

INDEXED BY:

INTERNATIONAL SCIENTIFIC INDEXING (ISI) -UAE

ADVANCED SCIENCES INDEX (ASI) -GERMANY

INTERNATIONAL SOCIETY FOR RESEARCH ACTIVITY (ISRA) -INDIA

SCIENTIFIC JOURNAL IMPACT FACTOR (SJIF)–INDIA @FEBRUARY2024IRJPSS

IRJPSS Research Journal Impact Factor (ISRA & SJIF): 7.436
Research Unique Number (RUN): 16.09.2022.2034

© 2024 IRJPSS

Website: www.sportjournals.org.in

**EFFECT OF TRAINING ON SEECTED PHYSICAL FITNESS
AMONG ATHLETES^{p.p.75-79}**



Singh Gurtej*

*Head, Department of Physical Education & Sports, RIMT, University,
Mandi, Govindgarh, (P.B)-INDIA.
Email: gurtejsingh1806@gmail.com

ABSTRACT

The objective of the study was to know the effect of training on selected physical fitness among athletes. The subjects for this study were selected from school boy's athletes. 150 athletes were selected on the bases of simple random sampling method. The study hypothesized that there will be significant effect of six weeks progressive circuit training on physical fitness among athletes. The collected data was calculated by Mean, S.D., M.D. S.Ed and 't-ratio', also applied to find out the significant value of results. After analysis, it was found that after training a significant impact on the physical fitness of the selected athletes.

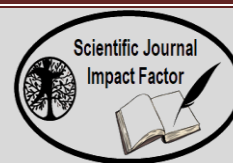
Keywords: Training, Physical Fitness & Athletes.

INTRODUCTION

Maintaining a good level of physical fitness is important. However, it can be difficult to determine what fitness entails. Various components of physical health can help determine physical fitness. Experts define physical fitness as "one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior." This description goes beyond being able to run quickly or lift heavy weights. Despite being important, these attributes only address single areas of fitness.



INDIA



TOGETHER WE REACH THE GOAL INDIA



UAE



GERMANY

Page 75

International Peer Reviewed, Refereed & Indexed Research Journal

INDEXED BY:

INTERNATIONAL SCIENTIFIC INDEXING (ISI) -UAE

ADVANCED SCIENCES INDEX (ASI) -GERMANY

INTERNATIONAL SOCIETY FOR RESEARCH ACTIVITY (ISRA) -INDIA

SCIENTIFIC JOURNAL IMPACT FACTOR (SJIF)–INDIA @FEBRUARY2024IRJPRESS

IRJPRESS Research Journal Impact Factor (ISRA & SJIF): 7.436
Research Unique Number (RUN): 16.09.2022.2034

© 2024 IRJPRESS

Website: www.sportjournals.org.in

OBJECTIVE OF THE STUDY

- The objective of the study was to know the effect of training on selected physical fitness among athletes.

HYPOTHESIS

- The study hypothesized that there will be significant effect of six weeks progressive circuit training on physical fitness among athletes.

DESIGN OF THE STUDY

The subjects for this study were selected from school boy's athletes. 150 athletes were selected on the bases of simple random sampling method. The collected data was calculated by Mean, S.D., M.D. S. Ed and 't-ratio', also applied to find out the significant value of results. To find out the significant value compared' ratio and tabulating'.

TOOL USED:

Anthropometric Rod

Purpose:

Measuring the height of athletes.

Description:

Male athletes stand near the anthropometric rod one by one and measured their height.

Record:

Height of all athletes was recorded.

Weighing Machine Purpose:

Measuring the weight of athletes.

Description:

Subjects were asked to stand on the weighing machine one by one.

Record:

Weight of all the subjects was recorded.

