

A Study of Selected Physical Fitness Components on Sprinters

Rajendra Jadhav¹ and Dr. Sale Bhikulal Bansilal²

PhD Scholar, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra, India¹

Asst. Prof., Shri Bhadrinarayan Barwale College, Jalna, Maharashtra, India²

Abstract: *This study is investigated the sprinters agility performance for their quickness with the help of Shuttle run 10x4 tool, sprinters explosive strength for their power with the help of standing broad jump tool and sprinters flexibility for their free body moment with the help of forward bend and reach tool. In this present examination was to look at the agility, explosive strength and flexibility of Marathwada region of Maharashtra's sprinter athletes. The examination done on 30 boys and 30 girls sample whose age group is 18 to 22 years and whose training age is 1.5 or more years. In this examination the Shuttle run 10x4 tool, standing broad jump and forward bend and reach used as a test tool for agility, explosive strength and flexibility. In this examination mean and standard deviation is applied for the compare score with hypotheses and sprinter athlete scores. This study is used for all those who is working as a coach, player and who studied for physical fitness.*

Keywords: Agility, Explosive Strength, Flexibility, Sprinters, Marathwada Region Athlete.

REFERENCES

- [1]. Research methodology methods and techniques C.R Kothari, new age international publisher.
- [2]. Statistical methods Dr.S.P Gupta, sultan chand and sons publication.
- [3]. Research and aptitude, KVS Madan, pearson publications.
- [4]. Test measurement and evaluation, Devinder kansal,SSS publication new Delhi.
- [5]. Manual of sports training, A.Giri, S.kote, krida prakashan aurangabad.
- [6]. Scientific Principle of sports training Dr. ejaz siddiqui Bhagvati publishers, new Delhi