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Estimation of Physique Characteristic and Training Patterns of Indian Universities Women Soccer Players

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Abstract

Soccer is a game of physical fitness components. The soccer players must be among the most physically fit of all athletes in terms of physical fitness at one hand and physiological pre-requisites at the other, and is equally important to maintain equilibrium of the players. **Purpose: -**The purpose of the study was of estimation of physique characteristic and training patterns of Indian Universities Women Soccer Players. **Selection Of Subjects:-** One hundred and twenty six (126) soccer players were selected as subjects for this study. **Selection Of Variables: -** The selected variables for the study were Standing Height, Body Weight, Fat Percentage (Biceps skin fold, Triceps skin fold, Sub Scapula skin fold, Supra Iliac skin fold), Leg length, Chest muscle girth, Thigh muscle girth, Biceps muscle girth Calf muscle girth, Bone diameter, Elbow epicondyle, Knee epicondyle, Shoulder Width **Results: -** The avg. body weight, height, Leg length, Biceps skin fold, Triceps skin fold, Sab scapula skin fold, Super iliac skin fold, Elbow epicondyle, Knee epicondyle, Shoulder Width, Biceps muscle girth, Chest muscle girth, Thigh muscle girth, and Calf muscle girth is 49.54 kg, 156.44 cm, 81.5 cm, 7.38 mm, 10.41 mm, 12.71 mm, 18.59mm, 5.07 cm, 8.06 cm, 33.54 cm, 23.41 cm, 54.67 cm, 48.51 cm, and 80.44 cm respectively. All eight Universities give four hours and eighteen minutes per day for soccer training which is higher. Average of sessions of training per day is approximate two for every team. All eight Universities doing for approximate six days. Whole eight Universities doing training for about eight month and twenty three days which is highest, all team have been doing training since last seven years which is highest. All Universities started doing training at early age of fifteen years on an average.

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INTRODUCTION

The starting age of human are competitive and desire for quality in different field of sports are not exception. Countries as well as individual want show their dominance in the field of games and sports.

The analysis the highest achievers in soccer show that excellence in games is the product of different training and programmed physique characteristic. There are many detailed studies regarding the specific characteristics of women soccer players' participation in intervarsity championship. But it is not much clear for each of these profiles contribution to the achievement of performance. Sports performance is the amount of several factors which can vary from each other, even if in the end they got similar outgrowth in competition.

Imperfect person can be compensated through advanced technique, not sufficient sprinting speed by higher patience or substandard technique through aggressiveness. Only minimum distance and smallest part of second decided among record performance, winning or losing in tough national and international competitions, due to this reason it is very necessary to hunting and totally realize each individual's potential.

Soccer is a game of physical fitness components. The soccer players must be among the most physically fit of all athletes in terms of physical fitness at one hand and physiological pre-requisites at the other, and is equally important to maintain equilibrium of the players. The motor performance qualities commonly recognized in soccer are speed, strength, explosive power, agility, and endurance and coordination with constant demand for high sports performance.
Cozen', Attempted to classify physical education students by anthropometric measurement for the first time in the 1930's. These factors appear to be of some value predicting general athlete concerning height, weight and performance. Cozens stated that there was no relationship between height and weight of girl with fundamental skill achievement in variety of sports. Where administration as is found little predictive value in height and weight of track and field performance of 200 junior school girls.

Purpose

The purpose of the study was of estimation of physique characteristic and training patterns of Indian Universities Women Soccer Players.

METHODOLOGY

Selection Of Subjects

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One hundred and twenty six (126) soccer players were selected as subjects for this study. These Footballers have represented their national team and all India interuniversity matches the subject had more on less close homogeneity in their training habits. They were undergoing regular training and living habits. The subjects age between 18 to 28 years. Prior to the administration of tests, a meeting of all the subjects selected was called in each centre in which their coaches were also present, along with the data collection team. In the meeting the procedure of the test was well explained to the subjects. All the subjects voluntarily agreed to co-operative throughout the investigation.

