



Effect of high altitude performance of volleyball players in Ladakh

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Abstract

Ladakh is situated about 11000 feet above the sea level the impact of flying of Volleyball at high altitude has been a hot topic in discussion to assess the effect of altitude on match result and physiological performance of a professional Volleyball player of Ladakh particularly for team playing a game at high altitudes with the drop in air pressure making it difficult for the body to obtain sufficient oxygen at high altitude hypoxia called and dehydration can leads to get breathlessness headache nausea dizziness and fatigue and possibly altitudes illness including syndromes such as acute mountain sickness, High altitude illness including syndromes such as acute mountain sickness high altitude pulmonary edema and cerebral edema. Activities such as an exhibit symptom preventing from performing at full capacity.

Keywords: effect high altitude player performance

Introduction

Altitude has profound effect on exercise in support performance. Hypobaric hypoxia-induced by increasing Terrestrial altitude has to measure effect physiological and physical both of which will influenced volleyball performance.

The reduction in partial pressure of oxygen reduce oxygen flux at every step along the oxygen cascade and thereby decreases the availability of oxygen at the mitochondria level to produce ATP oxidative phosphorylation.

The decrease in our density reduce eye resistance which will alter drag and lift as well as facilitate high velocity running.

Ability to consume of oxygen which is reduced by acute exposure to high altitude reflects players physiological performance and correlated with volleyball performance in school level.

The volleyball match about the 11000 feet above the sea level should be played of 10 days because of effect of acute exposure to altitude on performance. Awareness of the most efficient means of acclimatizing to altitude has important implications for all professional athletes. A large and diverse population of professional athletes. State level volleyball scores in result of foreign direct image of performance of different team at multiple altitudes which can be linked to their ability to acclimatize. The primary hypothesis test it was weather and by how much altitude affect state level volleyball performance by using the database covering a century of match quantified the dependence of Volleyball result and scores on altitude in assessed how altitude can be disadvantage or advantage for performance.

Purpose of the Study

The purpose of the study investigate effect of high altitudes on performance of Ladakh Volleyball players

Methodology

The present study was conducted on various volleyball team of the state age 18 to 25 year subjects are selected from various place in that as well as state.

I directly assistant the influence of altitude on volleyball only home and away game were included I am at it all match played in neutral venue. The well recognize advantage of playing at home as opposite to away is reported in detail elsewhere.

Many factors influence the outcome of volleyball game including techniques, strategy, management and the player physiological and psychological condition.

The percentages of home win in our data set have won in the influence of altitude on volleyball performance in all various team of Ladakh.

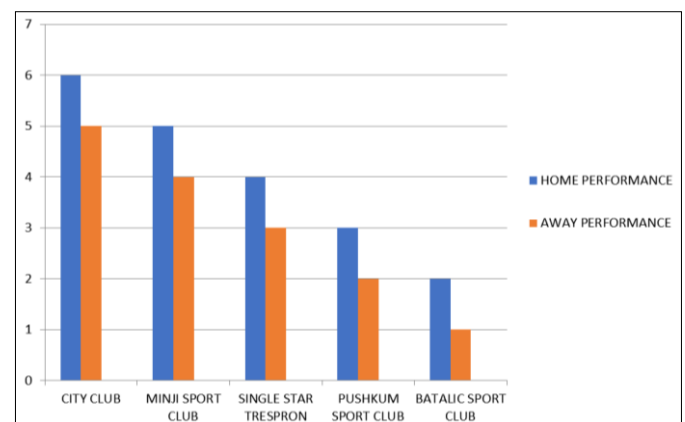


Fig 2

Discussion on finding

The findings pertaining to the altitude difference between

home and away team in state level volleyball game in a various team of Ladakh of significant affect the outcome of the game.

High altitude district team more game win more performance then low altitude teams and for each additional 11000 ft of altitude difference the district team performance increased lots of point.

The advantage when playing at high altitude is to be expected given the differential in oxygen consumptions between the two team and effect this has on physiological response and volleyball performance the surprise advantage of high altitude team also had an advantage when playing at low altitude.

Result

Low altitude team may adopt different strategies to cope with playing at high altitudes one approach is to arrived at high altitude only hours before the game, where is another is to allow sufficient time for accumulation

Conclusion

On the basis of finding and within the limitation of the study the following conclusions were drawn. Significant effect of high altitude between district and outside the district place this results confirms that the inherent difference in performance between the state team the home advantage district team was effect in the significant difference, suggestions that attitude different has a significant negative impact on performance.

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