

## EFFECT OF WEIGHT TRAINING ON LEG POWER AND ARM STRENGTH OF HAND BALL PLAYER



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### Abstract:

The aim of study was to find out effects of weight training on leg power and arm strength of hand ball players. These study forty male hand ball players of RMLNLU, Lucknow was selected as subject of random. Age ranged from 18 to 25 years. Leg power and arm strength were selected as variable for investigation of present study. Random group design adopted for this study. The data for the purpose of this study was collected at the field of RMLNLU, Lucknow by administering the leg power and arm strength. The study was conduct for period four weeks training. To find out the effects of weight training selected motor abilities on hand ball players. The t-test was used as the statistics treatment. There was a positive effect of weight training on the subjects. Weight training having the significant effects on leg power and arm strength of students.

**Keywords:** Weight Training, Leg Power, Arm Strength & Handball Players.

### Introduction:

Weight training is the strength training for developing the strength and size of skeletal muscles. It uses the weight force to oppose the force generated by muscle through concentric or centric contraction. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.

Motor abilities are an inseparable part of sports performance and achievement. The term "Motor Abilities" has been synonymously used with "Physical Fitness" however it defers from physical fitness, since the modern definition on the physical fitness takes into its account not only motor fitness component but also health fitness components.

Motor abilities are directly related to physical fitness and also help in achieving total fitness.

"Hand ball is a team sports in which two team of seven players each (Six outfield players and a goal-keeper) pass a ball using their hands with aim at throwing it into the goal of the other team."

### Objective of the Study:

- The objective of study was to find out effects of weight training on leg power and arm strength of hand ball players.

### Procedure:

In this study the selection of subject's criterion measures, collection of data and design.

### Selection of Subjects:

Forty male hand ball players of RMLLU, Lucknow was elected as subjects as random. Age ranged from 18 to 25 years. The age of the above selected male players was verified from their respective age records in the school.

### Selection of Variable:

Leg power and arm strength were selected as a variable for investigation of present study.

### Design:

Random group design adopted for this study.

### Criterion Measure:

Leg press was used for leg power and push-up was used for arm strength.

### Collection of Data:

The data for the purpose of this study was collected at the field of RMLNLU, Lucknow by administering the leg power and arm strength.

### Experimental Procedure:

The study was conduct for a period of four weeks in the month of January. There were two groups. Group "A" was experimental group and "B" was control group.

### Statistical Procedure:

To find out the effects of weight training selected motor abilities on hand ball players. The t-test was used as the statistical treatment.

**Table No-I**

Variable		Experimental Group		t-value	Control Group		t-value
		Pre test	Post test		Pre test	Post test	
Leg Power	Mean	74.12	84.22	2.72	73.13	74.12	1.13
	Sd	3.88	4.55		3.79	3.88	
Arm Power	Mean	5.12	7.12	5.14	4.98	5.00	2.00
	Sd	1.00	1.33		0.58	0.58	

Significant at 0.05

T 0.05 (38) = 2.024

### Discussion on Finding:

The finding of the study the positive and significant effect of weight training was seen on leg power and arm strength of hand ball players. Both the abilities are highly related with the strength training have the main reason for improvement in leg power and arm strength.

### Conclusion:

On the basis of the results of the study the conclusion may be made that the weight training having the significant effect on leg power and arm strength of hand ball players.

- It can be used as the means to develop the leg power and arm strength of young players.
- Similar type study may be repeated by selecting larger sample.
- Same study may be conducted by selecting other games.
- Same type of study may be conducted on female subjects.

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