientific one.As we've learned more about athletes, so have our training approaches. Everyday life has grown more dependent on sports participation and excitement. Competitive sports need a high degree of physical training, endurance, and mental toughness from its participants. “A player's ability to give their all on the field is limited only by his or her level of excellence. It is impossible to generalise about the patterns, physical tension, tempo, and length of diverse sports. Winning sports events requires greater levels of physical

condition than ever before.We now consider athletics to be an essential part of our daily routines. Increased participation in athletics has led to an increase in competitiveness, which is now a necessary part of modern life. Competition provides the means through which one might demonstrate one's worth. A multifaceted social phenomenon, sports actively prepare people for leisure and other types of socially necessary activities while also serving as one of the most important means of ethical and aesthetic education, meeting the moral demands of its historical development. Sports Throughout history, sports have played a vital part in shaping a society's physical as well as moral culture.

FORMS OF KABADDI

1. Amar

'Amar' means 'invincible' in Arabic. This is a variation of Kabaddi in which points are awarded to each team. Nine to eleven players make up each squad and the playing field is undefined. Kabaddi in this form does not have a 'out and resurrection' system or a 'Lona'; rather, time is the most important factor. The greatest advantage of this sort of game is that the top players remain on the court and are able to perform at their peak.

2. Gemini

There are nine players on each side in this Kabaddi game, which is played on a field that has no defined dimensions. To play this kind of Kabaddi, each player must remain on the field until the rest of his team has been eliminated. A point is awarded to the team that manages to get rid of all of the opposition's players. This is similar to 'Iona's' current system. The game starts when all of the players have been substituted. Five or seven "Iona" are needed to win the game. There is no defined time for the game. In this kind of Kabaddi, the player can't provide his best performance because of the fact that he'll be out for most of the match until an Iona is scored.

3.Sanjeevani

This Kabaddi variation is the most like the modern game. Players are knocked out and resurrected in this Kabaddi variation, which lasts 40 minutes with a 5-minute break in the middle. On each team, there are nine players. Four extra points are awarded for a 'Iona' to the team that eliminates all of the other team's players. The team with the most points at the end of the 40-minute period is the victor. In this version of Kabaddi, the 'cant' was modified in several locations, making the game more interesting. The 'out and revive system' and 'Iona' in modern

Kabaddi have a striking resemblance to this form of Kabaddi. Modern Kabaddi is a hybrid of all these Kabaddi variants, albeit the rules and regulations have been significantly altered.

KABADDI IN MODERN INDIA

1918 saw Kabaddi attain its current position as a national sport in India. When it comes to raising the game to a national level, Maharashtra gets all the credit. In the same year, the standard set of rules and regulations for the game was formed. However, it was not until 1923 that the rules and regulations were first printed on paper. An All India Kabaddi Tournament was held in Baroda during the same year, and the competitors strictly followed the rules and regulations of the game. The game has gone a long way since then. The popularity of the game skyrocketed, and a number of national tournaments were held across the country. The game had its debut in the 1938 Indian Olympic Games in Calcutta, which made it a household name throughout the globe.

INCLUSION OF KABADDI IN CURRICULUM

It wasn't until 1961 that the Indian University Sports Control Board (IUSCB) made Kabaddi a mandatory part of its curriculum. As a result, Kabaddi gained notoriety in India. In 1962, the School Games Federation of India (SGFI) designated the game as one of the school's most important games. The SGFI's decision to allow schoolchildren to participate in state and national championships for the game had a significant impact on their motivation to participate. In 1971, the National Institute of Sports (NIS) included Kabaddi in the curriculum of Regular Diploma courses, marking yet another milestone in the history of Kabaddi in India .

