

Effect of Six Week Circuit Training Protocol on Selected Physical Fitness Variables of Kabaddi Players

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Abstract

To achieve the purpose of the study, thirteen Kabaddi players of the age ranging from 15 to 18 years were selected as subjects from Shiksha Bharti Vidya Niketan Kalayat, Haryana. These all thirteen kabaddi players were subjected to circuit training (for weekly three days Monday, Wednesday, Friday) at evening session for six weeks. Abdominal Strength and Arm Strength were selected as dependent variable. To check these abilities of players Bent knee sit-up and Pull up test were conducted in prior and post of application of circuit training on kabaddi players. After the collection of appropriate data, it was statistically treated by using paired t-test. The level of significance was set at 0.05. Study proves that there was a significant effect of six weeks circuit training on abdominal strength and arm strength of kabaddi players.

INTRODUCTION

The performance in games and sports cannot be achieved to the maximum extent until or unless all the aspect of the sports training is applied by the Coach. This mainly includes physical, psychological, technical, tactical and social aspects of training.

Circuit training can be made more obnoxious by engineering the movement in a shape known as stage training. In circuit when one game plan of an action is done, the contender continues forward to the accompanying action and whatnot until the point that the moment that each of the movement has been done once. The circuit is then repeated until the point that each one of the sets have been done. In orchestrate training the contenders one plan of a movement a short break, by then repeats a minute set, accordingly until the point that each one of the game plans of that action have been done. The contender by then continues ahead to next exercise. Another inertia is to bundles two exercise together one exercise going about as the recovery time period for the other.

The present study was experimental in nature and has been undertaken to explore the effect of six week circuit training protocol on selected physical fitness variables of Kabaddi players.

Methodology

The present study was based on single group pre-post design. To achieve the purpose of the study, thirteen Kabaddi players of the age ranging from 15 to 18 years were selected as subjects from Shiksha Bharti Vidya Niketan Kalayat, Haryana. These all thirteen kabaddi players were subjected to circuit training (for weekly three days Monday, Wednesday, Friday) at evening session for six weeks. Abdominal Strength and Arm Strength were selected as dependent variable. To check these abilities of players Bent knee sit-up and Pull up test were conducted in prior and post of application of circuit training on kabaddi players. After the collection of appropriate data, it was statistically treated by using paired t-test. The level of significance was set at 0.05.

Results

(I) Abdominal Strength

Table No. -1
Comparison of Mean, SD and 'T'-values of the Abdominal Strength between Pre and Post Test of Kabaddi Players

Test	Mean	S.D	't' values
Pre test	25.55	4.13	4.89*
Post test	29.45	3.89	

t.05 (28) = 1.67

The mean value of Pre-test was 25.55 and the post-test was 29.45 respectively. The t - value 4.89 was greater than value 1.67 at the level of significance at 0.05. Hence this table no. 1 proves that there was significant effect of circuit training on Abdominal Strength of kabaddi players.

(ii) Arm Strength

Table No. -2
Comparison of Mean, SD and 'T'-values of the Arm Strength between Pre and Post Test of Kabaddi Players

Test	Mean	S.D	't' values
Pre test	8.30	5.09	3.89*
Post test	12.30	6.09	

t.05 (28) = 1.67

The mean value of Pre-test was 8.30 and the post-test was 12.30 respectively. The t - value 3.89 was greater than value 1.67 at the level of significance at 0.05. Hence this table no. 2 proves that there was significant effect of circuit training on Arm Strength of kabaddi players.

Discussion

The statistical analysis reveals that there was significant difference between pre-test mean values of pull ups and sit ups. Be that as it may, the six weeks of circuit training brings significant changes in abdominal strength and arm strength of kabaddi players.

Conclusion

In the concluding part it is proved fact that there was a significant effect of six weeks circuit training on abdominal strength and arm strength of kabaddi players.

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