Chapter - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of this study is to know about the physical and physiological profiles of different level of netball players.

The subjects for this study were 90 [ninety] male netball players from different universities those who participated in intercollegiate and inter-varsity netball championship. Besides it's the members of national coaching camps were also constitute the sample.

On the basis of review of related literature, expert's opinion in the field of netball and exercise physiology and scholar's own understanding, following physical and physiological variables have been selected for the purpose of this study. Selected Physical Variables were Standing height, Sitting height, Leg length, Upper arm length, Fore arm length, Hand length and total body fat percentage. Selected Physiological Variables were Resting Pulse Rate, Resting Blood Pressure, Vital Capacity, Resting Respiratory Rate, Maximum Breathe Holding Time, Air-flow Rate and Cardio –vascular Efficiency.

To profile physical and physiological variables mean and standard deviation were used.
To compare selected physical and physiological variables at three different levels i.e. beginners, intermediate and advanced, analysis of variance was used.

In order to test the hypothesis, level of significance was set at 0.05.

Conclusions

1. Variability exists among the Netball players of different groups with respect to their Standing height, Sitting height, Leg Length, Upper arm length, Fore arm length and total body fat percentage.

2. Variability does not exist among the Netball players of different groups with respect to their Hand length.

3. In standing height significant difference exists between the means of beginners and intermediate; beginners and advanced; intermediate and advanced.

4. The observed sequence of performance in standing height is advanced > intermediate > beginners.

5. In sitting height significant difference exists between the means of beginners and advanced; intermediate and advanced.

6. In sitting height significant difference does not exist between the means of beginners and intermediate.

7. The observed sequence of performance in sitting height is advanced > intermediate > beginners.
8. In leg length significant difference exists between the means of beginners and advanced.

9. In leg length significant difference does not exist between the means of beginners and intermediate; intermediate and advanced.

10. The observed sequence of performance in leg length is advanced > intermediate > beginners.

11. In upper arm length significant difference exists between the means of beginners and advanced; intermediate and advanced.

12. In upper arm length significant difference does not exist between the means of beginners and intermediate.

13. The observed sequence of performance in upper arm length is advanced > intermediate > beginners.

14. In fore arm length significant difference exists between the means of beginners and advanced; intermediate and advanced.

15. In fore arm length significant difference does not exist between the means of beginners and intermediate.

16. The observed sequence of performance in fore arm length is advanced > intermediate > beginners.

17. In total body fat percentage significant difference exists between the means of beginners and intermediate; beginners and advanced.
18. In total body fat percentage significant difference does not exist between the means of intermediate and advanced.

19. The observed sequence of performance in total body fat percentage is advanced > intermediate > beginners.

20. Variability does not exist among the Netball players of different groups with respect to their Selected Physiological Variables i.e. Resting Pulse Rate, Resting Systolic Blood Pressure, Vital Capacity, Resting Respiratory Rate, Maximum Breathe Holding Time, Air-flow Rate and Cardio-vascular Efficiency.

21. Variability exists among the Netball players of different groups with respect to Diastolic Blood Pressure

**Recommendations**

1. Similar study may be conducted on female Netball players.

2. Similar study may also be conducted by taking international level Netball players

3. Similar study may be done by taking other variables.

4. Similar study may be conducted in other games and sports.

5. Similar study may also be conducted on different age groups.

6. It is recommended that during training and selection of Netball player's stress should be given on physical variables.