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EFFECTS OF YOGA AND TWISTING PRACTICE ON THE THREE POINT SHOOTING PRECISION OF BALL PLAYERS

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Abstract:

The factual examination of information for the Effects of yoga and twisting practice on the three point shooting precision of ball players in the middle of control and test gathering are systematally introduced in this part.

Keywords; yoga and twisting practice , ball players , systematally.

INTRODUCTION :

For testing the criticalness level was situated at 0.05. The estimation of "t" proportion expected to be noteworthy at 0.05 level.

Mean, standard deviation and t-degree of pretest, post test of Effects of yoga and twisting practice on the three point shooting precision of b-ball players of exploratory gathering are given in table 1-19.

Table-1
Statistical comparison of pre and the post test of control groups of selected yoga and curling exercise on the three points shooting of basketball players.

Test	Number	Means	S.Ds.	t-ratio
Pre Test	30	9.21	3.62	1.67 NS
Post Test	30	9.56	3.32	

NS = Not Significant

Table-1 demonstrates that measurable correlation of preand the post test of control gatherings of chose yoga and twisting practice on the three focuses shooting of ball players.

Concerning chose yoga and twisting practice on the three point shooting of b-ball players, Pre and post Test of control gathering, they have acquired the mean estimations of 9.21 and 9.56 individually, which are given in Table-1 uncovers that no critical contrast was figured out (t=1.67) of yoga and twisting practice on the three point shooting of b-ball players.

Figure-1: Mean Scores and Standard deviation of pre and the post test of control groups of selected yoga and curling exercise on the three points shooting of basketball players.

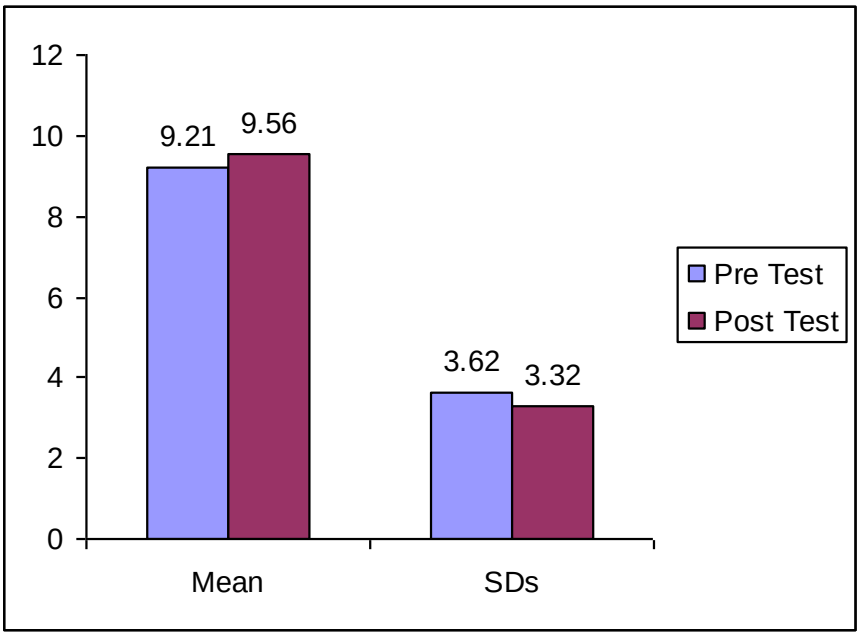


Table 2
Statistical comparison of post test of control and experimental groups of selected yoga and curling exercise on the three points shooting of basketball players.

Groups	Number	Means	S.Ds.	t-ratio
Control	30	11.56	1.90	4.37*
Experimental	30	15.06	2.33	

* = Significant

Table-2 demonstrates that factual correlation of preand the post test of control gatherings of chose yoga and twisting practice on the three focuses shooting of b-ball players.

With respect to chose yoga and twisting practice on the three focuses shooting of b-ball players, post Test of control gathering and Experimental gathering, they have gotten the mean estimations of 11.56 and 15.06 separately. Which are given in Table-1 uncovers that huge impacts was discovered (t=4.37,< .05) of yoga and twisting practice on the three point shooting of ball players. That implies there were huge impacts of chose yoga and twisting practice on the three focuses shooting of trial gathering b-ball players.

