



Impact of Specific Training on Selected Motor Fitness Variables of Men Kabaddi Players

S. Ramesh Kumar^{1*}, V. Shanmugam¹, S. Saraboji²

¹Department of Physical Education, Sri Ramakrishna Mission Vidyalaya College of Arts and Science, India

²Department of Physical Education, Adikavi Nannaya University, India

ABSTRACT

Kabaddi is a contact sport and to excel at it, players rely heavily on training to build on speed, strength, and stamina. A healthy and nutritious diet plays a very important role when it comes to fitness of any kind. Endurance and stamina are very important for a Kabaddi player, as the game is quick and requires a lot of energy. One must train with intensity and willpower and should not give up easily. Walking, jogging and swimming are cardio exercises which help build stamina. Playing Kabaddi sharpens the reflexes and helps in overall development of the body. The purpose of this study was to find out the impact of specific training on motor fitness among men kabaddi players. To achieve this purpose subjects (N-30) selected from Ramakrishna Mission Vidyalaya arts and Science College Coimbatore, Tamilnadu. The subjects ranged between 18 to 24 years. The subjects are divided into two equal groups. They were assigned randomly in to experimental group (n-15) and control group. The groups are consisting of (n-15). The selected dependent variables are strength and flexibility. The selected criterion variables were strength tested with push ups and flexibility tested sit and reach test. The training programme was given 8 weeks the programmes specific training daily 45 minutes up to 8 weeks. The control group was not to participate in the training apart from the routine work. The data collected data treated with dependent 't' test. The level of significance was fixed as 0.05 levels. The results of the study showed that improvement the strength and flexibility due to the impact of specific training on men kabaddi players. The control group did not improve the selected criterion variables.

Keywords: Specific training; Strength; Flexibility

INTRODUCTION

Training means a systematic scientific programme of conditioning exercise and physical activates designed to improve the physical fitness and skill of the players or athletes participated training means preparing for something for an event or reason of athletics competition. There are various ways to measure physical strength of a person or population. Strength capability analysis is usually done in the field of ergonomics where a particular task (e.g., lifting a load, pushing a cart, etc.) and/or a posture is evaluated and

compared to the capabilities of the section of the population that the task is intended towards. The external reactive moments and forces on the joints are usually used in such cases. The strength capability of the joint is denoted by the amount of moment that the muscle force can create at the joint to counter the external moment. Skeletal muscles produce reactive forces and moments at the joints. To avoid injury or fatigue, when person is performing a task, such as pushing or lifting a load, the external moments created at the joints due to the load at the hand and the weight of the body segments must be ideally less than the muscular mo-

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Corresponding author S. Ramesh Kumar, Department of Physical Education, Sri Ramakrishna Mission Vidyalaya College of Arts and Science, India, E-mail: sachellaramesh@gmail.com

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ment strengths at the joint. One of the first sagittal-plane models to predict strength was developed by Chaffin in 1969. Based on this model, the external moments at each joint must not exceed the muscle strength moments at that joint [1-3].

METHODOLOGY

The purpose of this study was to find out the impact of specific training on motor fitness among men kabaddi players. To achieve this purpose subjects (N-30) selected from Sri Ramakrishna Mission Vidyalaya arts and Science College Coimbatore, Tamil Nadu. The subjects ranged between 18 to 24 years. The subjects are divided into two equal groups. They were assigned randomly in to experimental group (n-15) and control group. The groups are consist of (n-15). The selected dependent variables are strength and flexibility the selected criterion variables were strength tested with push-ups and flexibility tested sit and reach test. The training programme was given 8 weeks the programmes specific training daily 45 minutes up to 8 weeks. The control group was not to participate in the training apart from the routine work. The data collected data treated with dependent 't' test. The level of significance was fixed as 0.05 level [4-11].

RESULTS

The **Table 1** reveals that computation of 't' ratio between the control and experimental group and control group of strengthmenkabaddi players. The experimental group of pre-test mean values of 9.00 and post-test mean values 12.13. The obtained' results of 23.50. It is greater than table value of 2.14 and control group of pre-test mean values of 8.13 and post-test mean values 8.33. The obtained't' results of 1.87. It is lesser than table value of 2.14. The experimental group shows that statistically proved that significant improvement of strength due to the impact of specific training of men kabaddi players (**Figure 1**) (**Table 2**).

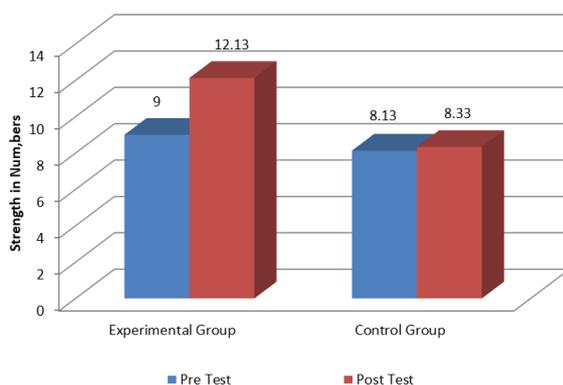


Figure 1: Mean values of experimental and control group on strength.

