

# A Study on Selected Motor Fitness Variables among State-Level Women Kho-Kho Players

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**Abstract:** *The present study was conducted to examine selected motor fitness variables among state-level women Kho-Kho players. Motor fitness is a crucial determinant of performance in Kho-Kho, as the game requires rapid movements, quick directional changes, agility, and sustained physical effort. The study focused on key motor fitness components such as speed, agility, flexibility, and explosive power.*

*A total of 30–50 state-level female Kho-Kho players aged between 18 and 25 years were selected as subjects using purposive sampling. Standardized tests were administered to assess each variable, including the 50-meter dash for speed, shuttle run for agility, sit-and-reach test for flexibility, and standing broad jump for explosive power. The collected data were analysed using descriptive statistics such as mean and standard deviation.*

*The findings of the study revealed that the participants demonstrated a satisfactory level of motor fitness, with agility and speed emerging as the most prominent components influencing performance. Flexibility and explosive power were also found to contribute significantly to effective gameplay. The results highlight the importance of sport-specific fitness training in enhancing the performance of Kho-Kho players.*

*It is concluded that improving motor fitness components, particularly agility and speed, can significantly enhance the overall performance of state-level women Kho-Kho players. The study provides valuable insights for coaches and trainers to design appropriate training programs aimed at optimizing athletic performance..*

**Keywords:** Motor Fitness, Women Players, Kho-Kho, Agility, Flexibility, Speed, Explosive Power

