Fitness Based Ranking of Teams Participating in Zone Five Handball Championship

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Abstract

Ranking of teams is usually based on the goal aggregate, which is a factor that comprises of many variables. The underlying assumption in such criteria of classification is that a team will only emerge as a winner by being the best i.e. both in fitness and skill. However in each individual sport there are dominant attributes that contribute to overall success despite the fact all aspects of fitness are important. This study involved three male teams participating in zone five handball championships (July-2005) in Kenya. The purpose of the study was to find out if fitness ranking of the teams would be consistent with goal aggregate ranking. Method: all the three teams underwent fitness testing for selected variable and their means determined. The means were raked as 1, 2 and 3 and assigned score valuables of 3, 2 and 1 respectively. The total score for each team was used to rank the teams. This was then compared to goal aggregate ranking. Results: The first team in fitness ranking was the last in goal aggregate ranking and vice versa. Discussion: the first team had high valuables of dominant attributes necessary in handball hence good performance despite low average general fitness. The second in rank had optimum score values hence average performance while the last one had low skill with high physical fitness with low values in dominant attributes necessary in handball. Conclusion: both physical fitness and skill training are key to good performance.