ABSTRACT
Physical fitness is a general state of health and well-being and more particularly, the capability to perform aspects of sports, occupations and every day activities. And it is achieved through proper diet and physical exercise. The components of physical fitness include cardio respiratory endurance, muscle strength, muscle endurance, flexibility and body composition. Physical fitness involves the performance of the heart and lungs, and the muscles of the body. Regular exercise keeps a person physically strong and mentally, emotionally strong as well. The purpose of the study is to find out strength, speed and stamina between men Kabaddi and men beach Kabaddi players in Telangana.

Keywords: Fitness; Sports; Exercise; Endurance; Flexibility

INTRODUCTION
Physical fitness refers to “a set of attributes that related to the ability to perform physical activity” (U.S. Department of Health and Human Services [USDHHS], 1996). According to the World Health Organization (WHO) health is defined (Figure 2-01) as “a state of complete physical, mental, and social well-being and not merely the absence of disease” (WHO, 1946, p.1). Physical fitness is the ability of the body systems to work together efficiently to allow people to be healthy and effectively perform activities of daily living (Corbin & Lindsey 2007). Hoeger & Hoeger, 2005 says, in terms of prevention of diseases, the main emphasis of any fitness programs should be placed on the health-related fitness as skill-related fitness is crucial for success in sports and athletics, and it also contributes to wellness.

Physical activity is categorized as being of light, moderate, or vigorous intensity, and most health benefits have been associated with moderate to vigorous intensity physical activity (National Advisory Committee on Health and Disability 1998; US Surgeon General 1996).

OBJECTIVES OF THE STUDY
1. To find out the significant difference between men Kabaddi players and men beach Kabaddi players in relation to their strength.
2. To study significant difference between men Kabaddi and men beach Kabaddi players in speed.
3. To analyse significant difference among men Kabaddi players and men beach Kabaddi players in stamina

METHODOLOGY
The samples were collected from the 25 men Kabaddi players and 25 beach Kabaddi players in Hyderabad who has taken part in coaching camp at Mekala Abhinaya Stadium during the year 2014-15
were considered. Physical fitness test administered on state players, i.e., the strength (weight training), speed (50mtrs run) and stamina (cooper test 12mts run and walk).

RESULTS AND DISCUSSIONS

Table 1. Showing the Mean values, SD and ‘t’ value and p-value between men Kabaddi and beach Kabaddi players in relation to their strength (Weight training)

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Subjects</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>t-value</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kabaddi Players</td>
<td>25</td>
<td>25.00</td>
<td>0.33</td>
<td>1.301</td>
<td>0.01</td>
</tr>
<tr>
<td>2</td>
<td>Beach Kabaddi Players</td>
<td>25</td>
<td>14.11</td>
<td>0.22</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 2. Showing the Mean values SD, of, ‘t’ value and p-value between men Kabaddi and men beach Kabaddi players in relation to their speed 50Metres.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Subjects</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>t-value</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kabaddi Players</td>
<td>25</td>
<td>5.00</td>
<td>0.23</td>
<td>1.401</td>
<td>0.01</td>
</tr>
<tr>
<td>2</td>
<td>Beach Kabaddi Players</td>
<td>25</td>
<td>4.11</td>
<td>0.12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CONCLUSION

In the current study the results showed that there was a significant difference between men Kabaddi and beach Kabaddi players in strength, speed and stamina, scientifically proved that Kabaddi players have better strength and speed than beach Kabaddi players. Beach Kabaddi players have more stamina than Kabaddi players.

REFERENCES