Selection of Variables

The selected variables for the study were Standing Height, Body Weight, Fat Percentage (Biceps skin fold, Triceps skin fold, Sub Scapula skin fold, Supra Iliac skin fold), Leg length, Chest muscle girth, Thigh muscle girth, Biceps muscle girth Calf muscle girth, Bone diameter, Elbow epicondyle, Knee epicondyle, Shoulder Width

Construction of Questionnaire

In order to assess the training programmed of all India inter-university soccer players, a questionnaire consisting of six simple questions was prepared and was named as questionnaire for assessment of training programmed. The questions for assessment of training were like how many hours of soccer training per day? How many sessions of soccer training you go in a day? How many months of soccer training you go in a week? Etc. a soccer players has done in order to nurture the talent to come to this level. The responses received were analyzed and final shape to the questionnaire was given on the basis of responses received.

Description about criterion test

In order to asses and evaluate the soccer training program of soccer players, the following question were included in the Soccer training program questionnaire:

Question 1:- How many hours of football (soccer) training you go in a day?

Ans:-

1	2	3	4	5	6	7	8	9	10

Question 2:- How many session of football (soccer) training you go in a day?

Ans:-

1	2

Question 3:- How many days of football (soccer) training you go in a week?

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Ans:-

1	2	3	4	5	6	7

Question 4:- How many months of football (soccer) training you go in a year?

Ans:-

1	2	3	4	5	6	7	8	9	10	11	12

Question 5:- For how many last tears you have been undergoing training and playing of football (soccer)?

Ans:-

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Question 6:- In what age you started your training

Ans:-

11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

ADMINISTRTION OF TEST AND COLLECTION OF DATA

Prior to the collection of data, a meeting of the coaches, managers, and team captains was called one day prior to the start of the tournament in the office of the Director of physical education of Jiwaji University to briefly explain the significance of the proposed research project. It was assured to the coaches, managers, and team captain that their responses shall be kept confidential and this research study has nothing to do with their selection process for I.S.F. Tournament or combined university team. The co-operation of all the team players was assured by the respective team manager, coach, and captains.

ANALYSIS OF DATA

For analysis of data descriptive statistic i.e. Mean and S.D. was be used for the study.

Table-1

Combined Mean Scores of physique characteristic of women soccer players of Indian Universities

Team Name	**GND Univ.**	**BRAB Univ.**	**Kerala Univ.**	**MG Univ.**	**Mum Univ.**	**Goa Univ.**	**MK Univ.**	**Salem Univ.**	Combined mean
Weight	51.53	46.5	50.9	48.76	50.6	39.11	49.44	49.00	49.54
Height	158.59	157	157.7	155.5	158.3	156	154.1	154.4	156.44
Leg length	82.12	79.5	80.1	82.64	82.34	82.94	80.44	81.31	81.5
B.S.F.	10.18	8.38	8.8	5.94	6.8	7.16	5.56	6.43	7.38
T.S.F.	14.65	10.6	13.6	8.52	8.33	10.16	8.68	8.43	10.41
S.S.F.	11.88	12.2	13.6	9.70	14.07	13.11	12.31	13.44	12.71
S.S.F.	17.06	17.2	20.0	17.82	19.8	18.38	18.5	19.25	18.59

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E.E	5.37	4.98	5.04	4.86	5.14	5.21	4.82	5.01	5.07
K.E	8.21	7.93	8.23	7.81	8.09	8.15	7.96	8.06	8.06
S.W.	32.94	34.6	33.6	33.23	34.6	32.22	33.25	34.37	33.54
B.M.G	24.18	23	23.6	23.58	22.73	23.72	24	22.15	23.41
C.MG	32.04	30.8	33.4	31.52	31.93	32.03	31.81	47.91	54.67
T.M.G	48.59	47.6	48.4	49.47	46.9	48.78	49.56	47.91	48.51
C.M.G	82.65	79.2	81.2	79.88	81.7	80.11	80.44	78.59	80.44