International Peer Reviewed, Refereed & Indexed Research Journal

INDEXED BY:

INTERNATIONAL SCIENTIFIC INDEXING (ISI) -UAE
 ADVANCED SCIENCES INDEX (ASI) -GERMANY
 INTERNATIONAL SOCIETY FOR RESEARCH ACTIVITY (ISRA) -INDIA
 SCIENTIFIC JOURNAL IMPACT FACTOR (SJIF)-INDIA @FEBRUARY2024IRJPRESS

IRJPRESS Research Journal Impact Factor (ISRA & SJIF): 7.436
 Research Unique Number (RUN): 16.09.2022.2034

© 2024 IRJPRESS

Website: www.sportjournals.org.in

Table No: I
Details of Flex Arm Hang

Height	Mean	S.D.	SEd	t-ratio
Pre -Test	17.35	1.64	.040	3.7*
Post-Test	15.87	1.44		

* Significant at .05 level

Pre-test mean is 17.35 and post-test mean is 15.87. In pre-test standard deviation is 1.64 and in post test is 1.44. The standard error is 0.40 and the t-ratio calculated is 3.7. Hence it is concluded that there is significant difference in Shuttle run between pre-test and post-test.

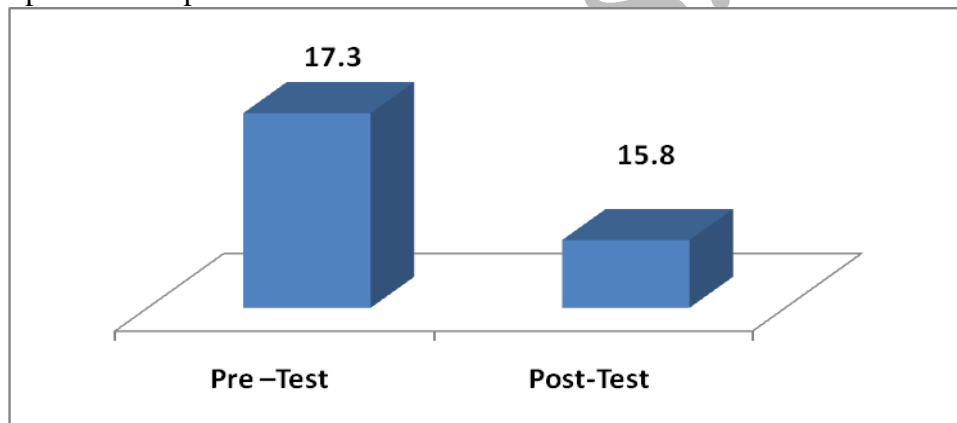


Table No: II
Details of Flex Arm Hang

Height	Mean	S.D.	SEd	t-ratio
Pre -Test	124.83	3.53	1.07	6.73*
Post-Test	132.03	4.70		


* Significant at .05 level




INDIA



TOGETHER WE REACH THE GOAL INDIA



UAE



GERMANY

Page 77

‘Curiosity is the best Quality of a Good Researcher’

International Peer Reviewed, Refereed & Indexed Research Journal

INDEXED BY:

INTERNATIONAL SCIENTIFIC INDEXING (ISI) -UAE
 ADVANCED SCIENCES INDEX (ASI) -GERMANY
 INTERNATIONAL SOCIETY FOR RESEARCH ACTIVITY (ISRA) -INDIA
 SCIENTIFIC JOURNAL IMPACT FACTOR (SJIF)–INDIA @FEBRUARY2024IRJPSS

IRJPSS Research Journal Impact Factor (ISRA & SJIF): 7.436
 Research Unique Number (RUN): 16.09.2022.2034

© 2024 IRJPSS

Website: www.sportjournals.org.in

Pre-test mean is 124.83 and post-test mean is 132.03. In pre-test standard deviation is 3.53 and in post test is 4.70. The standard error is 1.07 and the t-ratio calculated is 6.73. Hence it is concluded that there is significant difference in Standing Broad Jump between pre-test and post-test.