Table 1: Mean and standard deviation and 't' ratio of experimental and control on strength.

Group	Test	Mean	DM	SD	σ DM	't'	Table value
Experimental Group	Pre-Test	9		1.69	0.44	23.50*	2.14
	Post Test	12.13	3.13	1.72	0.45		
Control Group	Pre-Test	8.13		1.24	0.32	1.87	
	Post Test	8.33	0.2	1.29	0.33		

*Significant at 0.05 level with df (14) the table value of 2.14

Table 2: Mean and standard deviation and 't' ratio of experimental and control group on flexibility.

Group	Test	Mean	DM	SD	σ DM	't'	Table value
Experimental Group	Pre-Test	19.6		1.68	0.44	18.06*	2.14
	Post Test	23.06	3.46	1.83	0.47		
Control Group	Pre-Test	20.06		1.68	0.43	1.88	
	Post Test	20.26	0.2	1.78	0.45		

*Significant at 0.05 level with df (14) the table value of 2.14

The **Table 2** reveals that computation of 't' ratio between the control and experimental group and control group offlexibility menkabaddi players. The experimental group of pre-test mean values of 19.60 and post-test mean values 23.06. The obtained 't' results of 18.06. It is greater than table value of 2.14 and control group of pre-test mean values of 20.06 and post-test mean values 20.26. The obtained 't' results of 1.88. It is lesser than table value of 2.14. The experimental group shows that statistically proved that significant improvement of flexibility due to the impact of specific training of men kabaddi players (**Figure 2**).

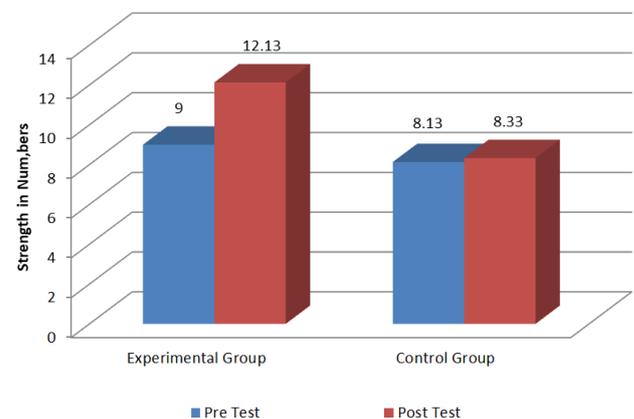


Figure 2: Mean values of experimental and control group on flexibility.

DISCUSSION ON FINDINGS

The result of the study shows that experimental group improved on strength and flexibility due to the specific training on men kabaddi players. The results conformity with other studies also. Strength and conditioning practices of national Hockey League strength and conditioning coaches and the study conducted on progressive training and alternate high and low intensity training on improved on speed flexibility and explosive power of boys [12-16].

CONCLUSION

It is concluded that experimental group significantly improved on strength and flexibility due to the impact specific of the training on men kabaddi players. To achieve the purpose of this study 24 kabaddi players selected from Ramakrishna mission Vivekananda educational research institute Coimbatore. The subjects were divided into two groups namely Group-I as Video feedback instructional training group and Group-II as Traditional kabaddi skill training group. The following physical fitness variables are selected namely Agility, Leg explosive power, Muscular strength endurance and Overall playing ability was assessed by the variables after eight weeks of training. All the subjects was tested on

selected variables, before and after the treatment The collected data on selected criterion variables and the data were statistically analysed by using 't' ratio. It was resulted in the present research study state that the video feedback instructional training and traditional training group significantly improved the physical fitness variables of Agility, Leg explosive power, Muscular strength endurance and overall playing ability of inter university level male Kabaddi players. Participation in games will yield best physical fitness and positive health for all. In the dash situation of cutting edge life individuals require more practice to keep their physique and mind fit to execute the regular exercises successfully. Were mortal is a dynamic animal. He controls limits for development. He has all the essential Neuro brawny systems that make development conceivable and energize terrible engine movement of the whole being. Without this support there is no life physiologically, while man is animated, he should move somehow. In the present day days, sports and amusement have got considerably more pertinence in the connection of men and ladies getting physical practice and along these lines keeping one fit and possessing the recreation time in a productive way. Therefore, it should be an endeavour for organizations in the social order to strive optimally to make accessible sufficient offices and sound programme of games and recreations at each start like schools and school, production lines and business strongholds, organizations and withdraws companies and orgs in country and urban zones. The thought is to utilize the mixture of safety and plyometric activities to sublimely captivate the apprehensive framework and initiate more filaments. Complex preparing portrays a force advancing workout that consolidates weights and plyometric activities. About 10 years back, these work outs were welcomed with extraordinary praise as examination demonstrated that they could altogether improve quick twitch muscles filament power and along these lines, rapid sports execution. Complex preparing is a standout amongst the most development manifestations of games preparing. Joins safety preparing, plyometric, and sports-particular development. The control group did not improve the selected criterion variables of strength and flexibility of men kabaddi players.

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CONFLICT OF INTEREST

None.

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