Figure-2: Means and Standard deviation of post test of control and experimentalgroups of selected yoga and curling exercise on the three points shooting ofbasketball players.

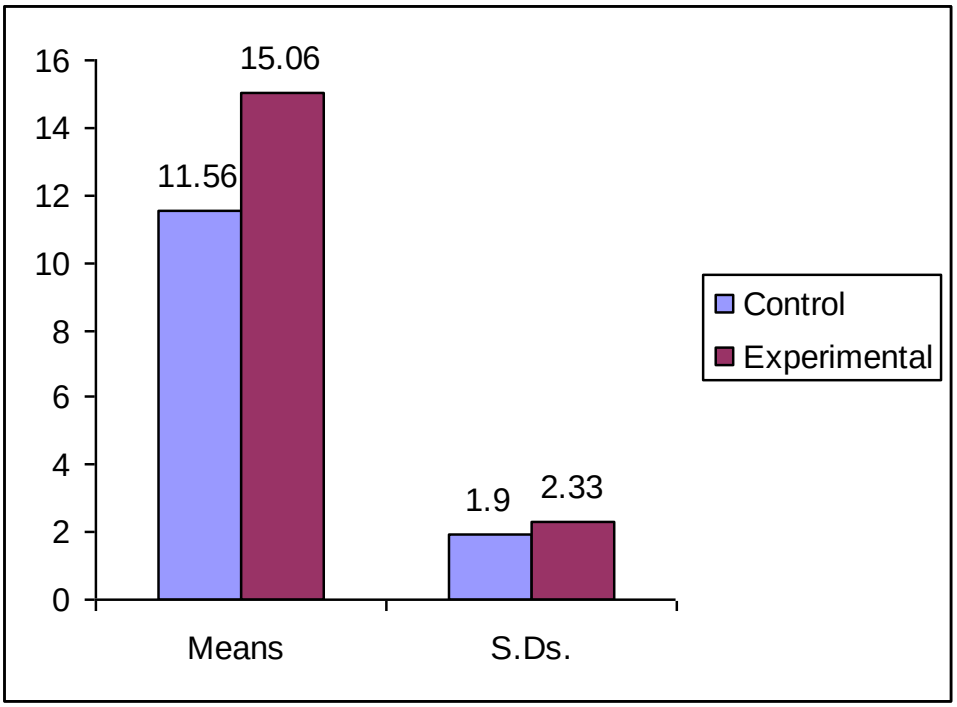


Table 3
Statistical comparison of pre and the post test of experimental groups of selected yoga and curling exercise on the three points shooting of basketball players.

Test	Number	Means	S.Ds.	t-ratio
Pre Test	30	10.23	1.90	8.94*
Post Test	30	15.06	2.33	

*= Significant

According to Table-3 demonstrates that measurable correlation of preand the post test of control gatherings of chose yoga and twisting practice on the three focuses shooting of b-ball players.

As to chose yoga and twisting practice on the three point shooting of b-ball players, preand post Test of Experimental gathering, they have gotten the mean estimations of 10.23 and 15.06 separately. Which are given in Table-1 uncovers that noteworthy impacts was figured out ($t = 8.94 < .05$) of yoga and twisting practice on the three point shooting of b-ball players. That implies there was critical impacts of chose yoga and twisting practice on the three focuses shooting of test gathering ball players.

Figure-3: Statistical comparison of pre and the post test of experimental groups of selected yoga and curling exercise on the three points shooting of basketball players.

