

Shital S. Raut: Comparative Analysis of Positional Variations in Physical Fitness and Body Mass Index (BMI) Among Handball Players of Yavatmal District

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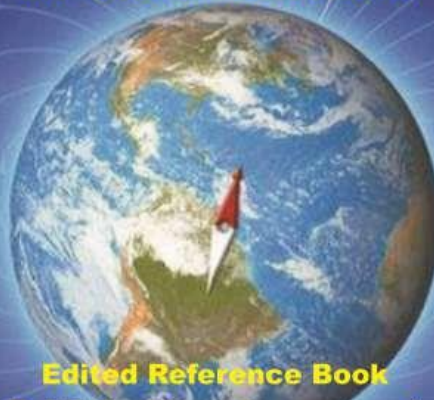


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Comparative Analysis of Positional Variations in Physical Fitness and Body Mass Index (BMI) Among Handball Players of Yavatmal District

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Abstract

This research aims to investigate the comparison between physical fitness and BMI concerning the position of handball players in Yavatmal district. The study encompasses a total sample size of sixty subjects, with twenty players each from back, centre, and forward positions, practicing handball for a minimum of one year across various government and private clubs/grounds in Yavatmal (M.S.). The age range of the participants falls between 18 to 25 years, and random sampling techniques were employed for participant selection. The study's hypothesis postulates that there is a significant difference in physical fitness and BMI among players of different positions. Statistical analysis will involve an independent samples t-test to compare physical fitness and BMI scores across forward, centre, and back position players. The study seeks to identify any significant differences in physical fitness and BMI, thereby informing training strategies and player development programs in the sport.

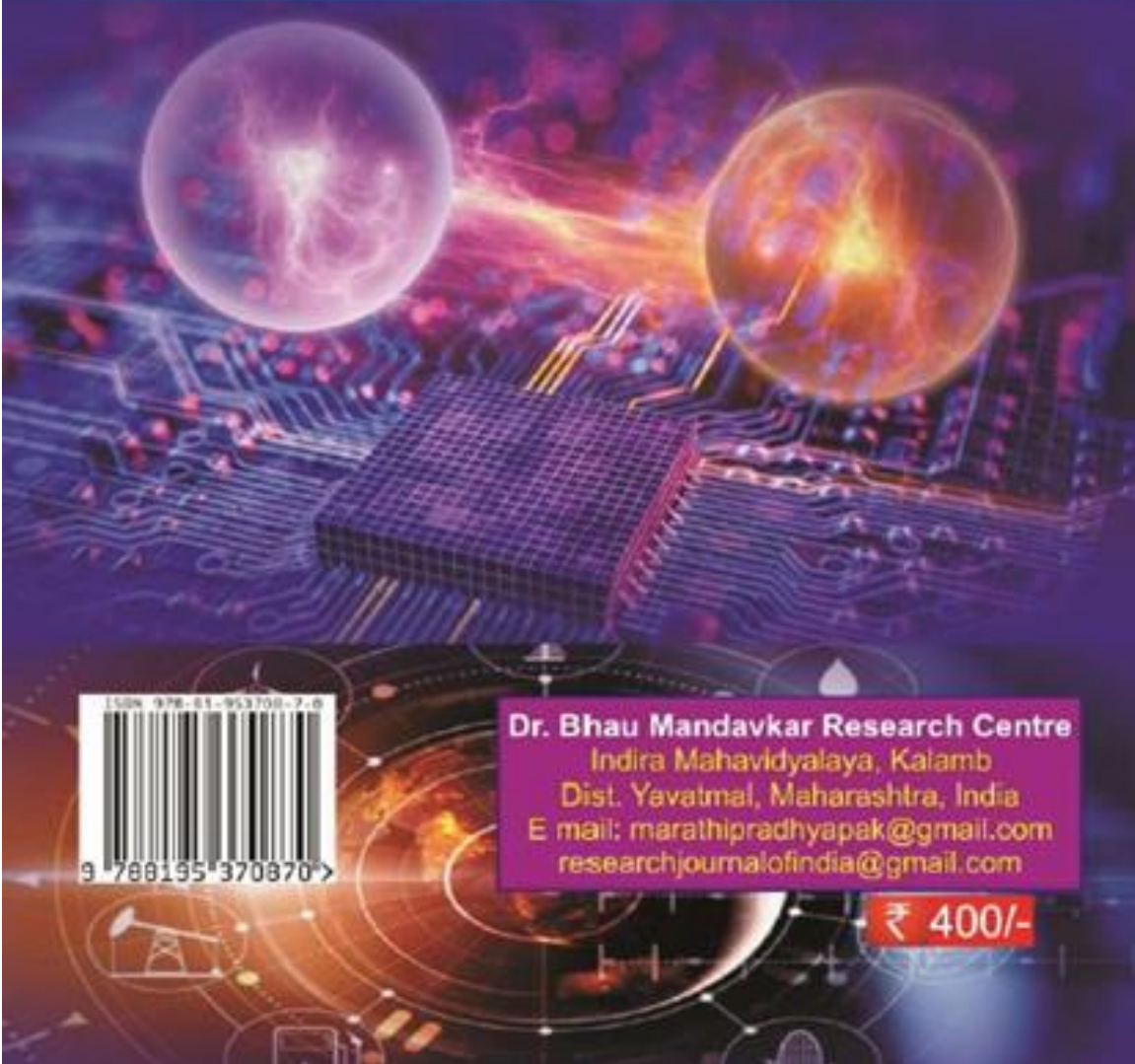
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