

Assessment of Physical and Physiological Attributes in under-19 Kho-Kho Athletes: A Five-Parameter Approach

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Abstract: *This study investigates five key physical and physiological parameters—agility, speed, endurance, flexibility, and body composition—in Sub-19 Kho-Kho athletes. Using standardized field tests and biometric assessments, the research aims to identify performance determinants and guide training protocols. Results reveal significant correlations between agility and match performance, while endurance and flexibility show moderate influence. These findings contribute to optimizing youth athlete development in indigenous sports.*

Keywords: Agility, Endurance, Flexibility, Kho-Kho, Youth athlete development