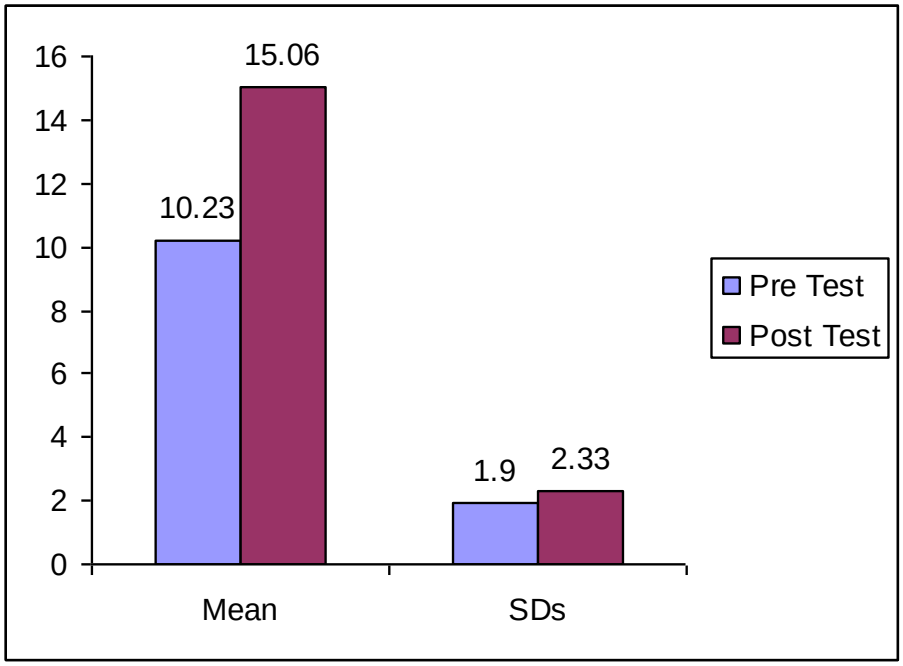


Table 4
Mean scores standard Deviation and t-ratio of Strength ability experimental groups.

Selected Components	Test	Number	Means(cm.)	S.Ds.	t-ratio
Strength	**Pre Test**	30	25.89	0.45	3.15*
	Post Test	30	35.22	0.98	

*= Significant at 0.05 level.

Table-4 shows that mean scores, standard deviations and t-ratio of pre and Post test of Strength ability of experimental group.

with regards to pre and post test of speed ability of experimental group, they have obtained mean values of 25.89 and 35.22 respectively, which are given in Table-4 reveals that significant effect was found out in (t=,<p.05) Pre and Post test of Strength of experimental group. Which means that there was a significant effect of yoga and curling excercise training on Strength ability among basketball players.

Means scores and standard deviation of of pre and Post test of strength on experimental group have been depicted in figure-4

Figure-4: Mean scores and standard Deviation of StrengthAbility among experimental group

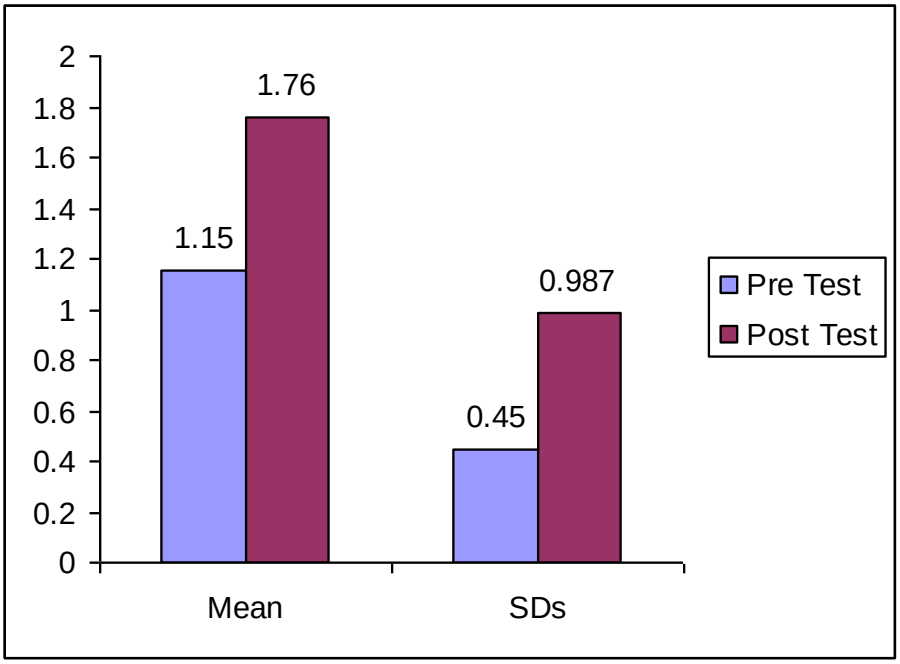


Table 5
Mean scores and standard Deviation and t-ratio of Flexibility ability of control groups.

Selected ability	Test	Number	Means(cm.)	S.Ds.	t-ratio
Flexibility	**Pre Test**	30	06.00	0.54	0.56 NS
	Post Test	30	06.01	.876	

NS= Not Significant.

