

Effect of Physical Fitness Training Programme on Hockey Playing Ability of College Girls



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ABSTRACT

The present observation has been as taken in attempt to find out the effect of physical fitness program on the ability of hockey players of college girls. A hockey training program must meet the demands of a physically challenging, multi-sprint sport. Players must perform continuously for 60-80 minutes with an interval of 5-10 minutes, lead to the skill performance in hockey playing ability.

To realize the research outcome, fifty female hockey players of college level were selected randomly as 'subjects' from Ramabai Govt. PG College (Ambedkar Nagar) and, were divided into two groups. One of the groups (n=25) acted as a control group and another (n=25) as an experimental group. Pretest and Post values were taken by experts of hockey by judging the playing ability of hockey players, before and after the experimental period. The hockey playing ability was judged by three experts of hockey judges. Judgment was done out of 30 marks. The specific physical fitness exercises were selected on the basis of their relevance to the game of hockey. Physical Fitness training program was conducted six days a week. The frequency intensity volume of exercise was modified by the time and monthly training protocol was prepared.

The analysis of variance for pretest means of groups revealed that the obtained F-ratio (used particularly in probability distribution theory) outcome (2.73) is less than the required value (4.20) at '0.05 level of significance', which shows that the pretest do not differ significantly

and the random assignment of the subjects to the groups was quite successful. The analysis of variance for posttest means of groups revealed that the obtained F-ratio (11.34) greater than the tabulated F value (4.20) at 0.05 level. Similarly analysis of co-variance for adjusted as the obtained F value (7.58) was more than the tabulated F value (4.21).

Analysis of data revealed that the experimental groups trained eight weeks physical fitness program improved significantly on the hockey playing ability, whereas the control group did not show any significant improvement. Eight weeks concrete physical fitness programme might be enough for physiological adaptation and this leads to significant enhancement in performance of Hockey players.

METHODOLOGY

Fifty female hockey players of college levels were selected randomly as subjects from Ramabai College (Ambedkar Nagar) and were divided into two groups one of the groups (N=25)acted as a control group and the other one (N=25) as an experimental group. Pretest and Post values were taken by experts of hockey by judging the playing ability of hockey players, before and after the experimental period. The hockey playing ability was judged by three experts of hockey .Judging was done out of 30 marks .The specific physical fitness exercises were selected on the basis of their relevance to the game of hockey .Physical Fitness training program was conducted 6 days a week. The frequency intensity volume of exercise were modified by the time, monthly training protocol was prepared.

EXERCISES INCLUDED FOR FITNESS TRAINING PROGRAMME

Warm up exercise- slow running, jogging, exercise and stretching to all parts of the body, long stride run, stair up and down, hurdle exercise, lunging of body, one leg hurdle hops, skipping rope, good morning exercise, hip rotation, Sprints, Sit ups, Star jumps, Press ups, Triceps dips, Pull ups, push up, Alternate Crunches, Ski Sit, Step-ups, endurance run and other strengthening exercises.

RESULT

The analysis of variance for pretest means of groups revealed that obtained F-ratio (2.73) is less than the required value (4.20) at .05 level of significance which shows that the pretest means do not differ significantly and the random assignment of the subjects to the two groups was quite successful. The analysis of variance for posttest means of groups revealed that the obtained F-ratio (11.34) greater than the tabulated F value (4.20) at 0.05 level. Similarly analysis of covariance for adjusted as the obtained F value (7.58) was more than the tabulated F-value (4.21).

DISCUSSION

Analysis of data revealed that the experimental groups trained eight week Physical fitness program improved significantly on the hockey playing ability such as Dribbling, Hit, Slap Hit, Clip Hit, Flick, Drag Flick, Push, Indian Dribble, Passing, Shooting, Aerial, Bully whereas the control group did not show any significant improvement. Eight weeks concrete physical fitness program might be enough for physiological adaptation and leads to significant enhancement in performance.

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