PRESENT DAY SCENARIO OF KABADDI

From a rural Indian game to a recognised national sport, Kabaddi's popularity has grown steadily over the years. The Indian national Kabaddi team has performed very well in a number of events, both domestic and international. In terms of kabaddi in India, the introduction of Federation Cup Kabaddi matches in 1981 was a watershed moment. In 2004, India hosted the first-ever Kabaddi World Cup in Mumbai, marking another another significant milestone for the country. The country also triumphed in the World Cup. India has produced a number of exceptional Kabaddi players, so far, who have achieved international renown and brought laurels to the country.

PHYSICAL AND PHYSIOLOGICAL CHARACTERISTICS AND KABADDI

1. Physical Characteristics and Kabaddi

Physical conditioning is a major focus in performance and high-performance sports. In truth, it's an effort by every part of the body to help the athlete's body adapt to ever-increasing physical and mental demands. With its high-intensity motor activity, the present Kabaddi game demands a wide variety of abilities from participants. There isn't a single skill or personality quirk that doesn't play a role in a Kabaddi player's game. Athleticism and cardio-respiratory abilities, including explosive power, are essential at the centre line. Besides agility and speed, which are essential for dealing with game situations. Anaerobic capacity offers endurance in high-intensity, repetitive jobs whereas aerobic capacity delays exhaustion and aids recovery.

Kabaddi is an intermittent game that requires a high level of aerobic and anaerobic ability from players. Running, jumping, flexibility, and throwing velocity are all measures of a player's ability to do physical tasks that are seen as essential to the game and to the team's overall success. The ability to sprint at a high rate of speed is essential to a successful performance.

An essential need in playing the game of Kabaddi is the ability of the players to maintain a high level of cardiovascular and anaerobic fitness throughout the game. Kabaddi, on the other hand, is a sport that relies heavily on anaerobic metabolism, according to some authors. Because of this, it is reasonable to say that the motor capabilities strength and velocity as well as their ways of expression are important, as technical and tactical skills may be continually improved when Kabaddi players demonstrate high levels of adaptation to the anaerobic metabolism. In Kabaddi, you have to keep going for a long period of time. The player must have endurance in order to succeed, but he or she must also have the other attributes, such as speed, agility, flexibility, and so on. These days, the vast majority of players are capable of coping with the demands of the game when they have a height advantage. Physical traits are critical to Kabaddi success since players cannot attain their goals without them.

2. Physiological Characteristics and Kabaddi

In Kabaddi, the variety and amount of movements, ball manipulations, as well as connections with other athletes, establish it as a full collective sports mode. Kabaddi has undergone a series of evolutionary processes that have necessitated larger physiological adaptations and other aspects from the athlete in order to achieve more dynamic and objectivity. A high-level Kabaddi player's income is closely linked to a number of factors. Performing a performance evaluation

necessitates identifying and describing each component's specific level, whether it be in terms of a sporting event or a physical condition.

In order to properly evaluate an athlete's performance, it is essential to take into account all of the aspects involved. However, despite that significance, there is currently a dearth of research that uses direct measures to evaluate and analyse an athlete's maximal aerobic and anaerobic potency, as well as the anaerobic threshold and lactate sensitivity in female Kabaddi players.

To ensure our nation's success in sports, it is imperative that we identify our representative athletes far sooner. The technical, tactical, aptitude, and physical condition of a team are critical in Kabaddi, as they are in any sport. Terminological disagreements seem to be at the heart of this argument. Age, height, weight, and position in the Kabaddi sport branch were all taken into consideration. Because Kabaddi players are chosen at a young age, it is important to know a person's physiological characteristics and physical profile. There were a number of physical profile-defining variables to be found. Respiratory parameters, blood pressure, and aerobic and anaerobic capacity were all measured. Oxygen consumption is a primary function of aerobic exercise.

It's done by training large muscle groups in plenty of oxygen for at least 12 minutes or a prolonged period of time at 60% to 80% of their maximum pulse. Here, the proposed length of 12 minutes is fairly crucial. Because the body's fat-burning enzymes are formed towards the end of this period.

