



Impact of Specific Training on Selected Motor Fitness Variables of Men Kabaddi Players

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Abstract

Kabaddi is a contact sport and to excel at it, players rely heavily on training to build on speed, strength, and stamina. A healthy and nutritious diet plays a very important role when it comes to fitness of any kind. Endurance and stamina are very important for a Kabaddi player, as the game is quick and requires a lot of energy. One must train with intensity and willpower and should not give up easily. Walking, jogging and swimming are cardio exercises which help build stamina. Playing Kabaddi sharpens the reflexes and helps in overall development of the body. The purpose of this study was to find out the impact of specific training on motor fitness among men kabaddi players. To achieve this purpose subjects (N-30) selected from Ramakrishna Mission Vidyalaya arts & Science College Coimbatore, Tamilnadu. The subjects ranged between 18 to 24 years. The subjects are divided into two equal groups. They were assigned randomly in to experimental group (n-15) and control group. The groups are consist of (n-15). The selected dependent variables are strength and flexibility The selected criterion variables were strength tested with push ups and flexibility tested sit and reach test. The training programme was given 8weeks the programmes specific training daily 45 minutes up to 8 week. The control group was not to participate in the training apart from the routine work. The data collected data treated with dependent 't' test. The level of significance was fixed as 0.05 level. The results of the study showed that improvement the strength and flexibility due to the impact of specific training on men kabaddi players. The control group did not improve the selected criterion variables.

Key Words: Specific training, Strength and Flexibility

Introduction

Training means a systematic scientific programme of conditioning exercise and physical activates designed to improve the physical fitness and skill of the players or athletes participated training means preparing for something for an event or reason of athletics competition (Baechle, T.R. 1994). There are various ways to measure physical strength of a person or population. Strength capability analysis is usually done in the field of ergonomics where a particular task (e.g., lifting a load, pushing a cart, etc.) and/or a posture is evaluated and compared to the capabilities of the section of the population that the task is intended towards. The external reactive moments and forces on the joints are usually used in such cases. The strength capability of the joint is denoted by the amount of moment that the muscle force can create at the joint to counter the external moment. Skeletal muscles produce reactive forces and moments at the joints. To avoid injury or fatigue, when person is performing a task, such as pushing or lifting a load, the external moments created at the joints due to the load at the hand and the weight of the body segments must be ideally less than the muscular moment strengths at the joint. One of the first sagittal-plane models to predict strength was developed by Chaffin in 1969. Based on this model, the external moments at each joint must not exceed the muscle strength moments at that joint. (Donati, A. (1996)

Methodology

The purpose of this study was to find out the impact of specific training on motor fitness among men kabaddi players. To achieve this purpose subjects (N-30) selected from Sri Ramakrishna Mission Vidyalaya arts & Science College Coimbatore, Tamil Nadu. The subjects ranged between 18 to 24 years. The subjects are divided into two equal groups. They were assigned randomly in to experimental group (n-15) and control group. The groups are consist of (n-15). The selected dependent variables are strength and flexibility The selected criterion variables were strength tested with push ups and flexibility tested sit and reach test. The training programme was given 8weeks the programmes specific training daily 45 minutes up to 8 week. The control group was not to participate in the training apart from the routine work. The data collected data treated with dependent 't' test. The level of significance was fixed as 0.05 level.

Results

TABLE-I

MEAN AND STANDARD DEVIATION AND 't' RATIO OF EXPERIMENTAL AND CONTROL GROUP ON STRENGTH

Group	Test	Mean	DM	SD	σ DM	‘t’	Table value
Experimental Group	Pre-Test	9.00	3.13	1.69	0.44	23.50*	2.14
	Post Test	12.13		1.72	0.45		
Control Group	Pre-Test	8.13	0.20	1.24	0.32	1.87	
	Post Test	8.33		1.29	0.33		

*Significant at 0.05 level with df (14) the table value of 2.14

The table-I reveals that computation of 't' ratio between the control and experimental group and control group of strength men kabaddi players. The experimental group of pre test mean values of 9.00 and post test mean values 12.13. The obtained results of 23.50. It is greater than table value of 2.14 and control group of pre test mean values of 8.13 and post test mean values 8.33. The obtained 't' results of 1.87. It is lesser than table value of 2.14. The experimental group shows that statistically proved that significant improvement of strength due to the impact of specific training of men kabaddi players.

