Comparison of Aerobic Fitness Among Basketball Players and Handball Players at Gulbarga University

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Aerobic endurance refers to the volume of oxygen intake during the physical activities. In the context of basketball, endurance holds paramount importance for players striving to sustain their stamina throughout both individual games and the entirety of the season. Handball, a professional sport in numerous countries, similarly places a premium on endurance for efficient gameplay. The objective of this study was to assess the aerobic endurance levels among the male basketball players and male handball players at Gulbarga University in India. The research sample comprised thirty male basketball players and thirty male handball players drawn from various colleges affiliated with Gulbarga University. Data collection was conducted separately for both basketball and handball players. Participants underwent a 12-minute Cooper test, overseen by qualified athletics officials, to gauge their endurance levels. The results revealed that basketball players demonstrated superior endurance ($0.05 < p$) in comparison to their handball counterparts ($0.05 < p$). Consequently, it can be deduced that the male basketball players at Gulbarga University possess commendable endurance levels relative to their male handball counterparts. Given multifaceted demands of basketball, which encompass diverse skill sets, concentrated focus, and optimal physical fitness, aerobic endurance emerged as a pivotal attribute for both basketball and handball players alike. Robust endurance in these sports not only bolsters performance during matches and training sessions but also enables players to sustain maximum intensity without succumbing to fatigue. It can be inferred that players exhibiting substantial endurance in both basketball and handball contexts are likely to excel in both matches and training scenarios.

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