

Health Related Fitness and Concentration

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Abstract:-Badminton is one of the highly complex sports and this present's great challenge for players and coaches of all level is an individual rally is a sequence of challenging activities performed utilizing a movement pattern which is exclusive compared with any other sport rally length is often short and as a result executed at very high intensity. However players ought to be geared up for long rallies. Rallies are spread with short rest periods which consent to partial recovery from the preceding rally.

Introduction:-Badminton was included in Olympic sports from 1992 where various events like men singles. Women singles and mixed doubles matches are held badminton sport requires excellent physical fitness. As the players have to move in every corner of court they require aerobic stamina. Explosive strength speed, accuracy and ability. Further, motar coordination is required as the players have to hit the shuttlecock with precision and accuracy.

Given the importance of physical as well as psychological fitness for the success in badminton sports, Indian traditional yoga practices seems to be better as it brings homeostasis at psycho-physiological and physical levels. In fact, yoga offers a holistic approach to physical activity intervention and an alternatives strategy to enhance mental skill in sports. To improve health and fitness yoga has wide range of techniques such as breathing and relaxation, inner awareness. Hence it was thought that yoga practices might be helpful to acquire physical fitness and mental health needed for success of badminton.

The historical backdrop of badminton starts much sooner than most individuals might think a diversion that was played by aged Greeks. Over the long run it has been altered to have more characterized controls and is currently a focused game around the globe. In 1904 the first official All-England title was played. Before long subsequently, Badminton's fame spread to different nations. This required the establishment of an universal administering form for badminton subsequently the 'international badminton federation' (IBF) was created. War and accounts kept the first universal badminton competition from being held until the midfifties.

Badminton guideline confines the outline and size of racquets and shuttlecocks badminton administers additionally accommodate testing a shuttlecock for the right speed.

To test shuttlecocks utilize a full underhand stroke which reaches the shuttlecock over the back limit line. The shuttlecock might be hit at an upward plot and in a bearing parallel to the side lines.

A shuttlecock of the right speed will arrive at the very least 530 m.m. and not more than 990 m.m. short of the other back limit.

The point when the serving side loses a rally the serve quickly goes to their opponent (this contrast from the old framework where now and then the serve goes to the copies accomplice for

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what is known as a “second serve) in single the server remains in their right administration court when their score is even. And in her /his left administration court when her/his score is odd.

However, despite the large number of badminton players participate at national level, research dealing with yoga in relations to physical fitness and performance capacity of elite badminton players in India scientific literature is meager. Therefore, the researcher of this study sought to determine the role of yoga for the improvement in fitness variables required for badminton players.

With all of these capabilities required for badminton player there is need to develop a training program which will be helpful for the elite badminton players to achieve success. In fact, hath yoga an ancient practice that was developed to promote physical health as well as an awareness of one’s true nature has not been explored in case of badminton players

Objectives:-

- 1> To identify specific physical fitness component as required for elite players in badminton
- 2> To design specific yoga training schedule especially required for elite badminton players
- 3> To see the effect of yoga training on the selected specific physical fitness variables of the badminton players.

Hypothesis:-

Yoga training would contribute to significant improvement in specific physical fitness parameters as required for the elite badminton players.

Badminton a racquet sport is played by either two opposing players (singles) or two opposing pairs (doubles) who take position on opposite halves of a rectangular court that is divided by net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents half of the court. Each side only strikes the shuttlecock once before it passes over the net. A rally ends once the shuttlecock has struck the floor. Or if a fault has been called by either the umpire or service judge in their absence the offending player at a time during the rally. The shuttlecock is the feathered projectile whose unique aerodynamic properties causes it to fly differently than the balls used in most racquet sports in particular the feathers create much higher drag . Causing the shuttlecock to declare more rapidly than the ball. Shuttlecocks have a much higher top speed. When compared to other racquet sport. Because shuttlecock fight is affected by wind. Competitive badminton is plays indoors badminton is also played outdoors as a casual recreational activity often as a garden or beach game. The players who can efficiently play this game are considered as badminton players.

Physical fitness is an ability to perform any task without undue fatigue physical fitness has many components .viz strength, endurance, flexibility, ability, balance coordination etc. nature of task ensure the requirement of various physical fitness components. This indicate that various types of physical activities are required different types of fitness component in this study to achieve better state of badminton performance the required level of fitness is known as performance related physical fitness.

Significance of the Study:

The finding of this study may benefit to all the badminton players and even to other similar sportsman since utility of yogic exercises improve their suppleness of body

The newly designed training schedule of yoga as a result of this study may be beneficial exclusively for the students participating in badminton event

Recommendation:

Specific yoga training may be incorporated not only in the training schedule of badminton, but also in others sports.

In this study yoga programme was included in the cooling down phase of training only. The properly designed yoga training may additionally be experimented to see its overall effects on badminton performance.

Contribution:

Badminton is highly explored sport. Involving a unique movement and technique over a relatively small court area. it is an intermittent sport characterized by long bough of high intensity exercised interspersed with rest periods and entails vigorous movement of both the lower and upper body musculature. It requires sprints, stops, starts, and lungs jumps, rapid changes of direction, twisting, starching, smashing, clearing, dropping and tactically trying to outmaneuver the opponent.

Conclusion:

Inclusion of yoga in the training schedules is an added advantage for improving physical fitness of the elite badminton players.

References:

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