



Acute Effect of Selected Training Methods on Among Girls Fitness Components'

Prasad Bhoge

Arts, Sci, & Commerce college Taloda

Dr. Roopa Shaha

Pratibha College of Com & Computer sdies

Chinchwad, Pune ,

Abstract

The purpose of the study was to compare the effect of plyometric training, circuit training program effect on selected physical fitness components among girls. Researcher has been conformed three different training groups and training program had designed on selected fitness components to achieve the above purpose. 30 were selected randomly by lot from the total population of 150 subjects after eliminating physical handicap students they have divided into three groups randomly consisting of 10 subjects on each groups. Researcher has been designed training program and each program given time in week and performance was measured before and after six week training program are designed. Researcher was adopted some statistical tools in which the use of 'T' test and ANACOVA and find out the results of training programs more effective and compare the training program. The results show that there was a significant difference the three training groups PTG, CTG and CG shown significant improvement due to 6 week program on speed , agility, strength, and flexibility. There is no significant different between three training group PTG, CTG, and CG on speed, agility, strength, and flexibility.

Keyword : Plyometric Training, Circuit Training, Speed, Agility, Strength, Flexibility

Introduction

Health related physical fitness and skill related physical fitness are some of the basic needs in each and every sports activity(stamina, speed, agility, strength, flexibility, coordination, reaction time) with variation in their intensity. Various training methods are important for increase above fitness components like circuit training and Plyometric training etc. (Ravi Kumar 2017) in present era, physical education and sports is an essential part of education. It contributes directly to development of physical competence and fitness. It also helps the youth to be aware of the worth of leading a physically active lifestyle. In sports word training is generally understood to be a synonym of physical activity for the enhance of performance. It can be a good workout where changes are incorporated every 6/7 week to avoid monotonous and plateaus given to separate components of training (Technique Training strength training, speed training , endurance training, Flexibility training etc.) or to separate method or procedures of doing physical activity plyometric training, interval training, fartleg training, strength training etc.)

Plyometric Training:-“Exercise involving repeated rapid stretching and contracting of muscles (as by jumping and rebounding) to increase muscle power (Merriam Webster dictionary). The expert has given conflicting opinions against of plyometric.

Circuit training:-

A (Wikipedia) states that Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

Statement of the problem:-

The purpose of the study was to compare the effect of plyomatic training , circuit training program effect on selected physical fitness components among girls.

Acute Effect of Selected Training Methods on Among Girls Fitness Components'**Methodology:-**

Researcher has been conformed three different training group and training program had designed on selected fitness components to achieve the above purpose. Researched has decided untrained girls of Z.P. school the age was 14/15 year who had not participated intensively in any sports game and physical activity However, they were attend to regular physical education classes in the school. 30 were selected randomly by lot from the total population of 150 subject after eliminating physical handicap students. They have divided into three groups randomly consisting of 10 subject on each group. Researcher had given group name to the three group plyometric training, circuit training and combined training group and all the training group performance were measured before and after six week training program are designed six exercise has been selected for plyometric training program for upper and lower muscle and six exercise used for circuit training program. Researcher has been designed training program and each program given time in week. Plyometric training - Monday, Tuesday, Wednesday, Thursday, Friday, Saturday with circuit training program. The following components and the test items were used in present research.

- 1) 35 meter sprint test (Brain Mac sports coach)
- 2) Zing -Zag test
- 3) Standing broad Jump
- 4) Modified seat and reach test

Researcher has used some statistical tools in which the use of 'T' test and ANACOVA and find out the results of training programs more effective and compare the training program .

The following results were obtained using statistical techniques.

Test Items	Obtained "T" value			Require "T" Vaule At 0.05 level
	P.T.G	C.T.G	C.G	1.756
30 mt sprin test	7.84*	6.28*	8.75*	

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Zig- zag test	29*	8.75*	8.6*
standing broad jump	6.0*	15.0*	4.0*
Modified sit and reach	10.21*	19.3*	14.73*

***Significant at 0.05 level**

Table I

It is observe that the performance of both training groups improved significantly with respect to 30 sprint test, Zig- Zag test standing broad jump, sit and reach test showed significant improvement. The result were supported by christor, kotzmanidis, and Williams J karemer.W.J.

Test Items	Obtained Ratio			Require "F" value at 0.05 level adjusted post test
	Pre	Post	adjusted	
35mt Sprint test	0.27	0.37	0.96	3.23
Zig-Zag test	0.6	2.99	1.78	
Standing Broad Jump	1.00	2.75	3.1	
Modified Sit and Reach test	0.1	3.00	2.8	

***Significant at 0.05 level**

Table II

The observed that there is no significant difference among the training group as the obtained value are less than the required table value due to training with respect to speed, Agility, strength, and flexibility. These result were supported by Fletcher I.M

Conclusion:-

After discussion we finding the following conclusion were made

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- 1) All the three training groups PTG, CTG and CG shown significant improvement due to 6 week program on speed , agility, strength, and flexibility.
- 2) There is no significant different between three training group PTG, CTG, and CG on speed , agility, strength, and flexibility

Reference

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