Aerobic exercise also increases the amount of oxygen taken in by the body, allowing the heart and lungs to better use the oxygen they are receiving. Anaerobic means "without oxygen," and the muscles in question are unable to function without it. The sugar-eating enzymes are also activated in this setting. More energy is taken in this activation than the body can produce by metabolizing oxygen.

PHYSICAL FACTORS FOR KABADDI PLAYERS

Playing Kabaddi requires both quickness and strength. In order for a player to succeed in a game, he or she must have all of the traits essential for success, including speed, agility, flexibility, and endurance. Players cannot achieve their aims in Kabaddi if they lack the requisite physical characteristics.In sports science, the term "agility" has long been defined as the ability to swiftly shift direction. However, specialists have not yet agreed on a specific definition. As a team sport, agility and speed are among the most challenging skills to learn and perfect. If you're going to be

fast, you're going to need a lot of agility to do so. Speed and velocity are the same, however velocity doesn't tell you the direction an object is going in. It is necessary to do fast acceleration and deceleration in order to measure agility. Running mechanisms in sports and martial arts vary from those used by traditional track sprinters because of the vast variety of movement patterns used.

1. Agility

A person's agility is the ability to start and slow down quickly while maintaining body control and minimum speed loss. To be agile, one must be able to move quickly in several directions and in response to unexpected situations, all while controlling their body's movements. Agility may be described as the ability to change direction quickly and accurately while moving quickly.. There are some tasks that necessitate a great degree of agility, whereas others don't. It is necessary to be agile while doing tasks that call for quick alterations to the posture of the body and its components. All court games demand rapid beginnings and stops, as well as swift changes of direction. A person with agility is able to swiftly and efficiently engage the body's large muscle groups in order to make rapid movement changes.

2. Cardiovascular

Endurance In the context of cardiovascular fitness, or cardio respiratory fitness, this refers to the body's ability to provide cells with oxygen-rich blood. For example, the body's ability to keep up an activity for a lengthy period of time is included in this.Cardio respiratory fitness refers to the ability of the circulatory and respiratory systems to provide oxygen to the skeletal muscles during extended physical activity. Consistent exercise helps these systems run more efficiently because it increases cardiac and skeletal muscle size, which increases blood flow to working muscles, and because it also increases the number of small arteries in these muscles. Because the heart has to work so hard every day, it may not be able to sustain high-intensity physical activity in an emergency.Increased cardiopulmonary fitness enhances the heart's efficiency. When the heart is resting or exercising at a low intensity, it doesn't have to work as hard. A gain in blood volume causes a decrease in heart rate, an increase in blood flow to tissues, an increase in the body's capacity to cool itself, and a decrease in resting blood pressure. People who have healthy hearts are better able to deal with everyday tensions, as well as the occasional catastrophes that may arise. Increasing the body's ability to use food energy by increasing cardiovascular and respiratory endurance training benefits muscle and liver function.Cardio pulmonary endurance is

defined as the ability to work at a high level of intensity for a long length of time while still maintaining a considerable amount of muscle mass. Cardiovascular and respiratory endurance are essential components of overall fitness.

3. Muscular Strength

A general conditioning programme aims to improve overall strength, whereas a specific training programme concentrates on growing strength within a specific range of motion required for a specific task. Track & field competitions need a solid foundation for athletes of both sexes. Higher strength is helpful in terms of both speed and endurance.

CONCLUSION

Sports have become as competitive as other fields in the world. In ancient limes, our ancestors exhibited maximum talents in terms of physical activity but now it has become completely professional. From the age immemorable, the human race is involved in different kinds of sports either for recreation or competition. In the present world, Sports have become extremely competitive. It is not mere participation or practice that makes an individual victorious. Sports life is affected by various factors like physiology, biomechanics, sports training, sports medicine, sociology, coaching, computer application, psychology and so on. Sport training is a systematic process extending over a long period. For the best results, the system of training has to be based and conducted on scientific facts and lines; where it is not possible to do that, the training has to be based on the results of successful practice which has withstood the test of time in sport.

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