

## THE PHARMA INNOVATION - JOURNAL

### Comparison of anthropometric measurement between netball and hand ball players

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To achieve the purpose of the study thirty handball and thirty netball male players were selected randomly during intercollegiate tournament. The data of anthropometric measurements between netball and handball players were collected by using Standard procedure by using non-stretchable tape. The results showed that netball players are significantly better in leg length and arm length than hand ball players. Because they have to execute basket-ting and block skill during the game those skills need good leg length and arm length. In Calf girth, handball players were found more than netball players because handball players have more running movement in game situation and in thigh girth also handball players are superior than basketball players because handball players must use more leg movements during the game.

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*Keyword:* Anthropometric, hand ballplayers, net ball players

#### Introduction

Anthropometric measurement plays a vital role in shaping youth's personality and physical development and in bringing about an improvement in skills. Anthropometric measurement has been a part of physical education since its inception. The modern physical education is often assigned the task of measuring height and weight of students.

#### Purpose

The purpose of the study was to compare the anthropometric measurements of arm length, thigh girth and calf girth, between net ball and handball male players of Annamalai University.

#### Methodology

To achieve the purpose of the study thirty handball and thirty netball male players were selected randomly selected during intercollegiate

tournament. The data of anthropometric measurements between netball and handball players were collected by using Standard procedure by using non-stretchable tape.

#### Statistical technique

The study under investigation was intended to compare the Anthropometric variables among net ball and hand players, Using 't' test.

#### Conclusion

The results showed that netball players are significantly better in leg length and arm length than hand ball players. Because they have to execute basketing and block skill during the game those skills need good leg length and arm length. In Calf girth, handball players were found more than netball players because handball players have more running movement in game situation and in thigh girth also handball players are

superior than basketball players because handball players must use more leg movements during the

game.

**Results**

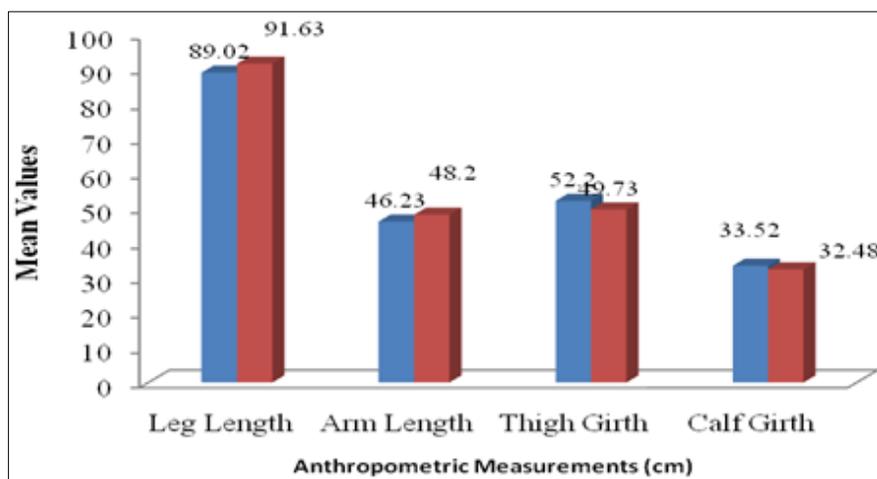
**Table 1:** Mean Standard Deviation and ‘t’ value of Anthropometric Measurements.

Anthropometric Measurements (cm)	Hand ball Players		Net ball Players		‘t’ Value
	Mean	SD	Mean	SD	
Leg Length	89.02	4.38	91.63	4.17	2.56*
Arm Length	46.23	2.53	48.20	2.29	3.27*
Thigh Girth	52.20	2.46	49.73	2.50	3.94*
Calf Girth	33.52	2.17	32.48	1.28	2.25*

\* Significant at 0.05. Level.

Netball players are better in leg length and arm length and Handball players are better in thigh

girth and calf girth, Since the calculated ‘t’ value is greater than the table ‘t’ value.



**Fig 1:** Showing the Mean Value of Anthropometric Between Handball and Netball Players.

Hand ball   
 Netball 

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