

A comparative study of speed between athletes and non-athletes

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Abstract

The aim of the present study was to compare the speed between Athletes and Non-Athletes of Himachal Pradesh State. 60 subject samples between the age group of 15-20 years i.e. 30 Athletes and 30 Non-Athletes of Hamirpur District of Himachal Pradesh were selected in the District sports competitions during the year 2022-23. The 50 meter run test was used to assess the speed among Athletes and Non-Athletes. It was compared by using an independent Sample t-test. The level of significance was kept at 0.05 level of significance to test the hypothesis. The result of the study showed that the Athletes have very good speed as compared to the Non-Athletes. It is recommended that Athletes and Non-Athletes must be given good speed training to enhance their performance.

Keywords: Speed, athletes, non-athletes

Introduction

Track and field is one of the oldest of sports. Athletic contests were often held in conjunction with religious festivals, as with the Olympic Games of ancient Greece. Track and Field as a modern sport started in England during the 19th century. English public school and University Students gave the sport impetus through their inter-class meets, or meetings. In 1849 the Royal Military Academy at Sandhurst held the first organized track and field meet of modern times. Not until the 1860s, however, did the sport flourish. In 1866 the First English championships were held by the newly formed Amateur Athletic Club, which opened the competition to all gentlemen amateurs, specifically, athletes who received no financial compensation for their efforts. The aim of the present study was to compare the speed between Athletes and Non-Athletes of Himachal Pradesh State.

Material and Methods

The aim of the present study was to compare the speed between Athletes and Non-Athletes of Himachal Pradesh State. 60 subject samples between the age group of 15-20 years i.e. 30 Athletes and 30 Non-Athletes of Hamirpur District of Himachal Pradesh were selected in the District sports competitions during the year 2022-23. The 50 meter run test was used to assess the speed among Athletes and Non-Athletes. The was compared by using independent Sample 't' test. The level of significance was kept at 0.05 level of significant to test the hypothesis.

Results

Table 1: Showing the speed between Athletes and Non-Athletes

Test Items	Group	Number	Mean	SD	d.f.	t. test
50 meter run	Athletes	30	9.89	0.835	38	5.891
	Non-Athletes	30	8.70	0.740	38	

Findings and Discussion

Table 1 indicates that the mean value of the speed of Athletes is 9.89 and non-athletes are 8.70. There is a difference of 1.19 seconds. The result shows that Athletes are having good speed as compared to the non-athletes. S.D. of Athletes is 0.835 and non-athletes is 0.740. Whereas the t-value is 5.891. The difference in mean score is significant at 0.05 level.

Conclusion

It is concluded that Athletes have very good speed as compared to the non-athletes. It is recommended that Athletes and Non-Athletes must be given good speed training to enhance their performance.

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