Constructing Norms for Basic Movement Pattern as a Measure for Sports Selection among netball Players

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ABSTRACT: The purpose of this study was to construct for basic movement pattern (i.e., running speed, running agility, jumping ability and throwing ability) among netball players. A group of forty eight randomly selected male intercollege level netball players of Guru Nanak Dev University, Amritsar between the age group of 18-25 years (Mean ± SD: age 22 ± 1.833 years, height 5.881 ± 2.330 ft, body mass 73.306 ± 4.8177 kg) volunteered to participate in this study. The 50- yard dash test (AAPHER 1976) was used to measure, “running speed”, shuttle run test (AAPHER 1976) was used to measure, “running agility”, standing long jump test (AAPHER 1976) was used to measure, “jumping ability”, and netball throw for distance test (Disch et al. 1977) was used to measure, “throwing ability”. In speed, the scores above 25.629 are considered very poor, from about 16.203 - 25.629 is considered poor, (4.999 - 16.203) is considered average, (12.075 - 4.999) is considered good and the scores below (4.999) are considered very good. In running agility, the scores above 13.173 are considered very poor, from about 12.056-13.173 is considered poor, 9.822 - 12.056 is considered average, 8.705 - 9.822 is considered good and the scores below 7.588 are considered very good. In jumping ability, the scores below 2.712 are considered very poor, from about 2.712 - 4.189 is considered poor, 4.189 - 7.143 is considered average, 7.143 - 8.62 is considered good and the scores above 10.097 are considered very good. In throwing ability, the scores below 23.295 are considered very poor, from about 36.384 - 49.473 is considered poor, 49.473 - 75.651 is considered average, 75.651 - 88.74 is considered good and the scores above 101.829 are considered very good.

Keywords: Norms, Speed, Running Agility, Jumping Ability, Throwing Ability.

INTRODUCTION

Intermittent, high-intensity team sports such as the court sports (e.g., netball, volleyball, netball) and field sports (e.g., football, field hockey) have complex demands that require a combination of individual skills, team plays, tactics and strategies, and motivational aspects [1, 2]. Despite these complexities, it seems likely that a player’s physical fitness and body size plays an important role in individual and team performance [3]. There have been many studies in team sports linking fitness and/or anthropometric test scores to playing level and success in sports such as American football, [4, 5] soccer, [6] rugby union, [7] Australian rules football,[8] field hockey, [9] volleyball [10] and netball. [11, 12]. Research showing the importance of anthropometric and fitness tests has increased the interest of coaches in the relative effectiveness of improving fitness on various aspects of playing success [13]. There is a lack of standardised evaluative physical fitness tests and basic movement pattern in netball for assessing the ability, grading and predicting the performance of netball players. Hence the present study was conducted with the purpose to construct norms for basic movement pattern as a measure for sports selection among netball players.

MATERIAL AND METHODS

Subjects:

A group of forty eight randomly selected male intercollege level netball players of Guru Nanak Dev University, Amritsar between the age group of 18-25 years (Mean ± SD: age 22 ± 1.833 years, height 5.881 ± 2.330 ft, body mass 73.306 ± 4.8177 kg) volunteered to participate in this study. Their characteristics are presented in table 1.

Methodology:

The 50- yard dash test (AAPHER 1976) was used to measure, “running speed”, shuttle run test (AAPHER 1976) was used to measure, “running agility”, standing long jump test (AAPHER 1976) was used to measure, “jumping ability”, and netball throw for distance test (Disch et al. 1977) was used to measure, “throwing ability”.

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STATISTICAL ANALYSIS

The data, which was collected by administering tests, was statistically treated to develop for all the test items. In order to construct the norms, Percentile Scale was used. Further, the scores were classified into five grades i.e. very good, good, average, poor and very poor.

RESULTS

Table 1 shows that in speed, the mean score was 6.77 and standard deviation score was 9.426. In running agility, the mean score was 10.93 and standard deviation score was 1.117. In jumping ability, the mean score was 6.058 and standard deviation score was 1.519. In throwing ability, the mean score was 62.562 and standard deviation score was 13.089 of basic movement pattern of male inter-college level netball players (N=48) of Guru Nanak Dev University, Amritsar.
Table 2: Grading of Basic Movement Pattern of Male Inter-College Level Netball Players (N=48) of Guru Nanak Dev University Amritsar.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Very Poor</th>
<th>Poor</th>
<th>Average</th>
<th>Good</th>
<th>Very Good</th>
</tr>
</thead>
<tbody>
<tr>
<td>Throwing Ability</td>
<td>Less than (&lt;) 23.295</td>
<td>36.384-49.473</td>
<td>49.473-75.651</td>
<td>75.651-88.74</td>
<td>Greater than (&gt; 101.829)</td>
</tr>
</tbody>
</table>

The values listed in table 2 gives a guide to expected scores for basic movement pattern of inter-college level netball players (N=48) of Guru Nanak Dev University, Amritsar. In speed, the scores above 25.629 are considered very poor, from about 16.203 - 25.629 is considered poor, (-2.649) - 16.203 is considered average, (-2.649) - (-12.075) is considered good and the scores below (-21.501) are considered very good. In running agility, the scores above 13.173 are considered very poor, from about 12.056-13.173 is considered poor, 9.822-12.056 is considered average, 8.705 - 9.822 is considered good and the scores below 7.588 are considered very good. In jumping ability, the scores below 2.712 are considered very poor, from about 2.712 - 4.189 is considered poor, 4.189 - 7.143 is considered average, 7.143 - 8.62 is considered good and the scores above 10.097 are considered very good. In throwing ability, the scores below 23.295 are considered very poor, from about 36.384 - 49.473 is considered poor, 49.473 - 75.651 is considered average, 75.651 - 88.74 is considered good and the scores above 101.829 are considered very good.

Figure-3: Normal Distribution of Basic Movement Pattern i.e., (a) Speed, (b) Running Agility, (c ) Jumping Ability and (d) Throwing Ability of Male Inter-College Level Netball Players (N=48) of Guru Nanak Dev University, Amritsar.
CONCLUSIONS

In speed, the scores above 25.629 are considered very poor, from about 16.203 - 25.629 is considered poor, (-2.649) - 16.203 is considered average, (-2.649) - (-12.075) is considered good and the scores below (-21.501) are considered very good.

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REFERENCES