



EFFECT OF RESISTANCE TRAINING ON SELECTED PHYSICAL FITNESS VARIABLES AMONG INTER-COLLEGIATE TENNIS PLAYERS

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ABSTRACT

The purpose of the study was to find out the effect of resistance training on selected physical fitness variables among inter-collegiate tennis players. To achieve the purpose of the present study, thirty tennis players from Rayalaseema College of Physical Education, Proddatur, Andhra Pradesh were selected as subjects and their age shall ranged from 18 to 25 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen players each. The groups were assigned as resistance training group (RTG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. The initial and final scores in selected Physical fitness variables were put in to statistical treatment using dependent 't' ratio to find out the significant mean differences. It was concluded that there was significant improvement in agility and speed due to resistance training comparing to control group.

KEYWORDS: Resistance Training, Tennis, Speed, Agility.

INTRODUCTION

Training means a systematic scientific programme of conditioning exercise and physical activities designed to improve the physical fitness and skills of the players or athletics participated. Training means preparing for something for an event or reason of athletic competition, a nursing carrier or operative performance of military combat, much growth and change occur during training. In resistance training, the individual gains the necessary strength and also perfects the skills. The resistance trainee is twice blessed. First he gains strength necessary for better performances, secondly the acquisition of the correct execution of the skill also helps in better performance. So the player may perform the skill in a better and efficient way than all other trainees

adapting other methods of training (Blazevich & Jenkins, 2002).

METHODOLOGY

The purpose of the study was to find out the effect of resistance training on selected physical fitness variables among inter-collegiate tennis players. To achieve the purpose of the present study, thirty tennis players from Rayalaseema College of Physical Education, Proddatur, Andhra Pradesh were selected as subjects and their age shall ranged from 18 to 25 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen players each. The groups were assigned as resistance training group

(RTG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. The

RESULTS

The analysis of agility among inter collegiate level tennis players, the pre test and post test data are calculated by dependent ‘t’ test.

initial and final scores in selected Physical fitness variables were put in to statistical treatment using dependent ‘t’ ratio to find out the significant mean differences.

TABLE –I
DEPENDENT ‘T’- RATIO FOR INTER COLLEGIATE LEVEL TENNIS PLAYERS
ON AGILITY
(Scores in seconds)

S.No	Group	Mean		Standard Deviation		Obtained value	Table value
		Pre	Post	Pre	Post		
1	Control group	30.40	30.10	1.43	1.59	1.25	2.14
2	Experimental group	28.75	27.54	1.24	1.31	4.03*	

Degree of freedom = (N – 1) = 14. *Significant at 0.05 level of confidence. Table value at 0.05 level = 2.14

Table I shows that the mean value of pre and post test means were 30.40 and 30.10 of control group. The obtain t-ratio 1.25 was not significant this was lesser than the table value of 2.14. Table I shows that the mean value of pre and post test mean were 28.75 and 27.54 of experimental group. The obtained 4.03 was significant this was higher than the table value of 2.14.

FIGURE – I
THE BAR DIAGRAM SHOWS IN THE RESULT OF PRE AND POST MEAN OF THE AGILITY
AMONG INTER COLLEGIATE LEVEL TENNIS PLAYERS

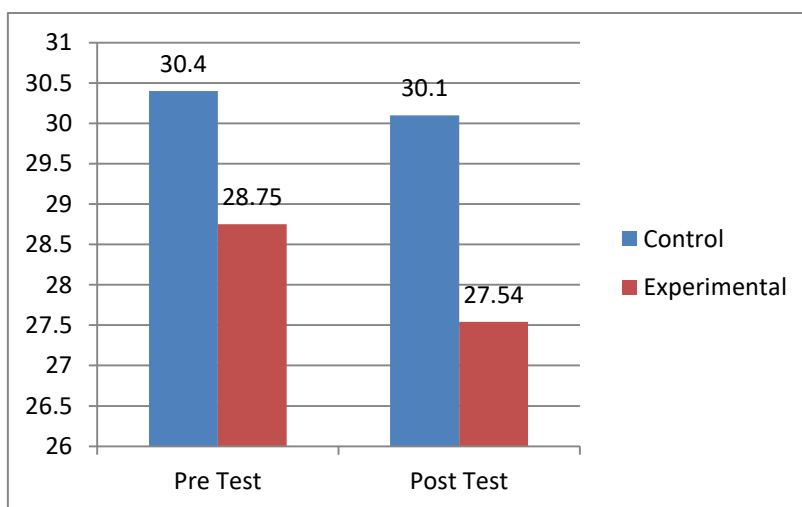


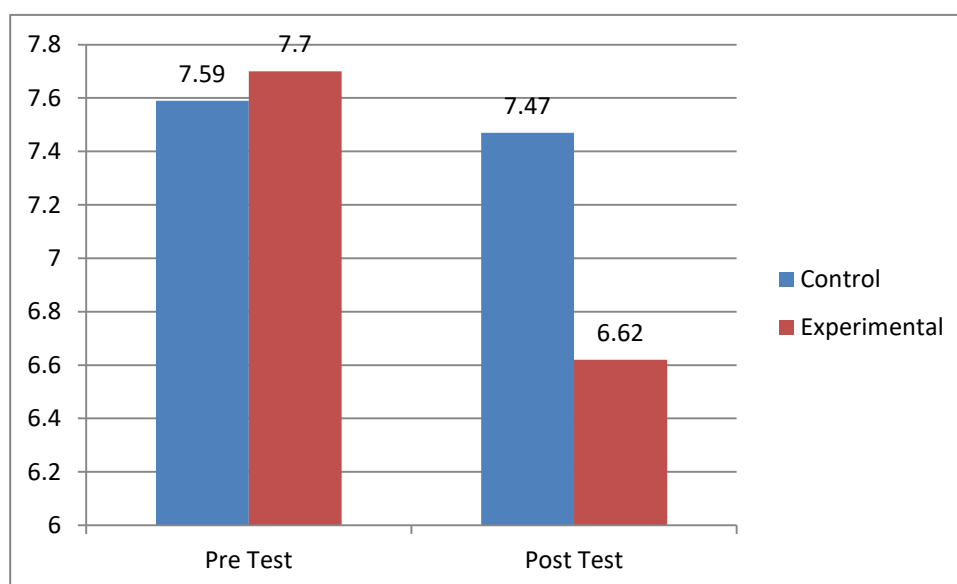
TABLE –II
DEPENDENT ‘T’- RATIO FOR INTER COLLEGIATE LEVEL TENNIS PLAYERS ON SPEED
(Scores in seconds)

S.No	Group	Mean		Standard Deviation		Obtained value	Table value
		Pre	Post	Pre	Post		
1	Control group	7.59	7.47	0.29	0.27	1.50	2.14
2	Experimental group	7.70	6.62	0.28	0.22	13.50*	

Degree of freedom = (N – 1) = 14. *Significant at 0.05 level of confidence. Table value at 0.05 level = 2.14

Table II shows that the mean value of pre and post test means were 7.59 and 7.47 of control group. The obtain t-ratio 1.50 was not significant this was lesser than the table value of 2.14. Table II shows that the mean value of pre and post test mean were 7.70 and 6.62 of experimental group. The obtained 13.50 was significant this was higher than the table value of 2.14.

FIGURE – II
THE BAR DIAGRAM SHOWS IN THE RESULT OF PRE AND POST MEAN OF THE SPEED AMONG INTER COLLEGIATE LEVEL TENNIS PLAYERS



CONCLUSION

It was concluded that there was significant improvement in agility and speed due to resistance training comparing to control group.

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