

Effect of Pre Season Training Programme on Selected Physical Fitness Variables and Skill Performance of Men Kho-Kho Players of Warangal District in Telangana State

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Abstract

Introduction – Brief History of KHO – KHO

One of the major attributes of a successful animal life is “Active Chase”, which is a cardinal principle of the Indian game know as Kho-Kho (Game of Chase). The origin of Kho-Kho is difficult to trace. Like all Indian games, it is simple, inexpensive and enjoyable. The game develops obedience, discipline, sportsmanship and loyalty between team members.

The first ever rules and regulations on Kho-Kho were published from Gymkhana, Baroda in 1924. In 1936, Berlin Olympic Games Kho-Kho game exhibited in the main stadium. The first All India Kho-Kho Championships were organized at Vijayawada in 1959-60. In 1998 saw the first ever International Championship held at Kolkata. Netaji 6 week’s course in 1971, in their curriculum. In 1976, it was raised to one year course. Indian Olympic Association included Kho-Kho in 1982.

INTRODUCTION

The Kho-Kho game is played in two innings, a team consists of 12 players and only 9 take to the actual game – initially. Every team has to chase and defend for 9 minutes each twice in a match that thus consists of 2 innings, chasing or defending once in a innings is termed as ‘Turn’ of the particular act. There is a rest of 9 minutes in between two innings and 5 minutes time is allowed for between the turns in an innings for a change over. Controlled sprinting, dodging and diving are few skills exhibited during the game which is won by a team that scores more points.

PHYSICAL FITNESS:

The physical fitness and wellness are inter-related to each other. Physical fitness is the sum of the fine motor abilities namely strength, speed endurance, flexibility and coordinative abilities. The most important aim of the sports exercise is to improve and maintain the physical fitness and wellness of the human being. Exercise is an essential element in the achievement and maintenance of physical fitness and wellness of human being. Physical fitness covers organic fitness as an individual. The main components of physical fitness are speed, strength, endurance, flexibility, agility, cardiovascular fitness and co-coordinative ability.

THE STUDY FOCUSED ON PHYSICAL FITNESS INTERLINKED SCIENTIFIC PRINCIPLES OF ANATOMY AND PHYSIOLOGY:

Human physiology is the science of the mechanical, physical and biochemical functions of humans in good health, their organs, and the cells of which they are composed. The principal level of focus of physiology are closely homologous to corresponding aspects of animal of human physiological, and animal experimentation has provided much of the foundation of physiological knowledge. Anatomy and physiology are closely related fields of study: anatomy, the study of form, and physiology, the study of function, are intrinsically tied and are studied in tandem as part of a medical curriculum. Traditionally, the academic discipline of physiology views the body as a collection of interacting systems, each with its own combination of functions and purposes.

Statement of the Problem

The purpose of the present study is going to be investigating the “Effect of pre-season training programme on selected physical fitness variables and skill performance of Men Kho-Kho players of Warangal district in Telangana State.”

Objectives of the Study

- To study overall effectiveness of training programme on the performance of Kho-Kho players and physical fitness variables.
- To compare difference between control and Experimental group performance before and after training.

Hypothesis:

1. It is hypothesized that the training programme may have positive effect on the physical fitness variables.
2. It is hypothesized that the training programme may have positive effect on the skill performance ability.
3. There may not be significant difference between physical fitness variables and skill performance ability in the control group.

Delimitations:

- The study will be delimited to the male subjects with age range from 18 to 22 years.
- The study will be delimited to the district level sixty Kho-Kho players.
- The study will be delimited to training programme on selected physical fitness variables.

Significance of the study

Physical educationists and sports scientists have been constantly examining sports performance to the individual skill and fitness standards. They try to discover those factors that contribute to high performance. This is unique research. The researcher is going to be established new tests in Kho-Kho.

Scientific training programme will be prepared after careful discussion with Research Advisor, Coaches, senior players and Sports Scientist.

Definitions of Terms:

1. Pre Seasons Training

Meaning and Definition and explanation of the Term

The period immediately before the start of a new Season, in which athletes undergo intensive training and participate in exhibition games. In, of, or relating to the preseason. The period just prior to the regular season, during which teams work out, practice and play exhibition games.

The period before the start of a sporting season, during which players undergo training and venues are prepared.

1. **Preseason** – a period prior to the beginning of the regular season which is devoted to training and preparation

Season – a period of the year marked by special events or activities in some field.

Spring Training – preseason training during the spring

2. Physical fitness variables:

1. Squatting
2. Sitting on Toes
3. Walking
4. Sliding
5. Muscular Strength
6. Strength Endurance

3. Skill Performances:

Performances testing is defined as a testing practice that measures the quality of a system that performs under a particular workload. By executing a performance test, one can determine the scalability, endurance and stability of a software product.

In order to do performance testing, test engineers have to develop particular skills, some of these skills are technical while some of them are non-technical let's take a look at a couple of them.

Here are the most important technical skills for a performance tester!

Speed:Speed is the ability to perform movements rapidly or ability to move the whole body quickly, Barrow and McGee defined speed as the capacity of the individual to perform successive movements of same pattern at a faster rate. In other way rapidly with which a movement or successive movement of the same kind may be performed by an individual.

