COMPARISON OF AEROBIC ENDURANCE AND THE INHALE BREATH HOLDING CAPACITY OF WOMEN'S NATIONAL AND INTERNATIONAL LEVEL FOOTBALL PLAYERS OF MANIPUR

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ABSTRACT

It will understand the level of aerobic capacity and inhale breath holding capacity between the goalkeepers, backs, midfielders and strikers and find out the degree of correlation between the aerobic endurance and the inhale breath holding capacity of women's football players. To indicate the significance difference of aerobic capacity and inhale breath holding capacity between the goalkeepers, backs, midfielders and strikers; and to see the correlation between the aerobic endurance and the inhale breath holding capacity of women's football players the data was collected by using the Descriptive research Duncun's range test for the different position of play and the correlation of aerobic capacity and inhale breath holding capacity is predicted from 81 women's players those who had participated national and international level competitions and these players were recently participating in state level competition organized by All Manipur Football Association. The results were found after the different test had been conducted. The comparisons of group values were compared with the related Rp value, from the comparison of Cardio vascular Endurance (aerobic capacity) score value between goalie, back, half and striker: Striker is reliably superior to goalkeeper and back, but no reliable difference found with midfielder. Midfielder is reliably superior to goalkeeper but no reliable difference found with back. Back has no reliable difference with goalkeeper. The comparisons of inhale breath holding capacities between goalie, back, half and striker: Striker was reliably superior to back but no reliable differences found with goalkeeper and midfielder. Midfielder is reliably superior to goalkeeper and back, as well as back has no reliable difference with goalkeeper. The result evident that Cardio vascular endurance was found highly correlated with inhale breath holding capacity.