

A COMPARATIVE STUDY OF CIRCUIT TRAINING ON SELECTED MOTOR ABILITIES ON KABADDI AND KHO-KHO SCHOOL MALE PLAYERS

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ABSTRACT

The aim of the present study was to study the determine motor abilities of school kabaddi & kho-kho male players of Jaipur district. Total 50 male players kabaddi & kho kho players between the age group of 14 years to 18 years of jaipur district were taken for the study. Only motor abilities was used to compare muscular endurance, assess muscular strength, explore strength differences between kabaddi & kho-kho and assess agility in kabaddi & kho- kho and find out speed motor ability variable in kabaddi and kho-kho players. Random sampling technique from kabaddi and kho kho male players of Jaipur district. selection of subjects, selection of variables, criterion measures, collection of data, experimental design, administrations of tests and statistical technique for the analysis of data have been described.

Keywords: *Circuit Training, Muscular Strength, Explore Strength, Agility Kabaddi, Kho-Kho.*

Introduction

Fitness denotes a person status of physique in relation to its physical achievements. The latest scientific evidence also edict the fact that for internal or physiological soundness physical fitness is necessary. Modern physical educators divided the factor of fitness into skill related and Health related physical fitness. It is also an undesirable fact, that the health related physical fitness, which is main concern for physical educationists, is depended on the skill related physical fitness of an individual. It is also a high concern for a coach to develop various skills and for this the sportsperson's skill related physical fitness should be upgraded and developed. Physical fitness refers to the capacity of an athlete to meet the varied physical demands of their sport without reducing the athlete to a fatigued state. The components of physical fitness are: Strength, Endurance, Speed, Flexibility and Coordination. Fitness is the term, which is widely used in the present day health conscious society. The people have realized the importance of fitness in day to day routines and also in achieving sports excellence. Sports form an important aspect of life. They play a vital role in bringing about physical, mental and social growth of individual best few decades has witnessed many on innovations in this area. Sports are becoming increasingly sophisticated

Technically and gaining popularity as separate profession with expansion of educational facilities in the country. More young people are taking part in sports as a daily feature of their life. The participation in sports and physical fitness increases an individual's productivity. Various latest techniques and tactics based on scientific principles are introduced for coaching of various sports and games. Many diverse conditions can be improved by the judicious control of all exercise and activity program. The perfect knowledge of physiological aspects of exercise is essential to prescribe the individualized type of exercise program to meet the particular need of each person.

It is unwise to build a pyramid at the top without having built a base first. Similarly specialization in a branch of knowledge cannot be possible if the general concepts in the discipline are not clearly understood. This is very much applicably in case of physical education programme, where skills and techniques of any sport or game should be basically and mastered in the first instant The degree to which the cardio-vascular fitness contributes to a particular games or sports depends upon the type and variety of movements involved in them. In sports training much emphasis is laid on those components of physical fitness, which are most fundamental to those sports. For example training of long distance

runner, cardio-vascular & muscular endurance are of prime importance, while for sprinting, development of strength, speed is given greater importance. Same is true in training of games such as Football, Basketball, Volleyball, Swimming etc. The complex nature of physical fitness includes the muscular strength, muscular endurance, cardio- respiratory endurance and the most important of them is the cardio- respiratory endurance. By nature human being are competitive and aspire from excellence in every field. Sport is not an exception. Changes are the order of the day. Changes are taking place every day in every walk of life. Life of people, their philosophy, ways of living etc. are undergoing changes due to basic and applied research in various fields. Man has reached the Space age from the primitive Stone Age because of continuous change. New techniques are developed in laboratories and scientific methods are applied to obtain Top-Level Performance. Sports By Their Very Nature Are Enjoyable, Challenging, Absorbing And Require A Certain Amount Of Skill And Physical Condition.

Methodology

The subject selected for the study was schools male players between the age group of 14 years to 18 years only. for the requirement of the study 50 players kabaddi and 50 kho-kho players terion to from Jaipur district school male players schools. Random and experimental method was used for selection of samples. Different criterion measures were use for different test i.e. for motor abilities (muscular endurance, muscular strength, explosive strength, agility, speed, cardio vascular endurance), 't' test was used as statistical technique and the level of significance was set 0.05.

Criterion Measures

The motor abilities variables adopted for this study are as follows:

- Muscular Endurance
- Muscular Strength.
- Explosive Strength
- Agility.

