

Brief Study of Fitness Levels of Men Handball Players

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Abstract: *The basic purpose of physical education is to develop students' skill sets, knowledge bases, and mental outlooks via the medium of human movement. Students at the college levels are needed to take some kind of physical education in every part of India. The players' ages varied from 20 to 28, making up the bulk of the team. Performance physical fitness components include the 600-yard dash, standing broad jump, reaction time test, 50-meter sprint, bent-knee sit-ups, endurance, speed, 300-meter run, flexibility (Wrist and Ankle Flexibility) and agility (10x4- shuttle run). The current research evaluated the psychological well-being of men handball players to their performance on the field. A total of 100 Men handball players were used in the study: 25 from the state team, 25 from the district team and 25 from the national team. Positive mental health, which is correlated with a high degree of mental organizations and integration, was shown to be a differentiating factor in handball athletic success. This data reveals a negative correlation between a player's handball playing ability and agility, Reaction Ability, speed, ankle flexibility, Endurance and Speed.*

Keywords: Endurance, Reaction Ability, Flexibility, Handball Game, Speed, Agility, Speed, Physical Fitness Variables