FIGURE-1

MEAN VALUES OF EXPERIMENTAL AND CONTROL GROUP ON STRENGTH

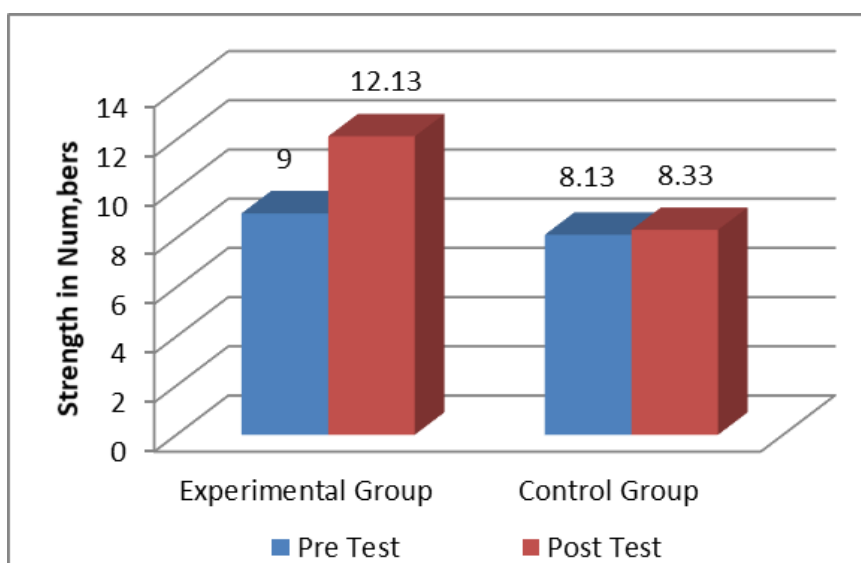


TABLE-II

MEAN AND STANDARD DEVIATION AND 't' RATIO OF EXPERIMENTAL AND CONTROL GROUP ON FLEXIBILITY

Group	Test	Mean	DM	SD	σ DM	't'	Table value
Experimental Group	Pre-Test	19.60	3.46	1.68	0.44	18.06*	2.14
	Post Test	23.06		1.83	0.47		

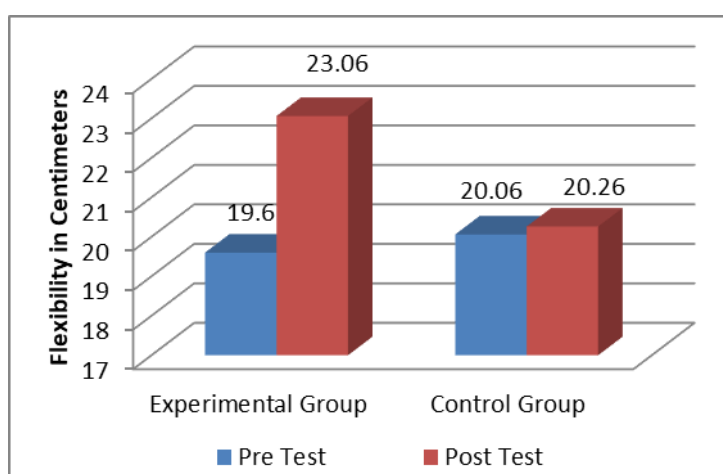
Control Group	Pre-Test	20.06	0.20	1.68	0.43	1.88	
	Post-Test	20.26		1.78	0.45		

*Significant at 0.05 level with df (14) the table value of 2.14

The table-II reveals that computation of 't' ratio between the control and experimental group and control group of flexibility men kabaddi players. The experimental group of pre test mean values of 19.60 and post test mean values 23.06. The obtained 't' results of 18.06. It is greater than table value of 2.14 and control group of pre test mean values of 20.06 and post test mean values 20.26. The obtained 't' results of 1.88. It is lesser than table value of 2.14. The experimental group shows that statistically proved that significant improvement of flexibility due to the impact of specific training of men kabaddi players.

FIGURE-II

MEAN VALUES OF EXPERIMENTAL AND CONTROL GROUP ON FLEXIBILITY



DISCUSSION ON FINDINGS

The result of the study shows that experimental group improved on strength and flexibility due to the specific training on men kabaddi players. The results conformity with other studies also. Strength and conditioning practices of national Hockey League strength and conditioning coaches. (Ebben 2004), and the study conducted on progressive training and alternate high and low intensity training on improved on speed flexibility and explosive power of boys (Sebastian 1998).

CONCLUSIONS

It is concluded that experimental group significantly improved on strength and flexibility due to the impact specific of the training on men kabaddi players.

The control group did not improve the selected criterion variables of strength and flexibility of men kabaddi players.

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