Journal of Advances and Scholarly Researches in Allied Education

Vol. VI, Issue XI,July - 2013, ISSN 2230-7540

IMPACT OF VISUAL TRAINING WITH VISUAL FEEDBACK ON PERFORMANCE OF SHOT PUTTERS

www.ignited.in

Journal of Advances and Scholarly Researches in Allied Education
Vol. VI, Issue XI, July - 2013, ISSN 2230-7540

Impact of Visual Training with Visual Feedback on Performance of Shot Putters

Dr. K. M. Valsaraj

Associate Professor and Head, Dept. of Physical Education, Lucknow Christian College, Lucknow

Abstract – The purpose of the study was to find out the effect of technique training with and without visual practice on gliding technique and performance of shot putters. To achieve the purpose of the present study thirty subjects were selected and they were divided into two groups. Group I underwent technique training with visual practice of technique and Group II underwent technique training without visual practice of technique. The data were collected and analysed by using dependent 't' test and analysis of covariance (ANCOVA) on technique and performance of shot put. The results indicated that there was a significant improvement in both experimental group and significant difference exist between the group I and II in improvement.

----------♦----------

INTRODUCTION

Science and technology has brought wonders, and its application in the field of sports has been miraculous. It may be welcome to apply science and technology for improvement of performance. But, what extent technology impacts the performance? Before declaring that the study is the limit, we must respond seriously while trying to effect a change in the human nature and natural capacities.

In any sport, a player's success results from combinations of physical and mental abilities. You probably heard several of the different term that describe an athlete's mental preparation for competition, including visualization, mental rehearsal, imaging and mental practice. These terms all refers to creating as recreating an experience in the mind. In any sport, a player's success results from combinations of physical and mental abilities. You probably heard several of the different term that describe an athletes mental preparation for competition, including visualization, mental rehearsal, imaging and mental practice. These terms all refers to creating as recreating an experience in the mind.. According to Harris and Harris (1984) imagery is of three categories. One of these is called external imagery and is considered to be out side of you like watching a movie or videotape of your performance. Internal imagery is form outside you and considered to be releasing what you actually see with your own eyes when you execute your skills. Yet a third type of mental imagery is that of not actually seeing anything in your minds eyes but 'experiencing' it or 'feeling' it kinesthetically.

METHODOLOGY

To achieve the purpose of the present study thirty subjects were selected and they were divided into two groups. Group I underwent technique training with visual practice and visual feedback and Group II underwent technique training without visual practice. The shot put performance was assessed by competitive method and technique was assessed by expert rating method. The data were collected before and immediately after the training period.

The collected data were analysed by using dependent 't' test and analysis of covariance (ANCOVA) on technique and performance of shot put.

ANALYSIS OF THE DATA

The analysis of dependent 't'-test on the data obtained for selected dependent variables of the pre-test and post-test of experimental group have been analyzed and presented in Table I.

TABLE I

SUMMARY OF MEANS AND DEPENDENT 't'-TEST FOR THE PRE AND POST TESTS ON CRITERION VARIABLES OF EXPERIMENTAL GROUPS

Criterion variables	Mean and 't'- test	Technique Training with Visual	Technique Training without Visual
Technique (in numbers)	Pre test	16.3	15.6
	Post test	24.6	19.9
	't'-test	**7.24***	**3.56***
Shotput (in metres)	Pre test	9.78	9.54
	Post test	10.89	10.15
	't'-test	**6.37***	**4.86***

*Significant at .05 level.

(Table value required for significance at .05 level for 't'-test with df 14 is 2.14)

From the table I the dependent 't'-test values of technique and performance of shot put between the pre and post tests means of experimental groups were greater than the table value of 2.14 with df 14 at .05 level of confidence, it is concluded that experimental group I and II had significant improvement in the performance of Technique and shotput performance.

The analysis of covariance on technique and shot put performance of experimental groups have been analyzed and presented in Table II.

TABLE II

ANALYSIS OF COVARIANCE ON CRITERION VARIABLES OF EXPERIMENTAL GROUPS

Criterion Variables	Adjusted post test means		Source of Variance	Sum of Squares	Df	Mean Squares	'F'. Ratio
	Experimental Group I	Experimental Group II					
TECHNIQUE (in numbers)	22.4	19.4	B	36.38	1	36.38	7.97*
			W	123.25	27	4.56	
Shotput (metres)	9.96	9.85	B	31.42	1	31.42	11.25*
			W	75.42	27	2.79	

*Significant at .05 level of confidence.
(The table value required for significance at .05 level with df 2 and 27 is 3.35).

From the Table II, the obtained F-ratio of Technique and shotput performance for adjusted post test mean were 7.97 and 11.25 respectively which are more than the table value of 3.35 for df 1 and 27 required for significant at .05 level of confidence. The results of the study indicate that there was significant difference between the adjusted post test means of experimental groups on the development technique and shot-put.

CONCLUSIONS

1. Performance of technique and shotput were significantly improved on both experimental groups due to the effect of training.

2. It is concluded that there was significant difference between the technique training with visual practice group and technique training without visual practice group. However, technique training with visual practice group is better than the technique training without visual practice.

REFERENCES

1. Bull, Stephen J. et.al., ***The Mental Game Plan: Getting Psyched for Sports***, Eastbourne: Sports Dynamics 1996.

2. Csanadi, Arpad., ***Soccer.,*** Budapest: Corvina Kiado, 1963

3. Dick, Fank William., ***Sports Training Principles and Coaching,*** London: Henry Kimplon Publishers, 1980.

4. Garfield, C.A., ***Peak Performance,*** Los Angeles: J.P. Tarcher Inc., 1984

5. Orlick, Terry., ***In Pursuit of Excellence: How to Win in Sports and Life through Mental Training,*** Champaign Illinois: Leisure Press, 1980.

6. Robert, Weinberg S., and Daniel Gould., ***Foundations of Sport and Exercise Psychology,*** Champaign: Human Kinetics, 1995.

7. Rushall, B. S., ***Mental Skills Training for Sports,*** Springvalley CA: Sports Science Association, 1995.

8. Singh, Hardyal., ***Science of Sports Training,*** New Delhi: D.V.S Publications, 1991.