

**COMPARATIVE STUDY OF PHYSICAL FITNESS COMPONENTS OF TABLE TENNIS AND BADMINTON MALE PLAYERS FROM MAHARISHI MARKANDESHWAR UNIVERSITY, MULLANA**

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**ABSTRACT**

*In the present study, an attempt has been made to compare physical fitness components namely explosive strength, speed, endurance, agility, flexibility between table tennis and badminton male players belonging to various institutes of Maharishi Markendeshwar University, Mullana. The study was carried out on 50 male players, 25 from table tennis and 25 from badminton. The data was collected by using the measurements of age, height, and weight as well as by application of tests like standing broad jump, 50 yards dash, 600 yard run/walk, shuttle run and sit ups. The data was analyzed and compared with the help of statistical procedures in which arithmetic Mean, Standard deviation, Standard error deviation (SED) and t-test were employed. The results found significant difference in speed, and agility and no significant difference in strength, endurance and flexibility components between table tennis and badminton male players. There was no difference between badminton and table tennis players with reference to their explosive strength, endurance and flexibility components. With reference to speed, table tennis male players were much stronger than badminton male players, and with reference to agility, table tennis male players were much better than badminton male players. On the basis of results we concluded that null hypothesis is accepted in case of explosive strength, endurance and flexibility and rejected in case of speed and agility components.*