In Table-1, it is evident from all the above analysis that the average Body weight of GNDU Amritsar 51.53 kg is highest and average body weight of Goa University is lowest according to other Universities. The average height of GNDU Amritsar 158.59 cm is highest and average height MK University is lowest 154.19 cm. The average leg length of Goa University 82.94 cm is higher and average leg length of BRAB Bihar 79.54 cm is lowest. The average biceps skin fold of GNDU Amritsar 10.18 mm is highest and the average of biceps skin fold of MK University 8.33 mm is lowest. The average of triceps skin fold of GNDU Amritsar 14.65 mm is highest and average of triceps skin fold of Mumbai University 8.33 mm is lowest. The average of sub scapula skin fold of Mumbai University 14.07 mm is highest and average of sub scapula of MGU Kottayam 9.70 mm is lowest. The average of super iliac skin folds of Kerala University 20.06 mm is highest while that of GNDU Amritsar 17.06 mm is lowest. The average of elbow epicedial of GNDU Amritsar 5.37 cm is highest while that of MK University 4.82 cm is lowest. The average of knee extension of Kerala University 8.23 cm is highest while that of MGU Kottayam 7.81cm is lowest. The average of shoulder depth of BRAB Bihar 34.69 cm is highest while that of Goa University 32.22 cm lowest. The average of biceps muscle girth of GNDU Amritsar 24.18 cm is highest while that of Salem University 22.15 cm is lowest. The average of calf muscle girth of Salem University 47.91 cm is highest while that of BRAB Bihar 30.8 cm is lowest. The average of thigh muscle girth of 49.56 cm is highest while that of Mumbai University 46.9 cm is lowest. The average of chest muscle girth of GNDU Amritsar 82.65 cm is highest while that of Salem University 78.59 cm is lowest according to other universities.

The avg. body weight, height, Leg length, Biceps skin fold, Triceps skin fold, Sab scapula skin fold, Super iliac skin fold, Elbow epicondyle, Knee epicondyle, Shoulder Width, Biceps muscle girth, Chest muscle girth, Thigh muscle girth, Calf muscle girth is 49.54 kg, 156.44 cm, 81.5 cm, 7.38 mm, 10.41 mm, 12.71 mm, 18.59 mm, 5.07 cm, 8.06 cm, 33.54 cm, 23.41 cm, 54.67 cm, 48.51 cm, 80.44 cm respectively.

In all the performance, Salem University is the winner. The average of physique characteristic of every performer of salem University which is approximately equal to the combined mean of physique characteristic. This shows that, physique characteristic is also one of the major factors in winning a game.

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Table-2

Combined Mean Scores of training programme of women soccer players of Indian Universities

Question	N=126	
	Mean	S.D.
1. How many hours of soccer training go in a day?	4.18	0.72
2. How many sessions of training go in a day?	1.66	0.2
3. How many days training go in a week?	5.65	0.53
4. How many months training go in a year?	8.23	1.47
5. For how many last year's undergoing training and playing?	7.04	2.35
6. In what age started training?	15.06	2.21

In table -2, It is evident from the above analysis that the all eight Universities give four hours and eighteen minutes per day for soccer training which is higher. Average of sessions of training per day is approximate two for every team. All eight Universities doing for approximate six days. Whole eight Universities doing training for about eight month and twenty three days which is highest. All team have been doing training since last seven years which is highest. All Universities started doing training at early age of fifteen years on an average.

Conclusions

Inside the drawback of this study and on the basis of the result, the following out comes may be drawn:-

1. The physique characteristic namely height, Body weight, leg length, muscle girth, body fat percentage, bone diameter is significantly distinct to soccer performance.
2. The top eight position of Indian Universities soccer players undergo training for four hours and eighteen minutes in a day, two time in a single day, six days in a week, eight months and twenty three in a year, their training age is seven years on an average, and soccer played training age is fifteen years on an average.
3. It is further concluded that top eight team players of Indian Universities level are superior in training.

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