

**CONTRASTIVE ANALYSIS ON SALUBRITY FITNESS
COMPONENTS ON MIDDLE AGED KHO-KHO
AND KABADDI PLAYERS**

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ABSTRACT

The purpose of this study was to find out the comparative study on Salubrity related fitness components on middle aged Kho Kho and Kabaddi players. To accomplish the reason for this concentrate on twenty (N=20) Kho and (N=20) Kabaddi Players, Coaches, Trainers and Teachers from Chennai District were chosen. The subjects were in the age gathering of 35 to 45 years. For the review, factors of actual wellness were chosen are Muscular strength and Cardio vascular perseverance. This concentrate on in opposition to the significance of choosing the players of Kabaddi and Kho-Kho in view of the advancement of people's actual wellness capacities. Engaging insights and free testing were picked to decide the distinctions among the gatherings. All cases, the certainty level 0.05 was fixed to test the significance.

Key Words: Muscular strength, Cardiovascular endurance, Kabaddi, Kho-Kho, Wellness.