

# Comparative Study of Physical Fitness Components of District Level Kabaddi and Kho- Kho Men Players.

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**Abstract:** *Physical fitness is a general state of wellbeing that includes energy to participate in physical activity, and reduces risk of developing health problems prematurely. Physical fitness is the capacity to carry out reasonably well various forms of physical activities without being unduly tired and includes qualities important to the individual's health and wellbeing.*

*The purpose of the study was to find out the Agility and explosive leg power of Kho-Kho and Kabaddi players of district wardha of Maharashtra. To achieve the purpose of the present study, 50 subjects were purposively selected from different colleges of wardha district as per the availability of players, in which 25 were Kabaddi and 25 were Kho-Kho men players. To measure the level of Agility and explosive leg power of Kabaddi and Kho-Kho men players shuttle run and standing broad jump test from AAHPER youth fitness test was used. The data was statistically analysed by applying Simple 't' test. The level of significance was fixed at 0.05. Further on conclusion it was found that the Kabaddi and Kho-Kho players were no significantly differ on the variables Agility and explosive leg power.*

**Keywords:** speed, flexibility, kabaddi, kho-kho, Physical fitness, etc