

Effect of Physical Exercises on Speed of University Men Kabaddi Players

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Abstract – The purpose of the study was find out the effect of physical exercises on speed. To achieve this purpose of the study, thirty men kabaddi players studying in the Pachayappa's College, Chennai, Tamilnadu, India selected as subjects. They were divided into two equal groups. Each group consisted of fifteen subjects. The subject selected for group I were administered with the predesigned schedule of physical exercises for three days a week which was for twelve weeks at a stretch. While the subject of group II were of control group who did not take part in any special training program except for the regular physical education programs as curriculum requirement. Physical exercises were selected as independent variable. All subjects of two groups were tested on speed at prior to and immediately after the training programme by using 50 meters run. The analysis of covariance (ANCOVA) was used to find out the significant different in any between groups on speed. In all the cases, .05 level of confidence was fixed to test the significance which was considered as an appropriate. The results of the study showed that there was significant difference between physical exercises group and control group on speed. And also it was found that there was a significant improvement on speed due to physical exercises.

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INTRODUCTION

According to Dudley A. Sargent, physical education should aim to improve the mass students and to give them as much health strength and stamina as possible to enable them to pay from the duties that award them after their the college days. Cassidy also said in the same studying that physical education is sum at change in the individual causes by experiences in motor activity. In total the physical education can be summed up as education through physical exertion and activities resulting in overall development of a child.

METHODOLOGY

The purpose of the study was find out the effect of physical exercises on speed. To achieve this purpose of the study, thirty men kabaddi players studying in the Pachayappa's College, Chennai, Tamilnadu, India selected as subjects. Subjects selected for the present study were divided into two equal groups of fifteen participants, wherein participants of group I were subjected to physical exercises and group II remained as a control group who did not take part in any special training program but involved in regular physical education programs as required by the curriculum. All subjects of two groups were tested on speed at prior to and immediately after the training programme by using 50 meters run. The analysis of covariance

(ANCOVA) was used to find out the significant different in any between groups on speed. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as an appropriate.

ANALYSIS OF THE DATA

The analysis of covariance on speed of physical exercise group and control group are analysed and presented in Table I.

TABLE I

analysis of covariance on speed of physical exercises group and control group

Test	Physical exercises group	Control Group	Source of Variance	Sum of Squares	df	Mean squares	Obtained 'F' Ratio
Pre Test							
Mean	7.1	7.2	Between	0.268	1	0.268	0.96
S.D.	0.96	0.94	Within	7.84	28	0.28	
Post Test							
Mean	6.7	7.1	Between	3.42	1	3.42	40.24*
S.D.	0.99	0.95	Within	2.39	28	0.085	
Adjusted Post Test							
Mean	6.8	7.2	Between	4.31	1	4.31	17.24*
			Within	6.82	27	0.25	

*Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 1 and 28 and 1 and 27 are 4.20 and 4.21 respectively).

Table I showed that the adjusted posttest mean values of speed for physical exercises training group and control group were 6.8 and 7.2 respectively. The obtained "F" ratio value of 17.24 for adjusted post test scores of physical exercises group and control group on speed was lesser than the required table value 4.21 for significance with df 1 and 27 at .05 level of confidence on speed.

RESULTS

Following results were drawn after statistical analysis of the data.

1. It was found that there exists significant difference among the Physical education group and the control group in the selected criterion variable speed.
2. There was a significant improvement on speed due to physical exercises.

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