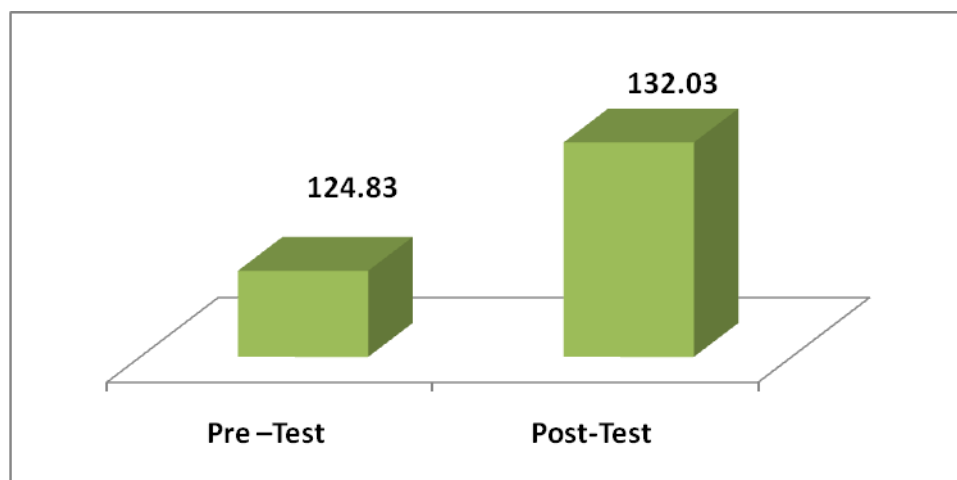


Table No: III
Details of 600 Yard Race

Height	Mean	S.D.	SEd	t-ratio
Pre –Test	130.13	4.98	1.18	4.97*
Post-Test	124.26	4.09		

* Significant at .05 level.

Pre-test mean is 130.13 and post-test mean is 124.26. In pre-test standard deviation is 4.98 and in post test is 4.09. The standard error is 1.18 and the t-ratio calculated is 4.97. Hence it is concluded that there is significant difference in 600 Yard race between pre-test and post-test.

International Peer Reviewed, Refereed & Indexed Research Journal

INDEXED BY:

INTERNATIONAL SCIENTIFIC INDEXING (ISI) -UAE

ADVANCED SCIENCES INDEX (ASI) -GERMANY

INTERNATIONAL SOCIETY FOR RESEARCH ACTIVITY (ISRA) -INDIA

SCIENTIFIC JOURNAL IMPACT FACTOR (SJIF)–INDIA @FEBRUARY2024IRJPRESS

IRJPRESS Research Journal Impact Factor (ISRA & SJIF): 7.436
Research Unique Number (RUN): 16.09.2022.2034

© 2024 IRJPRESS

Website: www.sportjournals.org.in


CONCLUSION


It was found that after training a significant impact on the physical fitness of the selected athletes.


REFERENCES


1. Sturgeon J, Meer J. The First 50 Years 1956-2006. The President's Council on Physical Fitness and Sports Revisits Its Roots and Charts Its Future. Available at: President's Council on Physical Fitness and Sports.external icon
2. Montoye HJ, Epstein FH. Tecumseh community health study: an investigation of health and disease in an entire community. J Sports Med Phys Fitness 5(3):127-31, 1965.
3. Epstein FH. The Tecumseh study. Archives of Environmental Health 21(3):402-7, 1970.
4. Hochstim JR. Health and Ways of Living. In: Community as an Epidemiologic Laboratory. As Casebook of Community Studies. I.I. Kessler, M.L. Levin (Eds). Baltimore: The Johns Hopkins Press, 1970, pp. 149-76.
5. Risk Factor Prevalence Study Management Committee. Risk Factor Prevalence Study. Survey No 3. 1989. Canberra, Australia: National Heart Foundation of Australia and Australian Institute of Health, ISBN 0 909475 27 X, 1990.
6. Berg MA, Peltoniemi J, Puska P. Health Behaviour among Finnish Adult Population, Spring, 1991. Helsinki, Finland: National Public Health Institute; 1992. ISBN 951-47-5730-0.
7. Weiss TW, Slater CH, Green LW, Kennedy VC, Albright DL, Wun CC. The Validity of Single-Item Self-Assessment Questions as Measures of Adult Physical Activity. J Clin Epidemiol 43(11):1123-9, 1990.

IA

 INDIA

 TOGETHER WE REACH THE GOAL INDIA

 UAE

 GERMANY

Page 79

'Curiosity is the best Quality of a Good Researcher'