

Physical Fitness Factors of School Badminton Players in Kandy District

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Abstract : The aims of the study was to measure physical fitness parameters of school badminton players in the Kandy district and determine the factors contributing to improve the physical fitness. Height, weight, handgrip was measured and sit and reach test, shoulder flexibility test, standing long jump test, 20m sprint speed test, agility T-test and 20 m multistage shuttle run test were performed on 183 school badminton players. Linear regression and correlation tests were performed using body mass index, practiced duration, age category, level of performance, additional sports involvement as independent variables and physical fitness parameter as dependent variables. Results: The present study showed that the upper body power, upper body strength and endurance and speed depended on body mass index both in male and female school badminton players. Speed, agility, flexibility of shoulders, explosive power of shoulder and aerobic endurance depended on the duration of practiced. Furthermore, involvement in additional sports other than badminton did not enhance the performance of badminton players. But it decreased player's performance by decreasing agility and speed. Age had an effect on the upper body power, explosive power of lower limb, agility and speed both in both males and females. Conclusions: The performance of badminton players could be enhanced by maintaining a proper body mass index. Badminton specific parameter could be improved by increasing the duration of practiced. Involvement in other sports does not give an added advantage to badminton players to improve their performance.

Keywords : agility, Body Mass Index, endurance, badminton

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