Seven Weeks Training Effects on Selected Physical Fitness Variables of College Level Athletes

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Abstract

The main purpose of the study was undertaken to evaluate the effect of seven weeks training program on College Level Athletes. For this study 20 Male Athletes were selected from S.G.G.S. Khalsa College, Mahilpur. To measure the physical fitness component Speed we used 50 meter dash test, for Strength used standing broad jump and we used for Power overhead medicine ball throw. Pre training Data was collected after and Post training Data was collected before Annual Athletic Meet of Panjab University, the collected data were put to statistical treatment applying 't' test to find out the differences, the level of significance was set at 0.05. The result shows that there was power and strength impact of training on athletes, But in the speed impact was not found.

KEYWORDS: Athlete, Power, Strength and Speed.

INTRODUCTION

The way to controlled training process and meaningful planning of training was long, starting with the first of attempts and errors, leading to scientific based planning which has started to develop during the 19th Century.

Developing or training physical abilities has existed, though in a basic form at first, since the ancient times; it was used for Olympic Games preparation or for military purposes. First systematic principles in training were probably used by the Greek athlete Milon who implemented the principle of systematic planning as early as in the 6th Century BC. He determined the training cycle by carrying a bull calf on his back each day until the animal reached maturity. Since the mid-19th century studies on human muscular performance have been appearing and these scientific results were published in the then popular Philosophical Magazine. At the turn of the 19th and 20th centuries, first studies on human fatigue during work and exercise appeared. Modern scientific theories from the mid of 20th century formed the basis of training planning – periodization. It was introduced to training practice in the 1950s and early 1960s when coaches realized that focusing on an important competition was more effective than preparing athletes for a year-round competition programme as the athletes are not able to withstand the enormous training load to which they were subjects. The roots and idea of periodization come from Hans Selye's model, known as the General Adaptation Syndrome which was first used by the athletic community in the late 1950s. Selye identified sources of biological stress and referred to them as eustress, which denotes beneficial muscular strength and growth, and as distress, which is stress that can lead to damage, disease, and necrosis of tissue.

Physical Fitness is a general condition of well being and, prosperity and all the more explicitly, the capacity to perform parts of Sports or occupations. Diverse individuals have distinctive conclusions with respect to physical wellness. For a typical man to have a decent body is an image of physical wellness. Physical wellness is more than

the ownership of solidarity and perseverance. it implies having the most ideal well being with the ability to complete one ordinary assignment to participate in recreational interests and to meet crises when they arise.(**Gupta Dr. V**)

Training allows the body to gradually build up strength and endurance, improve skill levels and build motivation, ambition and confidence. Training also allows athletes to gain more knowledge of their sport as well as enabling them to learn about the importance of having a healthy mind and body.

Speed is the capacity to move rapidly over the ground or move appendages quickly to snatch or toss. Strength is the measure of force that your muscles can apply against opposition and the capacity to do neutralize an obstruction. Power the capacity to apply a maximal power in as short a period as could reasonably be expected, as in quickening, bouncing and tossing executes. (**Ajmer Singh, et al**)

STATEMENT OF THE PROBLEM

The statement of problem is "Seven Weeks Training Effects on Selected Physical Fitness Variables of College Level Athletes".

SELECTION OF SUBJECTS

For this study 20 Male Athletes were selected from S.G.G.S. Khalsa College, Mahilpur. For the study only those player were selected who Participate in Inter College Athletic meet.

OBJECTIVE OF STUDY

1. To measure the selected physical fitness component of Male Athletes.
2. To finds out the differences between pre training and post training physical fitness of Male Athletes.

LIMITATION

1. No special motivational technique was used during the test.
2. The investigator was unable to control their diet and rest schedules.

DELIMITATION

1. The study was delimited to 18-25 years age group.
2. The study was delimited to Male Athletes of S.G.G.S. Khalsa College, Mahilpur.

METHODOLOGY

The present study under investigation selected physical fitness variables and test performed are:

Sr. no.	Variables	Test	Measure in
01	Speed test,	50 meter dash	Seconds
02	Strength	standing broad jump	Meter
03	Power (5kg)	overhead medicine ball throw	Meter

All the players were given 7 week training program. Selected physical fitness test was measured and recorded. Pre training Data was collected and Post training Data was collected before Annual Athletic Meet, Panjab University, they were given 4 hours (Morning and evening) practice for 7 weeks. Where are they emphasizing on technique and skill and effort boost performance. The practice was normal type under coach supervision. After the period of seven week training the subjects were again give administrator test of physical fitness and measure were recorded.

STATISTICAL PROCEDURE

The data was analysed and compared with the help of statistical procedure in which arithmetic mean, standard deviation and "t" test was used to compare the data.

RESULTS

Table 1: Effect of Training on selected Physical Fitness variables of Male Athletes

Sr.no	Variables	After training		Before training		'T' value
		Mean	SD	Mean	SD	
01	Speed	7.58	0.37	7.41	0.46	1.23
02	Strength	2.31	0.149	2.08	0.137	7.26*
03	Power	4.12	0.47	3.83	0.49	3.95*

Significance level (0.05)

CONCLUSION

The finding of study indicate that in case of 50M dash, standing broad jump, overhead medicine ball throw there is impact of training on Male Athletes. Strength and power has significant difference after training and speed has a difference in mean but it is no significant difference.

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