

Effect of Six Months Specialized Sports Awareness and Training Programme on Sports Performance

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Abstract

The study was conducted to investigate the effect of Six Months Specialized Sports Awareness and Training Programme on the sports performance of the athletes of University of Delhi at the Inter College Tournament. For the purpose of the study 100 female athletes were selected from the population of athletes participated in the Delhi University Inter College Tournaments in swimming/ diving and track & field in the year 2013-14 and their sports performance (timing/ distance/ record) were noted down. The selected athletes were further randomly divided into two equal groups i.e. 50 athletes in Experimental Group and 50 athletes in Control Group. The experimental group underwent Six Months Specialized Sports Awareness and Training Programme Designed by Dr. Kavita Sharma during her Ph. D. work while control group did not attend any training other than their routine work outs. The sports performance (timing/ distance/ record) at the Inter College tournament 2014-15 were again recorded and were categorized into very good performance, good performance, positive performance, average performance and negative performance. Findings of the study revealed that in experimental group 16% of the athletes had very good performance, 22% had good performance, 58% had positive performance, 2% had average performance and 2% had negative performance. While in the control group 0% of the athletes had very good performance, 2% had good performance, 16% had positive performance, 36% had average performance and 46% had negative performance. Hence, it is recommended that the findings of the study must be used and appropriate training programmes should be acquired by the coaches to help athletes so as to enhance their Sports performance in the tournaments like inter college/ university etc.

KEYWORDS: Sports Performance, Sports Training

1. Introduction

There are many factors that play a big role in the success of an athlete during the sports competition. These factors may be physical, physiological or psychological in nature. To excel during a sports competition an athlete must work out on the training programmes which nurture all these factors to the optimum level. Training designed for the enhancement of any of the factor leaves some impact on other factors also which ultimately leads to enhanced sports performance. Hence this study was undertaken to understand the effect of Six Months Specialized Sports Awareness and Training Programme which had awareness/ training on Balanced Diet, Training and Coaching, Motivation, Intramural Competitions, Consolation Tournaments and Incentive & Awards on the sports performance of the athletes of University of Delhi.

2. Procedure and Methodology

For the purpose of the study 100 female athletes were selected from the population of athletes participated in the Delhi University Inter College Tournaments in swimming/ diving and track & field in the year 2013-14 and their sports performance (timing/ distance/ record) were noted down. The selected athletes were further randomly divided into two equal groups i.e. 50 athletes in Experimental Group and 50 athletes in Control Group. The experimental group underwent Six Months Specialized Sports Awareness and Training Programme Designed by Dr. Kavita Sharma during her Ph. D. work while control group did not attended any training other than their routine work outs. The sports performance (timing/ distance/ record) at the Inter College tournament 2014-15 were again recorded and were further categorized into very good performance (those athletes who had broke last year's inter college record), good performance (those athletes who had broke their own record from last year's performance), positive performance (those athletes who had improved their last year's inter college performance), average performance (those athletes who were consistent in their inter college performance) and negative performance (those athletes who had lowered their last year's inter college performance).

3. Statistical Analysis

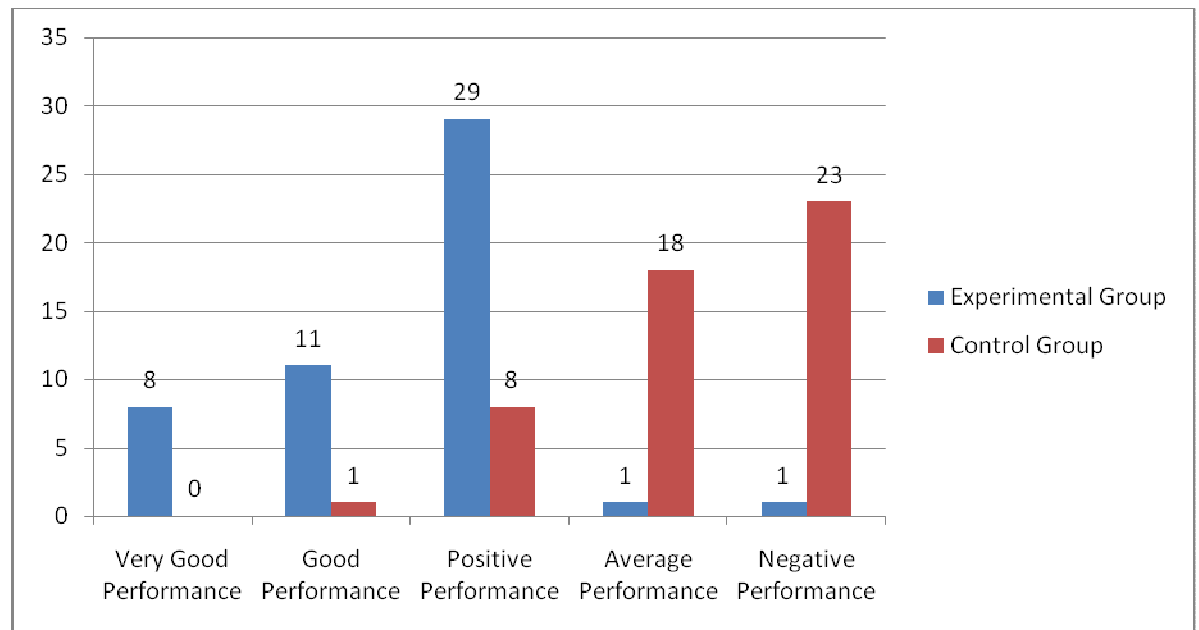
Frequency and percentage were calculated to study the effect of Six Months Specialized Sports Awareness and Training Programme on sports performance.

4. Analysis of Data and Findings of the Study

Table- 1: Sports performance after Six Months Specialized Sports Awareness and Training

S No	Category	Experimental Group	Percentage	Control Group	Percentage
1	Very Good Performance	8	16%	0	0%
2	Good Performance	11	22%	1	2%
3	Positive Performance	29	58%	8	16%
4	Average Performance	1	2%	18	36%
5	Negative Performance	1	2%	23	46%

Table- 1 reveals that in experimental group 16% of the athletes had very good performance, 22% had good performance, 58% had positive performance, 2% had average performance and 2% had negative performance. While in the control group 0% of the athletes had very good performance, 2% had good performance, 16% had positive performance, 36% had average performance and 46% had negative performance.



5. Discussion and Conclusion

Based on the findings of the present study, it was found that the athletes who undertook Six Months Specialized Sports Awareness and Training Programme designed by Dr. Kavita Sharma had improved their sports performance significantly compared to the group who did not undertake any other motivational or physical training other than their daily routine workout. Studies have shown that the awareness or the training on any of the factor named Balanced Diet, Training and Coaching, Motivation, Intramural Competitions, Consolation Tournaments and Incentive & Awards given independently to an athlete had significant effects on physical, psychological as well as physiological parameters of the athletes but when the training designed consisting of all these factors in one programme. Hence further it is recommended that sport trainers, and coaches use the findings of the present study to implement such kind of training programmes for the athletes so as to enhance their Sports performance.

6. References

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