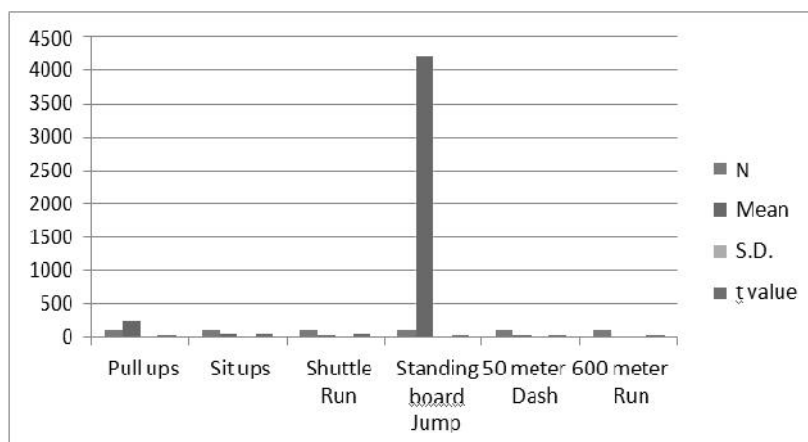
Statistical Analysis

- Speed.
- Cardio-Vascular Endurance.

The Item Wise Administration Procedure Follows:

- Muscular endurance of arm shoulder will be measured by pull-ups (count in number).
- Muscular strength will be measured by sit-ups (count in minutes).
- Explosive strength of legs will be measured by standing broad jump (count in mtr).
- Agility will be measured by shuttle run test in minutes.
- Speed will be measured 50 mtr. dash in seconds.
- Cardio-vascular endurance will be measured by 600 yard run in minutes & seconds.

Comparison of the Mean Selected Motor Abilities of School Male Players

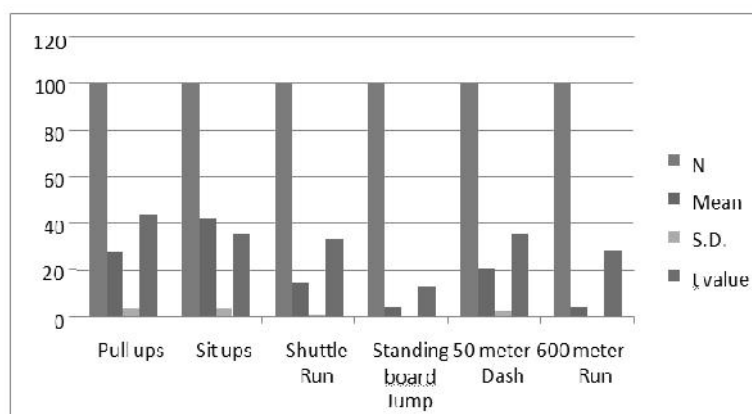


Variables	sample	N	MEAN	S.D.	t value
Pull ups	Pre test	50	11.92	1.63	23**
	Post test	50	14.22	1.74	
Sit ups	Pre test	50	19.06	1.95	36.01**
	Post test	50	21.32	1.88	
Shuttle run	Pre test	50	7.78	0.42	33.24**
	Post test	50	6.92	0.42	
Standing broad jump	Pre test	50	2.00	0.14	17.16*
	Post test	50	2.11	0.14	
50 meter dash	Pre test	50	10.82	1.08	21.60**
	Post test	50	9.20	1.21	
600 meter Run	Pre test	50	2.30	0.04	29.50**
	Post test	50	2.12	0.05	

*significant level at 0.05level

**significant level at 0.01 level

Comparison of Mean Motor Abilities Kho Kho Male Players



Sample	N	MEAN	S.D.	t value	
Pull ups	Pre test	50	12.58	1.86	43.73**
	Post test	50	15.32	2.06	
Sit ups	Pre test	50	19.84	1.70	35.13**
	Post test	50	22.14	1.69	
Shuttle run	Pre test	50	7.78	0.42	33.24**
	Post test	50	6.92	0.42	
Standing broad jump	Pre test	50	1.99	0.12	12.49**
	Post test	50	2.08	0.11	
50 meter dash	Pre test	50	11.14	1.13	35.13**
	Post test	50	9.30	1.18	
600 meter Run	Pre test	50	2.30	0.05	28.52**
	Post test	50	2.10	0.07	

*significant level at 0.05level.

**significant level at 0.01 level.

From the above table it reveals that there was significant impact of training programme on the motor abilities among kabaddi and kho – kho male players.

Discussion of Findings

The purpose of the investigation was to see that there was significant difference between the (muscular endurance, muscular strength, explosive strength, agility speed, cardiovascular endurance among school male players of jaipur district). There will be significant impact of training programme on the motor abilities among kabaddi and kho- kho school male players. The post test performance of kabaddi and kho- kho male players is significantly higher than the pre-test performance of the same group on motor abilities which shows that the training has affirmative impact on the players.

From the analysis of the data it was evident that there is significant difference found in the performance of the significant improvements were observed in kabaddi male players as well as kho-kho male performance.

There was improvement in the endurance and muscular strength of arms and shoulders after practicing exercise-flexed arm hang, bent- knee sit-ups, standing broad jump and 600 yard run improved the strength of abdominal, trunk muscles and cardio vascular endurance of the players. The agility and speed of the players has significantly improved by practicing shuttle run and 50-yard dash exercise.

It is concluded from the results that the six weeks dynamic training was effective in bringing about significant improvement in performance of motor abilities.

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