

A STUDY OF COGNITIVE EVALUATION CRITERIA SELECTED IN VOLLEYBALL PLAYERS OF DIFFERENT SIX UNIVERSITY OF RAJASTHAN

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ABSTRACT

Physical education and training organized instruction in motor activities that contributes to Physical growth, health and body image of the individual Games & sports are a valuable form of education. They develop our skills and abilities to the maximum. They teach discipline, obedience and cooperation. Games also allow an outlet to our suppressed energy. It helps us a lot in remaining peaceful and non-violent. When our energy is suppressed we become irrelative, short tempered and violent and act of law tension. Games also provide us the best use of leisure time. A professional sport environment may represent a kind of enriched environment for human since at entitles physical and mental challenges. In other word superior cognitive and perceptual performance may be observed in elite players due to the combined effects of physical training and cognitive stimulation provided by the sports. Traditionally perceptual cognitive expertise in sports has been studied through two theoretical approaches.

KEYWORDS: *Physical Education, Physical Growth, Act of Law Tension, Cognitive Stimulation.*

Introduction

Since the main purpose of focus on the study was development of cognitive evaluation criteria in Volleyball players of six universities namely, University of Rajasthan, Jaipur, M.D.S. University, Ajmer, M.G.S. University, Bikaner, University of Kota, Kota J.N.V. Univerisity, Jodhpur and M.L.S. University, Udaipur. 10 players from each University & total 60 players were selected for the purpose & this study, Who were as subject undergoing Volleyball speciation in their respective Universities.

Collection & Data

For the development of cognitive evaluation criteria, Knowledge test was constructed by 50 objective type multiple- choice terms were included in the test and was administered to all the student after giving clear & specific directions. The subjects were asked to select the best answer for each item. All questions carried equal mark and maximum mark was 50 for the whole test one mark was awarded for each correct response. The sum of total number of correct responses was the final score of each subject. The test should be completed within 90 minutes. The experts performance approach and the component skills approach physical & sports provides various activities for the worth use of leisure and educate the youth for real life to achieve the top level performance in the game of Volleyball, it is essential that the proper selection may be made by the coach/Physical Education Teacher in the initial stage, then give the necessary training to achieve top level performance. Specific skills physical characteristics are needed to be successful in the individual & team sports.

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Identification of Cognitive Criteria

It is an admitted fact that cognitive aspect plays a vital role in the achievement of top level performance. Many sports scientists have laid stress on different types of cognitive tests which are essential requirements for top level players. Knowledge of the fundamentals, rules and regulations are necessary part of learning and for becoming an extra ordinary player. On the basis of overall empirical views of the experts, there are different areas, the knowledge of which is vitally important for the excellent performance of the players. The knowledge of the same cognitive areas is also vital for a physical educator/ coach since it will be of immense help with regard to his job analysis. The cognitive areas considered for this study are:

- History and development of the game of volleyball.
- Rules of the game of volleyball.
- Techniques of the game of volleyball.
- Tactics of the game of volleyball.
- Training of different qualities related to the game of volleyball.
- Objective of the cognitive Criteria
- To introduce the students to the history and development of the game in India, Asia and as an Olympic sport in the world.
- To develop the understanding of the basic rules and their interpretations in relation to the game of volleyball.
- To develop and understand the advanced techniques and tactics involved in the game.
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Purpose of the Test

It is well known fact that knowledge acquired in any of the game contributes in the achievement of higher level of performance in that particular game. In universities of Rajasthan state volleyball players are required to specialize in one/ two activity/activities, theoretical knowledge is provided to them, so the main purpose of the cognitive criteria is to evaluate the amount of knowledge possessed by the specialization groups and to finally determine to which extent the cognitive aspect helps to achieve higher performance. For the purpose of the test firstly we calculate difficulty Rating. The formula for computing the difficulty Rating was $DR = P/N$ for the assessment and evaluation & cognitive aspects of scale professional physical education- student, percentile were prepared for the collection of data from different universities.

Table 1

Scores of volleyball players of different university of Rajasthan of knowledge test for calculating cognitive evaluation.