Endurance: According to Barrow and McGee, Endurance is the result of a physiological capacity of the individual to sustain movement over a period of time. It is the ability to continue successive movement in situation where the muscle or muscle groups being used and loaded heavily.

Explosive Strength:Barrow & McGee, defined strength as the capacity of the individual to release maximum force in the shortest time.

Agility:According to Barrow and McGee, Agility is the ability of the parts of the body to change direction rapidly and accurately.

Review of the related literature

A summary of the writings of recognized authorities and of previous research provides evidence that the researcher is familiar with what is already known and what is still unknown and untested. Since effective research is based upon past knowledge, this helps to eliminate the duplication of what has been done, and provides useful hypotheses and helpful suggestions for significant investigation.

Lawman investigated the effect of toe training on the development of certain bio-mechanical factors of sprinting speed i.e. stride length; stride frequency and dynamic range of motion of the femoral shaft. All subjects (N=25) were divided randomly into experimental group and control group. Training programme was established thrice a week for a six-week period. After six weeks post test conducted for investigation showed that (i) subjects who were engaged in toe training significantly increased speed. (ii) Control group did not significantly increase in speed and the only identified variables, which showed a significant positive change was flexion of the femoral shaft; (iii) Total sample (N=25) significantly increased speed dynamic range of motion and Femoral Flexion.

Methodology

In this chapter the researcher describes about design of the study, selection of subjects, variables, tools, tests, administration of tests.

Selection of subjects. : For this study, 60 district level male Kho-Kho players with age ranging from 18 to 22 years will be selected as a subject at random.

Selection of Variables:

Dependent Variable : Performance ability of Kho-Kho players.

Independent Variable : 1. Speed
2. Explosive Strength (Leg, Arm),
3 Endurance
4 Agility.
5 Flexibility
6 Playing Ability

Selection of Test

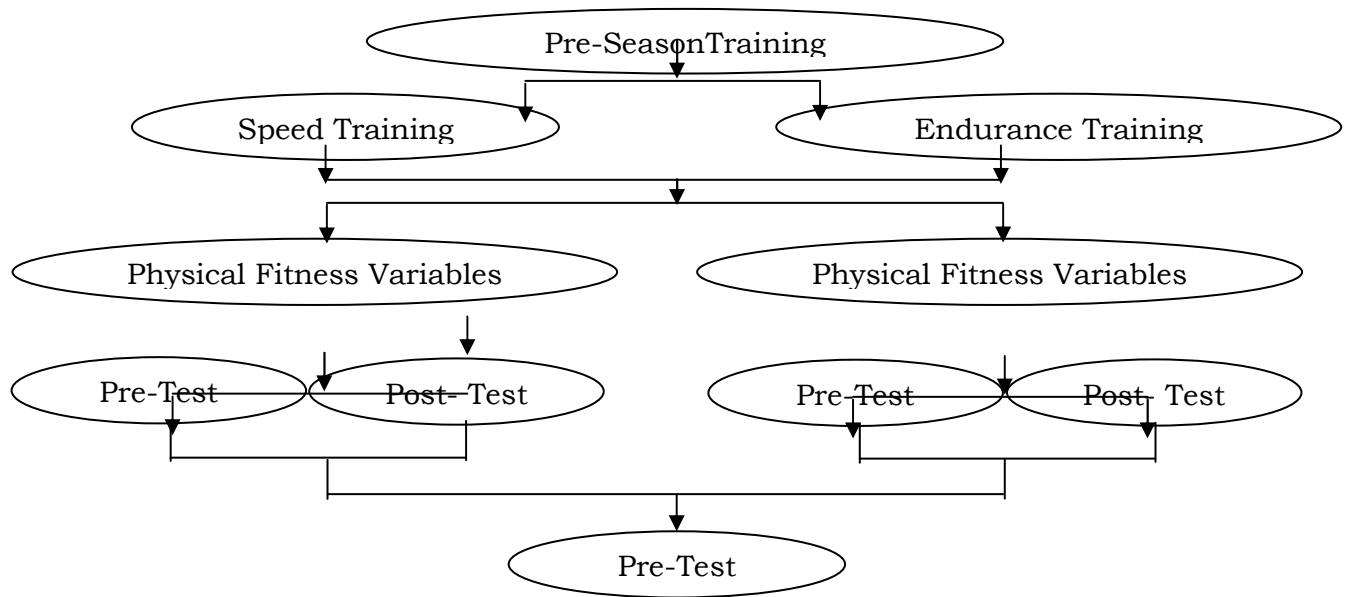
The following tests are going to be used to collect data.

- Standing Board jump - Explosive strength (Leg)
- Pushups - Explosive strength (Arm)
- Shuttle Run - Agility
- 50 mts. Run - Speed
- Cooper's Test - Endurance Test
- Kho-Kho performance ability - Overall Performance Rating & subject rating from experts

Design of the study

Randomized group design, which consists of one control group & Experimental group will be used to find out Effect of training on performance ability of Kho-Kho players equal no. of subjects will assigned randomly to both groups. The experimental group will be trained with speed, strength, endurance and agility exercises for 12 weeks. Measurements of performance ability will be taken for both groups before and after training.

The study has focused the diagrammatic presentation experimental design hereunder.



Collection of Data

The data will be collected before, after four, eight and twelve weeks of training.

Statistics: Mean, S.D, ANOVA

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