Table-0.5 demonstrates that mean scores, standard deviation and t-degree of preandpost test of Flexibility capacity of control gathering. as to preandpost test of Flexibility of control gathering, they got mean estimations of 6.00 and 06.01 individually, which are given in Table-5 uncovers that no noteworthy distinction was discovered in (t=0.56) Pre and Post test of Flexibility of control bunch.

Means scores and standard deviation of preandPost test Flexibility a control gathering have been delineated in figure-5

Figure 5 Mean scores standard Deviation and t-ratio of Flexibility of control groups.

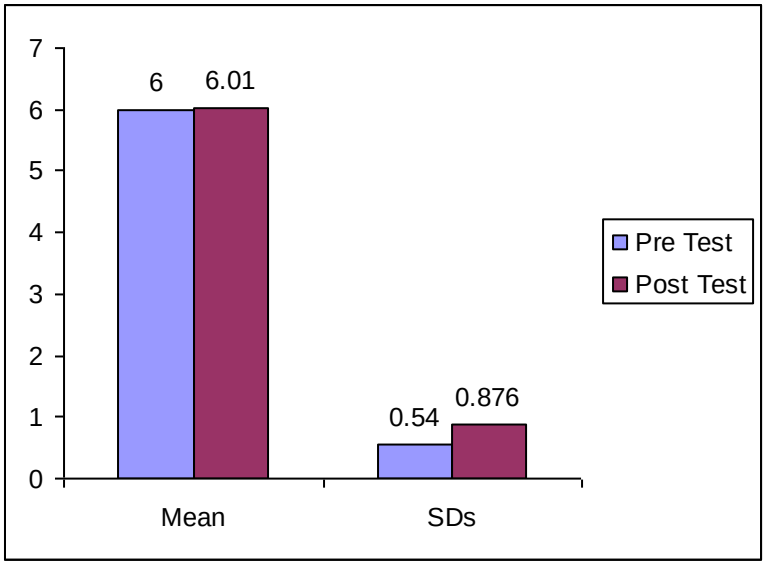


Table 6
Effects of yoga and curling exercise training on Flexibility ability among Experimental group basketball players.

Selected	Test	Number	Means(cm.)	S.Ds.	t-ratio
Flexibility	**Pre Test**	30	8.39	2.43	1.40
	Post Test	30	9.78	3.99	

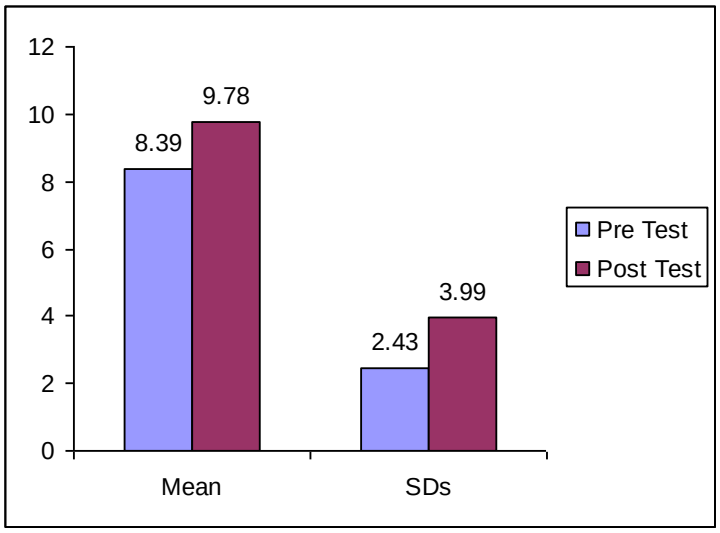
NS=Not significant

According to Table-6 demonstrates that mean scores, standard deviation and t-proportion of preandPost test of Flexibility of exploratory gathering.

As to preandpost test of Flexibility of exploratory gathering, they got mean estimations of 8.39 and 9.78 individually, which are given in Table-6 uncovers that no huge impacts was figured out in (t= 1.40) Pre and Post test of Flexibility of trial gathering.

Means scores and standard deviation of preandPost test of Flexibility on trial gathering have been portrayed in figure-6

Figure 6 Showing,Mean scores, standard Deviation of Flexibility experimental groups.



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