Question No.	Students Answered Correct(P)	DR=P/N
1	48	.84
2	45	.65
3	38	.55
4	37	.53
5	13	.18
6	36	.52
7	17	.24
8	22	.31
9	23	.33
10	16	.23
11	36	.52
12	27	.39
13	29	.56
14	44	.63
15	22	.31
16	40	.57
17	41	.59

18	37	.53
19	43	.62
20	44	.63
21	39	.56
22	41	.68
23	34	.49
24	38	.55
25	36	.52
26	42	.60
27	30	.43
28	36	.52
29	43	.62
30	43	.62
31	42	.62
32	31	.44
33	43	.62
34	35	.50
35	51	.73
36	47	.68
37	21	.38
38	30	.43
39	29	.42
40	44	.63
41	47	.68
42	35	.50
43	26	.37
44	35	.50
45	12	.17
46	23	.33
47	37	.58
48	15	.21
49	28	.40
50	35	.50

Above table was showing that percentage of students who had chosen the correct response for particular test for evaluating the cognitive criteria.

Table 2

Raw score of different university players for calculating cognitive evaluation criteria by percentile scale.

Percentiles	Raw Scores
100	42
90	40
80	36
70	34
60	50
50	28
40	26
30	20
20	15
10	10
0	.8

Table 2 indicates that highest score was 42 & lowest scores was 8. The findings of the study for development of cognitive evaluation criteria in volleyball students of different university indicated that the reliability coefficient of whole test was .78, and the content validity of the test was accepted as the test

items were constructed keeping in view of the content material of the course and the recommendations of experts. Norms for the cognitive evaluation criteria was developed by percentile scale. Percentile indicated that highest score was 42 and lowest was 8 and the 50th percentile scores was 28.

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Appendix

Questionnaire for Cognitive Evaluation Criteria

Name : _____

Roll No.: _____

Instructions

There are 15 objective type questions which are to be answered by putting a (___) mark in front of the correct or the appropriate answers. All questions carry equal marks and one point will be awarded each for a correct answer. If two responses are marked for any statement no credit will be awarded for the same.

Time: 20 Minutes

Max. Marks: 15

Note: answer all questions: All questions carry equal marks.

1. The Original idea with which the game of volleyball was invented was:
 - a) To engage factory workers during free time
 - b) To develop a new game
 - c) To provide recreation
2. Which body controls the game of volleyball at international level?
 - a) Amateur volleyball Association
 - b) Federation International De volleyball
 - c) International Olympic committee
3. In which year the 1st world championship in volleyball was conducted?
 - a) 1949
 - b) 1952
 - c) 1964
4. How many times India qualified for world championship in volleyball?
 - a) Two times
 - b) Once only
 - c) Did no qualify so far
5. How many teams participate in men and women world championship in volleyball?
 - a) 16 and 12
 - b) 16 and 9
 - c) 12 and 6

6. Where and in which year volleyball was first introduced in Olympic for men and women?
 - a) Rome 1960
 - b) Tokyo 1964
 - c) Mexico 1968
7. When and by whom the game of volleyball was introduced in India?
 - a) Y.M.C.A., Madras
 - b) Volleyball federation of India
 - c) All India council of Sports
8. Which tournament is conducted by V.F.I.?
 - a) All India Interschool tournament
 - b) Inter-State Championship
 - c) Any open Tournament
9. Which of the following is the recent development in volleyball competition?
 - a) World volleyball League
 - b) International Beach Volleyball Championship
 - c) Inter-continental Championship
10. In which country the head waters of International volleyball federation are situated?
 - a) France
 - b) Rome
 - c) Switzerland
11. What are the most important physical qualities involved in receiving the serve, digging and setting?
 - a) Size and quickness
 - b) Footwork and quickness
 - c) Coordination and quickness
12. What is the advantage in using a slide step to move laterally?
 - a) To keep the head and body facing the net
 - b) To get the feet parallel to the net
 - c) To save time to get the arms together
13. For which the forearm pass is least likely to be used?
 - a) Set for a spike
 - b) Return low ball
 - c) Receive a spike
14. Why is learning the overhead pass valuable in volleyball?
 - a) To enable more players to participate in the game
 - b) To return the ball quickly to the other side
 - c) To maneuver into position for effective attack play
15. Which characteristics are more advantageous for the setter?
 - a) Strong fingers
 - b) Flexible wrists
 - c) Good Eyes

