



*Journal of Advances and
Scholarly Researches in
Allied Education*

*Vol. VI, Issue No. XI, July-
2013, ISSN 2230-7540*

REVIEW ARTICLE

A STUDY OF EFFECT OF TEN WEEK CIRCUIT TRAINING PROGRAM ON PHYSICAL FITNESS LEVEL OF ATHLETES

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INTERNATIONALLY
INDEXED PEER
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A Study of Effect of Ten Week Circuit Training Program on Physical Fitness Level of Athletes

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SUMMARY:-

Coaching at the present is necessarily based on complete and systematic information derived from scientific work. One the most important fact in coaching is to know the present state of the athletes with regard to his technical efficiency and physiological capacities, which are harmonized later in the form of tactics.

In modern Athlete nations, research and development has not just been restricted to the realms of software and medical science. As Athletes evolves, research and development forms an integral part of the world's top Athletes nations. In contrast, Indian athlete has failed to emerge out of its ancient traditions and, if international standards are any yardstick, India has only slipped down the ladder. However, the progress in sports has not kept pace with that of other countries. India's result in international athletes over the last three decades is not something that would inspire confidence. While almost every other Asian has moved forward, gaining technical, competence and a spot of international recognition here and there, Indian athletes has gone from bad to worse.

In other countries the effect of such exercises has already become known through research work. But the countries like India lag behind. The athletes at junior level does not expose to the scientific training. Therefore the investigator is prompted to this type of project to explore the possibilities and find out the effect of such type of programme.

STATEMENT OF THE PROBLEM

On the basis of this research scholar has chosen the following research problem:-

"A study of Effect of ten weeks Circuit Training Program on Physical Fitness Level of Athletes."

OBJECTIVES OF THE STUDY

To find out the effect of circuit training programme on physical fitness of athletes

To develop training programme based on circuit training method for developing physical fitness.

Hypotheses of the study

There will not be any significant between pre-test and post-test of the circuit training on development of physical fitness of athletes.

LIMITATION OF THE STUDY

A researcher may be resourceful, but has no limit his problem because of time, energy and money to be spent on research at his disposal are all limited our circumscribed.

Delimitations to the study

- a) Thirty athletes were selected as subjects from Bhiwani District
- b) The experiment was confined to the subject
- c) Physical fitness was measured with the help of the American Alliance for Health Physical Education Recreation (AAHPER) youth Fitness test
- d) The training was delimited to 10 weeks only. Three days a week on alternate days.

SIGNIFICANCE OF THE STUDY

This study will help in quantifying the effectiveness of training programme, Understanding the utility of specific training programme, evaluating the rate of development of each individual, necessary modification in training programme may be suggested, coaches to prepare their training programme their skills through training programme.

REVIEW OF RRELATED LITERATURE

The libraries of Punjabi University Patiala, NSNIS Patiala, Kurukshetra University Kurukshetra, and MDU Rohtak. The literature was also reviewed through various internet sites of sports sciences.

RESEARCH DESIGN

The present study is based on experimental design and the procedure is explained as under.

Every subject was given a few trials for each test. Sufficient rest was allowed in-between trials.

The test was administered on each subject prior to the beginning of the training and after the six weeks of training programme.

All subjects were asked to assemble at District stadium. Necessary instructions were imparted to the subject and were asked to familiarize themselves with the test of the study. They were given trials prior to the pre-test so that they could give their best performance in the pre-test.

After the pre-test, the exercise training programme of 3 days a week on alternate days for 6 weeks was administered to the subjects of experimental group and the post test score were recorded after 6 weeks.

SELECTION OF TEST

Keeping in view the available scientific literature pertaining to the skills and physical fitness, availability of equipments, the money, time factor and expertise for measuring and recording of data were also given due consideration in the selection of the following physical fitness tests:-

AAPHER YOUTH FITNESS TEST

1. Pull ups
2. Bent-knee sit ups
3. Shuttle Run
4. Standing Board Jump
5. 50 Yard Dash
6. 12 min Run/Walk

ANALYSIS AND INTERPRETATION

The means and standard error were computed and to analyse the pre and post-test means difference 't' test was applied.

The level of significance was set at 0.05 in order to check the significance of the calculated 't' value. This level was considered quite appropriate as the measurement techniques adopted for the study did not involve highly sophisticated instruments.

THE DETAIL OF FINDINGS IS AS UNDER:-

1. In Pull-ups, subjects of the experimental group showed significant improvement as compared to after six weeks of training which proved that the circuit training programme are beneficial for the development of strength of arms and shoulders and can be followed by the athlete and coaches.

2. The result of sit-ups showed that there was significant improvement in abdominal strength of experimental group. This proved that the treatment was quite effective for developing strength of abdominal region.

3. The effectiveness of the training programme based on circuit training programme can be seen through the result of Shuttle Run test which should show significant improvement in the agility of the subject of experimental group.

4. The performance of the subject proved the effectiveness of the training programme as is evident from the result obtained through the standing Board Jump test for explosive strength of legs. The subjects showed improvement signifying the utility of designed training programme.

5. The results of 50 Meters Dash for measuring speed ability and 12 minutes Run/Walk for cardio vascular efficiency proved the Effectiveness of designed training programme.

RECOMMENDATIONS

On the basis of the results obtained from the analysis of data, the following recommendations are made:-

1. The research study can be under taken on different age group of sports skills.
2. Similar research study can be undertaken on the sports persons of other State of India.
3. Similar research study can be under taken on the other sports and game.
4. This study will help in quantifying the effectiveness of training programme.
5. This study will help in understanding the utility of specific training programme.
6. This study will help the coaches to prepare their training programme for better coaching
7. This study will help the Athletes in developing their skills through training programme.